

Kumba

#NguzoSabaChallenge

Be Careful Of
Your Genie



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Great Imani:

We are thrilled to welcome you to this weeks eMag. we worked hard to create the content that you can use and hopefully build "The Best Life". Take the information and run with it. We have made into Imani, and I am excited to get started but before we move in I want to make sure that yall have what you need to move past the kuumba phase. Kuumba is a very powerful principle, and can be very dangerous if we do not strive to control it. Kuumba is the principle that makes us most like our creator, but at the same time it brings to us what we want regardless of it being good for us or not.

After walking through Kuumba again I got to see Kuumba for what it is. It really is like a big genie waiting to serve, and we had better be precise with what we ask for. Are you willing to train your mind to be able to harness and control your Kuumba, because if you are you may change the world.

Now I am looking forward to greeting and walking through Imani and learn something new.

Unity of Kuumba



Great Umoja in this week of Kuumba:

I am excited to begin this week. I think that we need to go a little further in Kuumba to help you create the practices that will help you move to the next level. I believe (Imani) there is no better place for this to happen than the week of Kuumba. So let's jump in!

“We need to shift our thinking about Kuumba.”

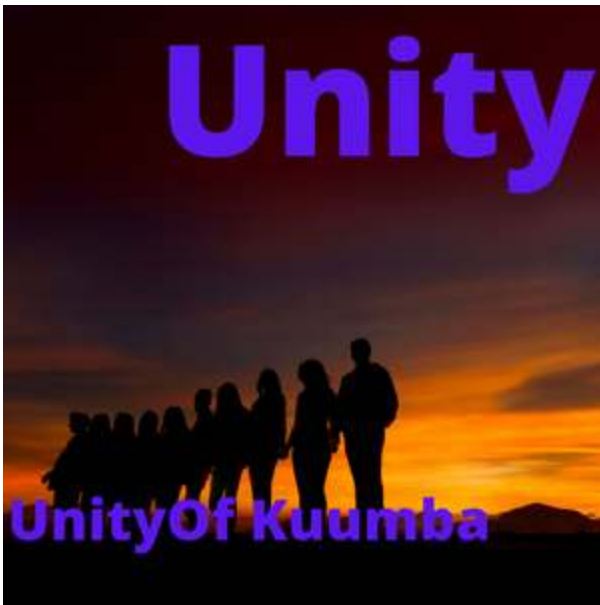
Great Umoja and today we are once again talking about the Unity of Kuumba. We will return to this combination many more times, in fact in this system we will return and converse about all the combinations of the Principles over and over again. This helps us move through the 3 levels of learning. Today we want to talk about how we can use Kuumba to strengthen our Umoja, and I will share some of the GNJ methods so that you can incorporate them, or have an idea for your path.

“Groups, Organizations and Societies that use Kuumba to reinforce Umoja will flourish and grow.”

We spoke yesterday about the 3 levels of learning on Imani in the week of Nia. Now let's stress the importance of building a system in our lives using these three levels to move to mastery. In our ancient culture we relied on people to move toward mastery, but mastery requires us to be able to work through all seven of our principles, and the 49 different combinations so that we have the group power and understanding to support a master. A master is someone that becomes so good at a skill, and is moving in their Nia, but they need a community around them to support their efforts. Umoja for those that are new means Unity, and not uniformity.

This Unity allows a group to move from surviving to thriving. Because in a collective (Umoja) you have masters who have become so good at what they do that is what they do, and they depend on everyone else moving and doing their Nia to support.

“As was mentioned yesterday we move from survival to thriving. Skipping the struggling phase, and actually using our community to support us as we master the skill sets that we are attempting to master. That is what is going to get us to the next level”



For example, Let's say I make shoes, and I have a group of people in my group that need shoes, and there's a world around us that needs shoes. If the Shoe master has to spend time marketing and selling the shoes, that is less time that he will spend on making shoes, which takes away from the quality or quantity of the shoes that he makes. But if the same master is surrounded by a collective that understands his mastery and

allows him to serve them they will earn money and buy the shoes from this guy. This guy will be able to focus on shoe making, and then maybe if someone in the collective has a knack or a purpose in selling they can pick up the shoes and take them out in the world and sell them. Maybe someone else has the nia for marketing they can market the shoes. Now the master shoe dude can focus on the shoes, the salesman can focus on selling, and the marketing lady can focus on that. Mastery of a purpose provides a product or service that the wise collective can use, and sets up a stream of income that could help support a group. Making enough space and time for other masters to rise in the group, creating more resources that that collective can use. At the heart of this are the two Principles of the day (of course other principles are at work, but cut me some slack) Umoja, and Kuumba.

“This is the very first time, in the whole history of humanity, all 7 billion people on the planet can earn, buy and sell with each other, all from the comfort of their own home.”

What type of practices could an individual as well as a tribe use to help them open their Kuumba as well spark Umoja. I can share some of the things we use in GNJ (Gye-Nyame Journey Tribe) that you can either plug into or shape to use in whatever way you are going to use them:

***In Gye-Nyame we began by creating rituals, or plugging into rituals that our people needed, I first started then I invited others to use them. Of course FAM if you are alone you have to begin by yourself and do it until it becomes the intelligence of the heart. This is not a fad or a game that you are playing with. Remember the Law of reciprocity. Everything you do has a reaction, so when you start this stuff please understand there is a reaction coming. One of the first rituals that we plugged into was that of libations. At first I started pouring them for my Ancestors, and then as I started building a group I would pour them for. In time word began to spread and then I would be invited to events to pour to open up the event. From here I began to pour on line and this gave birth to the "Daily Toast". Which is still going on to this day, we have made changes but it still is part of my life. Through this simple ritual I have been able to educate hundreds of people about the importance of learning to plug into their Ancestors for help and healing. We even added a health element to it through the "Daily Toast", I encourage those that listen in to apply the libations to their health. We start the toast out by drinking a large glass of water every morning together, and toasting the Ancestors with a health drink thereby serving two purposes, to call on our ancestors, and to take care of our health. To go farther in the song we added in the four pillars of health so that people could learn how to stay healthy (breathing, drinking half their weight in ounces everyday, eating a culturally appropriate diet, and movement). So the ritual does not have to be complicated, but it has to provide something for you and something that others need, and everyone needs health and healing.**

*Next thing is going to be scary, but what is the myth for you and your group? The Myth is important because everyone has one about themselves and their group. They may not realize it but this myth sits at the back of their mind acting as a self fulfilling prophecy that they live their life under. They usually begin hearing these myths when they are young and they are repeated to them over and over again until they become an adult, and many because they don't know it move out into the world, living out the myths. So if an individual has a myth about a vengeful deity, how suffering is good for the soul, how being poor means that you are closer to your creator. You have to either plug in to a better myth or create one that fits where you are going. I use the term myth because I don't want people to get caught up in their religious bag, but they can be some of the conveyers of many of the destructive myths if they are misunderstood, or in some cases misused. The goal here is to either create a new myth that you can plug into that works for your benefit, begin to redefine some of the myths that surround your life, or do both. In Gye-Nyame we created the mythic founder of our organization. We make sure that everyone that comes into the circle knows this myth and knows that it is myth. This is not something that you place above you but something that you use as a mental map to help you in those dark times. Like you Gye (our Mythic hero) is mortal, and was betrayed, receives a call, pursues a Nia, becomes something greater than he ever thought he could be. Now this Myth does not conflict with any religion nor does it try to supplant anyone's religious tradition. It simply gives those that are part of our tribe a mental tool that they can reflect on and use to move them in their hard times.

*The next idea goes hand in hand with the myth. This is Philosophy. How does your system set yourself and other people up to succeed and help them build up skills for life? How does your system help you learn to think, and what ideas are you introducing yourself too? What life experience do you have that you can share, what lessons that you have come across in books, or through other media, that you can use to help yourself and others live the best life. Compiling these first for yourself, and then sharing with others. In Gye-Nyame we use the Nguzo Saba, the principles of Maat, the hermetic principles, which all have seven that we combine and apply to the days of the week. With these we can promote discussion and in some cases arguments, that can build the knowledge of each tribe member. Then when you add in the folktales, proverbs, and training on symbolic literacy we end up with a lifetime of information and regardless of which part I decide to master I am moving in a balanced (from our way of knowing) life.

We incorporate these ideas from our Kuumba into our everyday life and develop systems that can aid all of us (including myself) in living what our Ancestors would call living "The Best Life". But before we can move there we have to first begin to focus on practicing all of this within to bring Unity to ourselves. I will see y'all tomorrow!

Tribal Quotes



Brother Kwame has taken over "Tribal Quote", and is off and running. He is breaking down the proverbs, and helping people move toward the best life. Be sure to tune and receive a mental Tune up. No drop date yet, but if you are on our email list you will get them all in our Weekly #NguzoSabaChallenge eMag. The latest titles are:

[Good Better Best](#)

[Isometrics Of The Will](#)

[Are you Woefully or Willfully Blind?](#)

[Healing Using an Ubuntu Psychology](#)

[Reciprocity as Sacrifice](#)

Make sure you listen in and subscribe to his channel and post up questions and/or comments and we will make sure that we deal with them.

Control Your Kuumba, Or Your Kuumba Will Control Your Life



Great Kujichagulia:

Today we will look at controlling our Kuumba. Kuumba is a powerful tool, but we have to exercise our Kujichagulia in dealing with it. Our ancestors' first rule upon entering a temple as a disciple was control of thought, but for us it is control of our imagination. Time and time again I have witnessed people creating their own hell that spills out to everyone around them. These people have plenty of Kuumba but lack the kujichagulia to control their creation. This comes from the luxury that our ancestors labor, blood, sweat and tears have created for us, more free time. We have people wasting this powerful resource to play mind games with themselves. They sit at home, offices, coffee shops, etcConcocting fuckery that usually takes a hold and causes confusion.

Our Imagination is like a horse, and our lives are the carts that they pull, but for many they have never taken the time to tame and control this horse, so rather than going where they want to go they usually end up somewhere else. We have to take the time and tame our Kuumba, and the only way to do that is by practicing it. We can practice it, by using it to create things within our lives that are useful. In the last article I spoke about creating rituals, or transforming rituals that we can use to help keep us grounded in our culture, and they can also help to ground you. It has been said that “the



Imagination is an excellent servant, but a cruel and tyrannical master”. Many of us just have to sit down and think about which position we would rather be in.

I Myself would rather be the master, and I sit down on a daily basis and try to tame my Imagination. To do this we have to realize that control falls up under the principle of

Kujichagulia, and begin to use our self determination to guide our Kuumba. Because regardless of whether we know it or not our Imaginations are active, and if you are not conscious of it, believe when I say “It is not working for you”. Our Kuumba is about creation, it does not matter if it is good or bad for you. It is going to create, so we might as well begin to learn how to build up our lives, and tribes. Some practices that I use to keep my Kuumba engaged are:

- **Writing - take some time to do some writing. It can be a journal, diary, blog, or a book idea. Writing pulls on our creativity because to put some of the things that we are thinking into words is not an easy task. Plus to write something that others will read, and be able to comment on builds up our Imani as well. Some people say that we have to do creative writing, but I believe that any type of writing is creative. It forces you to look at your thoughts, and use your imagination and create the patterns of words that convey that thought. This is a useful skill that you will get better at as time moves forward. Also you can eventually move this ability to being able to map out your days and projects. This act of Kuumba can be very useful for visionaries, and can help train your Kuumba to pop up when you want it, and not when it feels like jumping up.**
- **Reading books and viewing other media - BE CAREFUL WITH THIS!!!**
When you are reading certain books you can use your imagination to take you into the world of the book. You can stop reading and predict what you think is next, or even write an alternative ending. This ability is useful especially when you are reading sacred text because you can become the character that you are reading about, and when you return from the read bring back with you the best of the character. Watching movies and other media you can do the same thing, I suggest limiting this on social media, but movies and tv shows you can treat them very much like your reading of books.

- **Breathing & Visualization exercises - Use your imagination combined with the body exercise of Nia breathing is called visualization. Now unfortunately we use this exercise unconsciously (I will talk about this more on the podcast), but now that you know you can begin to use it on purpose. You can take some time and breath and visualize your day, your week, your life, and create what you want. You can use it to mentally practice a skill that you have been working on, you can use it to solve a life problem, and/or you can practice your response to certain stimuli (events) in your life. Remember we are in the realm of Kuumba, the sky's the limit, so push it.**
- **Freestyle performance - I use this one myself, turn on the camera and just go! For those too shy, step in front of the mirror and go. Pick a topic and talk, create poetry, songs, and/or raps. Allow the creative part of yourself to go and do what it does.**

This is just 4 uses, there are many more and maybe you will end up creating more that you can write about on a later date. I don't want to leave you the impression that Kuumba is evil and working against, but we have to understand that we are not working with mortal beings when we start talking about principles. Men's laws, and morality are not their rules. They will bring to you what you ask for or reach for if they are serving. Just learn to use the power of your Kujichagulia to protect your and those lives around you. Because there is nothing more dangerous than someone with a little knowledge and a lot of Kuumba.

See y'all tomorrow...

Create Your Work



Great Ujima:

We are here to talk about using our Kuumba to create the thing that we do to make a living. We have to begin to use our Kuumba to create our work. We have all these marvelous principles waiting to serve us, but we are too busy serving others to realize the power that we have at our disposal. Combining the principle of Kuumba with the principle of Ujima as we get to do on this day gives us a look at the true power of this combination. The angle we will hit today is creating a system in which we are able to work for ourselves and serve the community at the same time.

“Join me today on Ujima in creating the new, meaningful and fulfilling careers for yourself and your family”



We have talked about the importance of living a systematic life (verse from AOTL), but now let's look at constructing a system that can work for us, rather than selling all of our time to someone else's system. Right now most of us are involved in building up other peoples lifestyle at our expense, and this is the way the system (we exist in i.e. white supremacy or western capitalist) was designed. Now we have to begin

to creatively push our Ujima toward working for us.

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"How can our Ujima existence be turned into an action plan?"

First I want to mention that although these principles that we are talking about are African in origin, and we look at them from our perspective, they can work for anyone that uses them.

As a matter of fact you can see them at work around you, they just have different names. These principles are being used against you and your tribe's success, so please pay attention. The whole world moves as tribes or groups of tribes, and if you are caught out here by yourself with no backing you simply become a resource to exploit. A beast of burden that will carry loads for the other team. If you are satisfied with that then this is not the place for you. Because here at GNJMedia we not only talk about your personal success but we talk about success for your whole tribe, so any system that you build that does not work with your true tribe, will not stand. It will be the equivalent of building a fine house on sand. We are encouraging you to build tribes around you so that you can have help in protecting your wealth, and be available to help tribe members build and protect theirs. Of course the system will start with you, and you will have to work hard but if you are not building others in (with a proper process) you are dooming your future generations.

“if you want to be great then you have to build a team of people who can stand with you and not against”

Now the first step is to be aware of where you are in your life now. You may be on the corporate plantation, or a public servant but realize that those systems have been designed not to benefit your group in the long run. They are systems that have been set up to give you the “OK Life”, and give the owners what our Ancestors called the “Best Life”. What our goal here at GNJMedia is to introduce you to the “crystalized wisdom” of our Ancestors that will enable you to live “The Best Life”. This requires you to call on the five parts of your being (IMESP) using your Ujima, of course using some of the practices and Ideas shared during the week of Ujima. We also need to call on our Kuumba to help us come up with some creative methods to work around the time constraints that many of us have.

“Are you ready to take back your life and begin living “The Best Life”?”

I can say for myself that I am far from wealthy, and in the beginning phases it was hard for me but I had to find ways to make the work that I do for the world work for me and the tribe. At first I would take my break and lunch to think and write about what I wanted to do at home. Then I figured out that what I was doing in this organization could be shaped to serve me as well. I found ways to sneak the curriculum that I was building into the place of my current adventure (place of employment). I would find ways to train using the Player’s Pyramid, including the Nguzo Saba, Talk about the five parts of the Self, share the proverbs, use the folktales, and include the 4 pillars of health as well. Any extra assignments that were assigned, or that I volunteered for I would be able to use this and develop the system that we are talking about now. Believe me when you hear me say that I am thinking all the time. By me being myself in meetings, and embracing my Culture, it forced everyone around me to accept it even if they may have been a little uncomfortable with it at the beginning. This is not a recent practice. I have been Creating or recreating my work for years, I have even been blessed with the opportunity to train others in the methods, so that they can do the same.

“The Nguzo Saba WILL CHANGE YOUR LIFE.”

I was able to set up a system by simply living my culture, here are some steps that you can begin to follow to do the same:

***Understand who you are and who you want to become! This was a crucial step that I was able to take when I was younger. Due to my embracing Hip-Hop, listening to my elders, and my study I began walking my talk. My clothes were different and my hair was different. Even how I communicated with the business was different and somehow it worked. As a matter of fact in most cases I was encouraged to continue what I was doing.**

***Always Know where you are and why! My experience will be different from 90% of the people reading this. Some of you will be in places where you may not get to speak, and teach. You may be an office worker. This is why you must understand that your goal is not to change the organization, you are simply trying to be accepted as who you are. So always realize that you are on enemy ground, but use the freedom that you do have. If you have a space, make it your space. Also remind yourself constantly WHY you are in that place. If they have you there for a skill, then master that skill, and create ways to use that skill for your personal development and the Tribe. Use your Kuumba to make yourself indispensable. Become so good at what you do that you can complete skills and have time to focus on your Nia, and not be bothered by the organization.**

***Divide your lunch and break time to be times where you work on you, your Nia, and your tribe. Spend half eating and half scheming on your escape.**

***Get up a little early or go to bed later whichever you pick this time is carved out to use your Kuumba to create and also to use Ujima to align the 5 parts of your being.**

***Use weekends to begin linking up with your tribe and have mindsets that will help you make it through the week.**

“What if we started giving schools and organizations permission to be Black?”

Breaking away and doing things for yourself and your tribe is not easy, but “Those who are not willing to sacrifice will not be fulfilled, say the knowledge holder”. So the question is do you want to be fulfilled and live “The Best Life” or are you one of those that have gotten comfortable with being unfulfilled. If you have made it this far I already know who i am talking too, know that you are not alone we here at GNJMedia will continue to support you with the things that we do. I encourage you to stay plugged in and get on the email list, and feel free to email us back. This is a hard road especially when you have not been blessed with a tribe around you, but keep working this system and we will help you build what you need where you are. Maybe one day we'll be sitting around a national or international camp trip around a fire and you will be able to share your experience and motivate the next generation.

Until tomorrow.....

Creative Economics



Great Ujamaa:

Let's start this conversation by using some of our crystalized wisdom that has made it to us from our Ancestors, we will be using the idea of Sankofa. Sankofa for those who are new to this journey is the Akan symbol with a long necked bird stretching its head back to grab an egg off of its back. This is defined as going back and fetching it. It for us is cultural wisdom, and I want to reach back and remind you that wealth for us traditionally was in the people, and believe it or not it still is! Nothing of value is found, created, shaped, molded or whatever can be done to it without the touch of a human being, or groups of human beings.

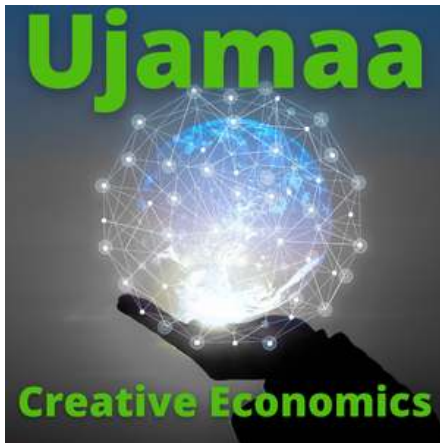
“Wealth exists in the people and we need to reclaim that value, to help us build pathways for real wealth.”

The smart phone you are reading this article was made and created through a process hundreds of individuals through their combined effort was able to put together. The components that were put together for that device were worked on and theorized upon by hundreds if not thousands of people. Lastly, the programs that allow the device to come to life and be useful to you rather than being a hunk of plastic and rock was touched and created from the mind of people. The common denominator in this whole idea is that the usefulness of the machine that you use was created by humans, and they were able through their labor to put value into it. Everything needed the input of a human being. In this culture we have been made to believe that we are worthless so we carry ourselves as low value and expect low value for what we do. It is important that you get this in your mind. You create value, you are the value behind things. Your skill, work and labor mean something even if you don't recognize it, and that is the job that we have taken up here at GNJMedia.

“The value of a person is determined by their ability to create things and put real value into them, people who can create things are valuable.”

We want you to see your value through the lies that have been told to you. Last point then we will get to the Ujamaa (we really are talking Ujamaa right now) and the Kuumba portion. Western society, the way it is structured, needs an underclass that everyone can step up on to get elevated. This comes in the form of cheap labor and slavery. Please don't be fooled because you have a \$1300 phone in your hand. Someone is using your people, your community, your family, and your tribe as a stepping stone to wealth as we speak right now.

“We want you to see your value through the lies that have been told to you. Be honest with yourself and your community will elevate with you in the truest sense of the word.”



You are probably thinking well Brother ha2tim what can we do about this. We can get creative with our resources, first we have to recognize that we are the root of our wealth, we bring things to life, and we can, should, and will with your help begin to to blow up our old paradigms. First step is to once again realize where we are as first an individual, then as a family, and as a tribe. We have to take an inventory of the skills, personal resources, group resources, and the amount of fiat we bring in. Then after we have

started this process we can begin our work.

“In a time when there are few options, we can get creative and be our own resources.”

One of the first things we have to attack I believe is our expectations. I used to wonder why many of my friends when I was coming up were excellent athletes. Then one day I heard an interview with a pool hustler by the name of Jimmy the Greek. He stated that Black folks were good at sports because we were bred to have endurance, and to be strong. Although that was not the first time I heard that conversation, because many adults around me were saying that or believing that. As I got older and began watching the young folks around me my mind began to shift. The thought hit me that we produced many great athletes (pro and none pro, remember the playground legends) not because of the breeding, but because I believe the power of our expectation. We expected our young people to excel, we believed that they would excel, and we pushed those that showed a little aptitude for the sport.

“My generation must find a new way for our young people to excel and succeed.”

I think we misunderstand the power of our influence on our children. What if we were to have the same expectations just on the tribe level for our children to not just excel at sports, but to excel at math and reading. I believe that this would change the culture in a generation. If we expected our children to excel at everything, and not just silently wishing but programed them with the stories of others in our bloodline or close relatives that did achieve. I believe that they would begin to live these myths. The only issue would be that this has to be community wide. This means that many of us would have to frequent the hallways and byways of our youth making sure that the teachers adhere to the stories that we are telling, and we have to set up programs that would push them as well.

“We can change the landscape of education.”

Believe it or not this would require us to unleash our Kuumba on the young, to keep them hyped up while we have to send them into enemy territory to learn. I know this can work because we have the evidence sitting before us. Now I just want everyone to think about the progress we have made so far on these American shores. The very generation that made it possible for you to use the restroom, and eat, and buy what you want from where you want, were mostly educated in their young years in all Black schools (here is some more Sankofa for you). Those students were not only willing to put their lives on the line, but they were willing to put their minds on display, and wowed the whole world.

“We can learn so much from the education our ancestors implemented. I believe this is the key to success.”

Now I need you to dig into your imagination (kuumba) and ask yourself the question what would have happened to America if Black schools were maintained and received updated equipment for learning. What would happen to the masses of those that built up the country? Now I want you to think creatively and think about how you would smash such power. Back in those days there were expectations put on Black children from Black teachers, and Black communities, and somewhere somehow this whole idea got flipped on its head!!! Now we are a consumer class that owns next to nothing. This is not by accident.

“What would have happened if Black schools were maintained?”

Now we have a responsibility to begin pulling our resources together, educating ourselves, and building institutions that can support us moving to the next level as both individuals and as a group. We need to begin to create products that bring value to us, that we will only buy from each other (staples). We need to begin to develop and fund tribes that not only lift up our culture but feed us spiritually. Lastly we need to begin to chase out those that violate our borders and rules regardless of their color. All this simply starts with us putting our Ujamaa and Kuumba to work. Now many of you say brother ha2tim this is impossible, we tried that and they get angry and burn it down or try to take it over. I agree but that does not mean that we stop. A prime example of our Kuumba creating a powerful resource that we need to begin snatching back is HIP-HOP. This came from us and through us and now we have allowed others to take advantage of it. We don't have to do this any longer. We no longer need middle men to get our stuff out and we can begin snatching it back and build the protective mechanism to protect it. This is nothing but a little of our collective Kuumba coming up with an idea and we begin to implement.

“If you follow, believe and participate we can start to use the power that our culture gives us to Hold It Down.”

Now let me be clear I am not jumping to a solution that requires everyone. I am jumping to an idea that small tribes all over this country can begin to do within their groups. If we begin to create and trade goods between them it would take us a long way. I know that we have plenty of businesses and entrepreneurs, but I am simply suggesting that we start using our creativity to develop businesses to support our community and produce products and ideas that our people need. Many of the businesses that may be failing are failing because there is no need for them. I mean a real need, like you need electricity to power your phone type of need. I see many entrepreneurs in our community going for the flashy, rather than grasping at the necessities of life. The latter is not sexy enough for us, the money is too slow.

“Let's not just get it working for the businesses and industries outside of us, let's turn those ideas inward and begin to serve our own community.”

I am going to stop here and save some for tomorrow, where we are going to look at developing an immune system in our community that will expel any agents out of our tribes for making the collective sick. The idea is simply if we look at our families, tribes, villages, and our communities like bodies then what do we have to do as the immune system. I believe Nia has a lot to do with this.

Creating, living, & Defending The Best Life

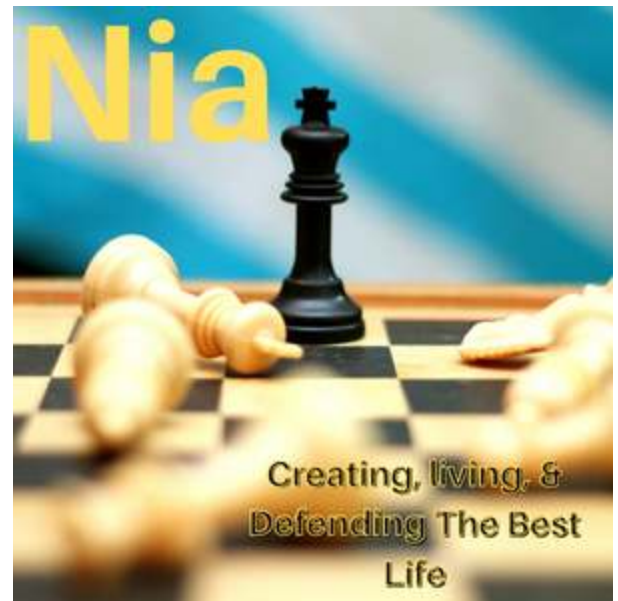
Great Nia:

Peace Fam! Before we jump into this article I want to make sure that the readers understand how this system works, With this system the goal is to expand the way that we look at the Nguzo Saba, Each principle has to be explored through all of the other principles, that way we can create discussions, get new ideas, and develop a deeper understanding of our principles. Sometimes it appears to me that we allow these principles to lie stagnant for 358 days, and in late December pull them out of their holding pins and celebrate. Not here!!! At Gye-Nyame Journey we have discovered the power behind these principles and have figured out how to use them in building community, and that goes farther than just being able to memorize the meaning. We have constructed a 7 week cycle wherein you can sharpen your skills through looking at the principles through the other principles, and spark the creation of a new understanding that you can use in your personal and tribal life. The 7 week cycle gives you a chance to immerse yourself into the culture through the principles and develop keys that will open the door to “The Best Life” spoken about by our Ancestors.

“An extraordinary example of using the Nguzo Saba to create a new community system”

The “Best Life” is an idea that we ran into while doing what we call wisdom mining. Where we not only look into the principles, but we take a deep look into the proverbs, folktales, myths, and legends. We came upon a particular verse in the “African Openings To The Tree Of Life” that states “The best life is achieved through engagement with systematic processes”.

According to this ancient wisdom directly from our Ancestors we are given the secret to creating the life that we want. All that we have to do is to find or develop the problem systems that we can plug into and let the process work. From there we started to develop systems that were based on our culture. The first step was the recognition of our Ancestors on a daily basis, and that



expanded into changing the days of the week, and that moved to titling the weeks so that we could go deeper into the study of the principles. Our search also introduced us to the power of story and proverbs and we decided that we needed to add a component of studying them on a daily basis, and now we are sharing all this with you on a daily basis.

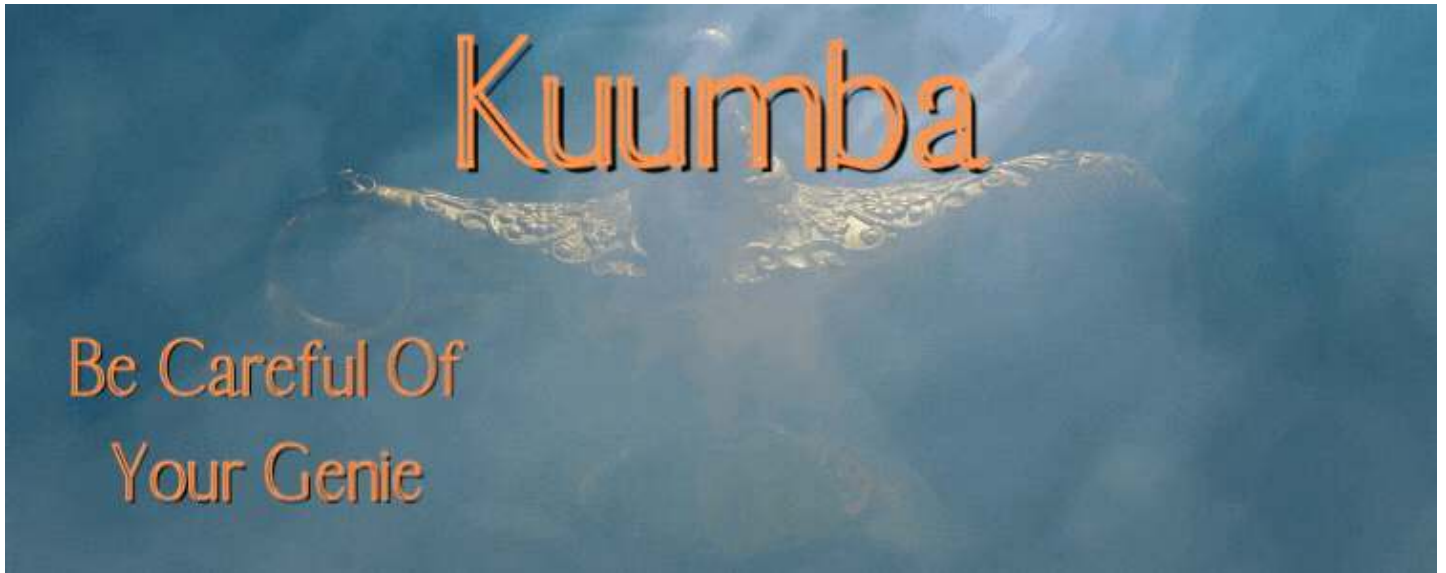
“The “Best Life” is a system for creating the life you want.”

Our culture was not one of poverty, and it relied on the family and tribe. We have seen the results and now we are sharing what we have found with you. The idea for this article was to look at what happens when we begin to create this new paradigm, but the outside world wants to attack it, or even worse try to take it and add it to their machine of oppression. How do we protect it? I believe that this is a great question for us to ponder in Nia. Nia requires us to pursue our purpose and once we have it we have to protect it. But we are dealing in a world where a white man with a gun feels that he is serving the USA by walking into a store and mowing down our people. How do we protect what we build? What systems do we need to put in place?

“What would the world look like if even half of our people dedicated themselves to their purpose? How would that transform our communities?”

We have to deal with this question as GNJMedia because we have meetings in the public, we have public celebrations, and we are responsible for the safety of each individual that comes out. In order to protect our collective and personal purpose we have to be willing to train ourselves and others within and outside of our tribe to protect the group, or help as many as possible get out of the way. Like we say in the Toast if we are unhealthy we are no good to our ancestors, part of the systematic process has to be taking care of the 5th part of being and making sure that it is able to do what it needs. Can you carry a wounded person that weighs as much as yourself 50 yards to safety. Can you control a group and get them to hide and remain silent? Can you defend yourself or someone else? Could you disarm a person? We have to begin looking at these things because as the world we now know begins to disintegrate there will be individuals who will not want to let go of what was, and will feel it is their responsibility to harm you because you are living “The Best Life” because he or she believes there is not enough room for both of us to do that. In order to live “The Best Life” as people we will have to be able to defend that life from the pirates, terrorist and traitors.

Be Careful Of Your Genie



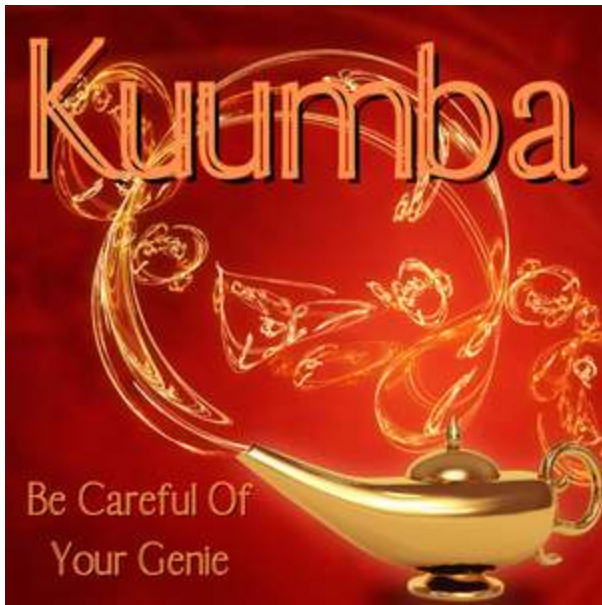
Great kuumba:

As usual the week is zooming past, as the saying goes time waits for no one including us here in Gye-Nyame Journey. We have made it to Kuumba and we get a chance to take a deep dive into the principle and discuss the use of it and the impact on our lives. I just want to stress the fact to the reader that Kuumba is a principle that you can not escape, and if you don't use it to improve your life the world will use it to make others lives better, and make your existence a nightmare. Kuumba must be used and the children that it spawns must be cared for, protected and raised, if not then an outsider may recognize what we got and move in and take it over.

When I think about Kuumba I have to flash back to a folktale that we covered in our daily folktales. I can't remember the title but the story goes:

"A man approached a great forest and asked if he could have some wood for a project that he was working on. The great trees of the forest did not see this outsider as a threat and gave permission, but he must get his wood from the young saplings. The man did as he was told and grabbed a few young saplings and formed one of them into an axe handle that he used to cut down the giant trees."

There is also a proverb that fits this idea of Kuumba that states "If a child can not feel the warmth of love from the village she/he will burn it down with hate". Both of these have been ha2timized but the idea is clear. If we don't take care of our creations when they are young they will return to us and destroy all that we have built. A prime example that I want to point out that happened in my lifetime, was the birth of Hip-Hop. When Hip-Hop hit the scene many of the elders did not understand. They knew that it was created by us, but there was very little support for it from the older generation, and many of us young people were encouraged to abandon it. We were told it was silly, a kids fad, that would fade in 5 years or less. We were told that there was no value, even though it was changing us and changing how we saw the world. Regardless what arm of Hip-Hop we went to and regardless how much fun, and amazing things that we could do many of our elders shunned it and withheld any type of support. Many even responded angrily, and went to war with it. But this child grew, and was adopted by others, and now part of Hip-Hop has been turned on the village and is cutting down the old forest. It has returned and because it could not receive the warmth of our love it is now burning down the village in the form of rap.



Kuumba is a responsibility that we have to take seriously, and we have to train ourselves to use it properly. Many of us are creating our own tragedies and are not aware of it. We think it is the outside world, but it is our lack of understanding our power. We speak and act as if what we do or say does not matter but we end up creating havoc. When dealing with Kuumba

we have to begin to practice sitting still, and control our 5 parts of being. We need to direct our Kuumba in the creation of “The Best Life” rather than allowing it to roam free. We also have to be willing to take the time to nurture the things and ideas we create.

As we stated in the earlier weeks of this series it is Kuumba that connects us directly to the creator. We have the ability to bring something out of nothing and make it real. We just have to cultivate patience, and the Kujichagulia to see it through. Many want everything to happen now, but we don’t realize that Kuumba works through a process. This is why we inspire everyone to set up a system where you take the time to go through each of the principles in order, so that you are creating on purpose (Nia) rather than by accident. You are setting up your intention and building toward them.

At first staying on top of your Kuumba is hard but the more you practice (Imani) the easier it becomes. Our Kuumba needs to be like a genie that we call to us when we want to create. In fact the genie story is a perfect metaphor for us to jump into for a few lines.

The story of the genie teaches us that genies hated men, but because of a curse placed on them by Solomon they were bound to serve the one that set them free. The only obstacle that stood before the lord of the genie was that the genie would be free upon his death, but the genie could not be the direct cause of his death. So the genie would give the master all that she/he asked for exactly as they asked for it. This meant that for the man to survive he would have to be wise in how he asked the genie to fulfill the wish. You my friend have to be the same way with your Kuumba! No, your Kuumba does not want to kill you but it will fulfill your wishes exactly as you asked for it. So the challenge for you Young Wannabe is to master your Kuumba, and be clear with your instruction. Be sure to set up your personal and group systems so that you can guide, and nurture your creations.

I will see you tomorrow!!!

Questions, Kuumba, & Imani



Great Imani:

Kuumba week is at an end and now we must look into the foundation of the Nguzo Saba. We have hit Imani and it is a good place to end all of our discussion. The only issue is that the way that we use the Nguzo Saba in our Self Mastery process, Imani is the first step. In Fact it is Imani that fires up the principle of Kuumba. This is because imani is the fuel cell of the entire system. How do we today discuss Imani through the eyes of Kuumba, our being creative with our faith?

"Kuumba Thrives in a home that has Imani."

Being creative requires us to do something that many people today refuse to do, be humble and ask questions. We not only have to master our Kuumba so that we don't have random creation wandering around our life causing destruction, but we have to maintain the stance of a forever student. Good students ask questions, and refuse to act like they know everything. That behavior is built into the brainwashing doctrine received and is keeping us from being able to access the full power in our Kuumba. Believe it or not it takes a lot of Imani in yourself to ask questions. First off you have to be confident enough to not worry about what others have to say about you asking questions. We have to stand on our Imani and move past those who live to be stuck. Unfortunately as we move toward the "Best Life" we find many are willing and very happy where they are and will come up with ways to hold you back, and if you make progress, they will strive to pull you back. The sooner you realize this the easier your Journey will become, and you will begin asking questions regardless of how people scream you are slowing everyone down. Information is a tool that your Kuumba uses to build and if you stay stuck with the same info you can't grow.

"Imani is the key to healing whoever we interact with. We must take our Imani and pass it along to others."

So Imani aids with our Kuumba by allowing us and even requiring us to ask questions about the world, so that we can get new information to build our lives. Take some time and get uncomfortable and begin to ask questions. I don't mean the fake questions that people use to prove their point. I'm talking about real questions that promote conversation and help you get information you need about a subject. Once you start doing this you will begin to see the world differently. In a sense the world becomes bigger so that it can accommodate your personal growth.



"The big question that we continually ask is what information can you glean from the world that will help you build a better life."

Many of our dreams that we have for our future are hidden behind a wall of fake knowledge that we have acquired. This does nothing but bolster our ego and limits how far we can go. When we open up our mouths to voice questions we unlock possibilities that were not there for us before. When we take time to look at the word question, we can see that it is built up on the word quest, which simply means a search or pursuit made in order to find or obtain something. This life is simply a quest that we are on, Kuumba simply helps us create what it is that we are searching for. Before we hit this step we have to first be able to exercise the power of our Imani. Through Imani we are able to build the belief, faith, and trust in ourselves that will accompany us on the Journey.

"We have the ability to change our lives and the world around us."

This is why it is important for us to be creative with our Imani. Many of us have been initiated into faiths that are very dogmatic, and unforgiving. We may have to step back and reevaluate what works for us and what does not.

We may need to begin to create anchors (more on this on the podcast) that can keep us moving, and focused on what it is that we want. We may need to find or create new communities, or a tribe that can assist us in our forward progress. It can be difficult and uncomfortable at first, but once we start asking questions we begin to make room for these new things in our life.

I will see you tomorrow, on the first day of the week of Imani....

Proverb Of The Day

Umoja - It requires a lot of carefulness to kill a fly that touches on the scrotum.

Kujichagulia - Fire is always a good maid, but a bad boss.

Ujima - A determined hunter is never frightened in the jungle.

Ujamaa - The fish that dirties the water will forever swim in dirty water.

Nia - An egg today is better than a chicken tomorrow.

Kuumba - An endless war shames even a hero.

Imani - A lie has many variations, the truth none.

Folktale Of The Day

Umoja - The Jackdaw & The Fox

Kujichagulia -The Lark Burying Her Father

Ujima - The Gnat & The Bull

Ujamaa - The Bitch & Her Whelps

Nia - The Dogs & The Hides

Kuumba - the shepherd & The Sheep

Imani - The Grasshopper & The Owl

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