

GYE-NYAME JOURNEY NOTES

notes from Brother ha2tim



WHATS'UP

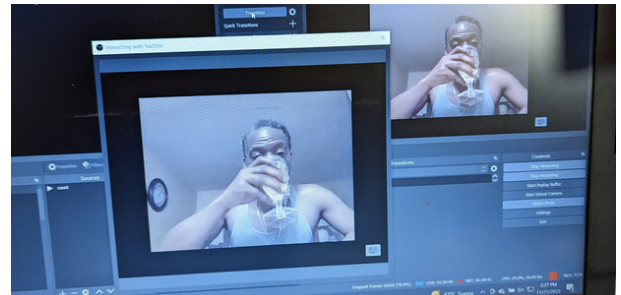
Week of Kuumba 7th Cycle of 2022:

FAM:

I am compiling the stuff that we are doing here on the Journey for those that want to move to what our Ancestors called the "Best Life":

REBOOTING

I found that I needed the Toast more than I thought, so I took a break and began to miss the power that I was generating by daily communing with our Ancestors. I decided to bring the Daily Toast back. I will make it short and on the daily show only Toast my Ancestors, but of course invite you to lift your Ancestors up. Feel free to join us in the morning @ 5:45 am. Of course i will continue to post up the Daily Toast Ritual on every Umoja reading our whole list. The issue for me was that I was not drinking my water like I needed too, and I figured that some of you could use a reminder as well, so grab your glass and bring yo @\$\$ to the Toast 5:45am on most days.



GNJ IS LIVE 24/7

We are streaming every day of the week on GNJ.Media. Come on over and get your daily inoculation of the culture before you step out into the world. The Goal is to curate our content, so that we not only have my stuff, but we can stream some of your stuff, and leave space for advertisement of your products.



CONT. GNJ

I know that I am not the only entrepreneur in the house. With your support we will be able to organize the content and eventually set up a schedule that we can send to our supporters so that you know to tune in to see what it is you/they want to see. At this point I don't have the time or the resources to get someone to organize but with your support it is possible. There are a few ways that you can help:

MY PERSONAL HEALTH JOURNEY

Being Black in America is rough, but to have to move through this West Asian culture unhealthy is something that we do not have to do. I have for the last few years have shared things that I have been experimenting with, and will continue to do so. Please know the products that I am using are not sponsors but I do use links that if you purchase through them we hear a GNJMedia will benefit.

1. *Become a supporter of GNJ by going to [GNJMedia.Support](#) and plugging in at least \$10+ per month*
2. *Getting on our email list @ [FreeGNJ Ecourse.com](#) and purchasing our digital (ecourse & ebooks) and Physical content (t-shirts, hoodies, and etc.)*
3. *Sharing our email content to people who you think might be interested in GNJMedia*
4. *Getting on our social media sites and sharing content*

If you did nothing but share the content that you like, and comment on our social Media that would go a long way in helping us meet our goals.



CONT. MY PERSONAL HEALTH JOURNEY

Mushrooms

Man or Woman let me tell you, I have been taking mushrooms for the last few months and as I dig through the info about them I get more impressed. Not only are scientific studies coming about the power of mushrooms, I have been receiving a personal boost that is out of this world. My mental clarity is incredible, I am falling asleep less during the day, and my stamina has increased. In fact I have noticed a boost in the bedroom!!!! I have been sharing with friends and they have been getting similar results.

Now if you start getting mushrooms from the health food store make sure that, on the label it states "fruiting bodies". Many cheap mushroom sellers will give you the mycelium but not the fruiting bodies of the mushroom. The fruiting bodies are where all of the health benefits lie. Right now I am taking Freshcap Ultimate Blend. It contains Lion's Mane, Turkey Tail, Reishi, Cordyceps, Maitake, and Chaga. All of these mushrooms have incredible effects, and once you get them working in your system you feel the effects. I also during this week added Gaia Herbs "Cordyceps" and "Turkey Tail". I chose Gaia because they use only fruiting bodies in their ingredients. I will check in with you and let you know how that is going.

Bitters

This week I am on bitters to help clean out my system. One of my favorite bitters was introduced to me by my wife. It is a brand out of Ghana called Living Bitters and it really cleans me out. I found them at my local African grocery store. Hell if we get enough supporters maybe we can become a distributor. Be sure to clean your system out regularly. DRINK YOUR WATER AND TAKE A BITTER!!!



LISTENING & READING

Right now, I am stuck on GNJ.Media!!! I will begin building my listening list after I get off of the fact that I can see our content everyday all day. I hope you found something of value in this note....

Peace, Power, Joy & 1Hunid yearrrs

Brother ha2tim

FROM THE ARCHIVES

Here is a video that began the creation of “The Adventures Of Bother ha2tim” I discuss taking our Tribe to the next level.I give a tour of the indoor acroponic gardens as well as our outdoor garden. We are building, and we want to keep you informed about what we are doing.

