

# Knowing VS. Belief

Great Week Of Ujima:

The principle of Ujima traditionally emphasizes collective work and responsibility, reminding us that we are interconnected and that our actions affect not only ourselves but also our families, communities, and the world at large. Ujima teaches us to work together, solve problems collectively, and contribute to the well-being of our community, making it a cornerstone of African culture and values.

A fitting proverb for the principle of Ujima is, "Cross the river in a crowd, and the crocodile won't eat you." This wise saying highlights the power of unity and the importance of working together to overcome challenges and achieve common goals.

In the Gye-Nyame Journey SelfMastery system, Ujima is connected with the numerology number 9, which symbolizes completion, spiritual enlightenment, and the attainment of wisdom. Ujima, in this context, encourages us to align all five parts of our being: intuition, mind, emotions, spirit, and body. When we achieve this harmony, building a family, tribe, community, or anything else becomes more manageable and meaningful.

A suitable folktale that emphasizes the principle of Ujima is the story of the bundle of sticks. In this tale, an old man teaches his children the value of unity and cooperation by showing them that a single stick can be easily broken, but a bundle of sticks bound together is strong and unbreakable.

As we delve deeper into the power of Ujima this week, let us remember the importance of unity and collective work in our lives. If you are interested in learning more about the Gye-Nyame Journey and the power of the Nguzo Saba principles, sign up for our free e-course at [FreeGNJECourse.com](https://FreeGNJECourse.com). For those looking to take their understanding even further, join our advanced Nguzo Saba Challenge at [NguzoSabaChallenge.com](https://NguzoSabaChallenge.com). Together, let us embrace the transformative power of Ujima and work collectively to build a brighter future.

## Podcast Ecourse Launch

Introducing the "Podcasting for Beginners" e-course, hosted by Brother ha2tim of GNJMedia, a seasoned podcaster with over a decade of experience. This free, streamlined course aims to provide you with a comprehensive introduction to the world of podcasting, allowing you to determine if it's the right fit for you without any added pressure.

In this course, we put aside concerns about views, analytics, and monetization, enabling you to focus on building a strong foundation in podcasting as a hobby. Our approach ensures you can explore your passion and creativity in a relaxed, supportive environment before deciding whether to take your podcasting journey to the next level with GNJMedia.

Brother ha2tim's guidance will help you navigate the essential aspects of podcasting, from finding your niche and developing your ideas to setting up a simple home studio and recording your first episode. As you progress through the course, you'll gain the confidence and skills needed to share your unique insights with the world.

By participating in this accessible, beginner-friendly e-course, you'll receive invaluable insights and hands-on experience in the art of podcasting. With Brother ha2tim's expertise and support, you'll be well on your way to discovering the joy of podcasting and determining whether it's time to pursue more advanced opportunities with GNJMedia.

Embark on this exciting journey and unlock your podcasting potential today, all while enjoying the freedom to learn, grow, and create at your own pace. goto [PodcastGNJMedia](#)



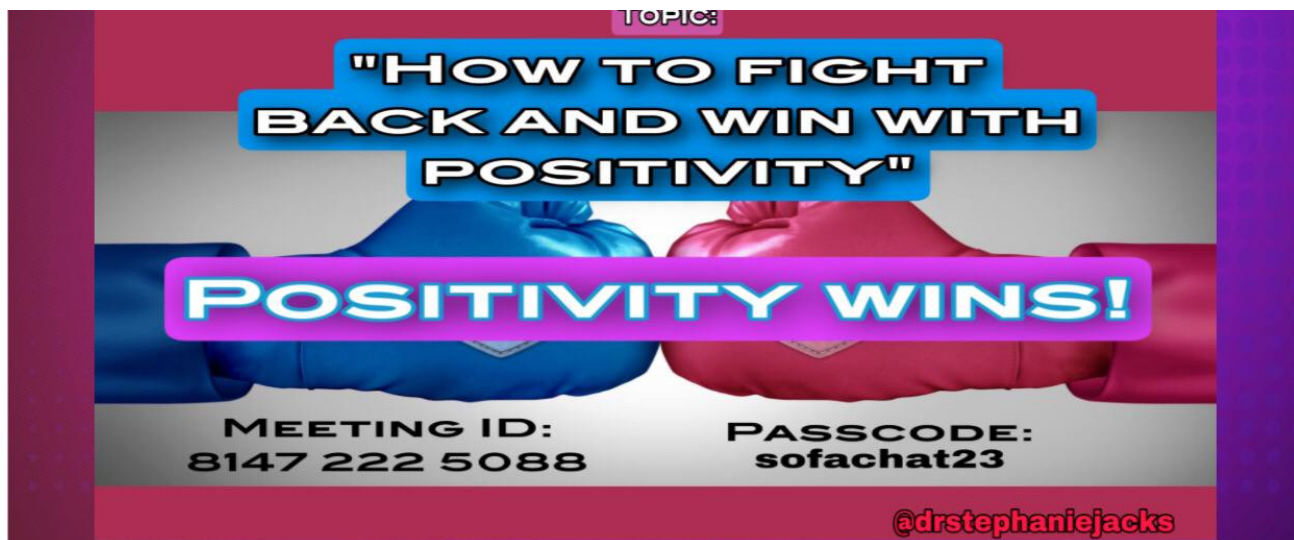
# Sofa Chat

JOIN THE CONVERSATION

ZOOM GROUP COACHING SESSION

SUNDAY, APRIL 16TH 7PM

Form



Greetings, Tribe members and esteemed guests! We're thrilled to invite you to our upcoming broadcast on April 16th, 2023, at 7 PM. Get ready for a thought-provoking episode of "Sofa Chat," led by the esteemed Dr. Jacks. We'll be exploring the powerful theme of "How to Fight Back and Win with Positivity" while embracing the teachings of the Gye-Nyame Journey Self Mastery System.

Life's journey brings many challenges, but by remaining focused on positivity, we can tap into the inner Warrior in each of us. Dr. Jacks will share strategies and insights on how to combat negativity, empowering our Tribe to rise above adversity and manifest success in all areas of our lives.

Join us as we delve into the transformative power of positivity and uncover how to wield it to triumph over obstacles, forge resilience, and achieve our aspirations. Don't miss out on this enlightening experience! Mark your calendars for April 16th, 2023, at 7 PM, and we'll see you at "Sofa Chat"! To go deeper with Dr. Jacks get on her [email list](#) so that you can stay in the "Know" and get a better seat on the Sofa.





# Knowing vs. Belief: Harnessing the Power of Certainty in the Gye-Nyame Journey Self Mastery System

In the Gye-Nyame Journey Self Mastery System, the concept of knowing holds a special significance. While belief is undoubtedly powerful, it is the certainty of knowing that truly sets the stage for personal growth and transformation. In this article, we will delve into the distinctions between knowing and belief and explore how embracing knowing can empower us to take decisive action and overcome doubt.

Belief, by its very nature, leaves room for doubt. We may believe in something or someone, but there is always an underlying uncertainty that can hinder our progress. Doubt can hold us back from fully committing to our goals, leading us to question our capabilities and the validity of our ideas.

Knowing, on the other hand, is an unwavering certainty that transcends belief. When we know something, we possess a deep understanding and conviction that cannot be shaken by external influences or internal doubts. This solid foundation allows us to take confident steps forward and put our ideas into motion.

In the Gye-Nyame Journey Self Mastery System, the emphasis is on cultivating knowing within ourselves to facilitate growth and development. By fostering a deep sense of knowing, we can:

1. Overcome the barriers of doubt: By replacing beliefs with knowing, we eliminate the potential for doubt to creep in and hinder our progress. This allows us to move forward with conviction and confidence in our abilities.
2. Take decisive action: When we know our goals and the path to achieving them, we can take decisive action to manifest our desires. Knowing provides us with the clarity and direction necessary to take meaningful steps towards our objectives.
3. Embrace the power of personal responsibility: Knowing demands that we take responsibility for our choices and actions. By embracing this level of personal accountability, we can actively shape our lives and create the outcomes we desire.
4. Foster resilience and perseverance: When we know our purpose and the value of our contributions, we can withstand setbacks and challenges with greater resilience. This perseverance allows us to push through obstacles and continue moving forward in the face of adversity.

To help you cultivate the power of knowing and unlock your full potential, we offer two comprehensive programs:

1. Our free e-course at [FreeGNJCourse.com](https://FreeGNJCourse.com) provides a solid foundation in the Gye-Nyame Journey Self Mastery System, guiding you through the principles and practices that will enable you to tap into the power of knowing.



2. For those looking for an even deeper dive, our advanced Nguzo Saba Challenge at [NguzoSabaChallenge.com](https://NguzoSabaChallenge.com) offers an immersive experience designed to transform your life by helping you master the principles of the Gye-Nyame Journey and embrace the certainty of knowing.

In conclusion, while belief holds a certain power, it is the certainty of knowing that truly drives growth and transformation in the Gye-Nyame Journey Self Mastery System. By embracing the power of knowing and taking advantage of our comprehensive courses, you can overcome doubt, take decisive action, and actively shape your life in alignment with your highest aspirations.

can you add an african proverb and folktale that can help bring this idea home.

Title: "Knowing vs. Belief: Harnessing the Power of Certainty in the Gye-Nyame Journey Self Mastery System"

In the Gye-Nyame Journey Self Mastery System, the concept of knowing holds a special significance. While belief is undoubtedly powerful, it is the certainty of knowing that truly sets the stage for personal growth and transformation. An African proverb captures the essence of this idea: "Only a fool tests the depth of the water with both feet."

This proverb teaches us the importance of having a solid understanding and certainty about the situation before jumping in. By cultivating the power of knowing, we can make more informed decisions and avoid unnecessary risks. To further illustrate this concept, consider the following African folktale:

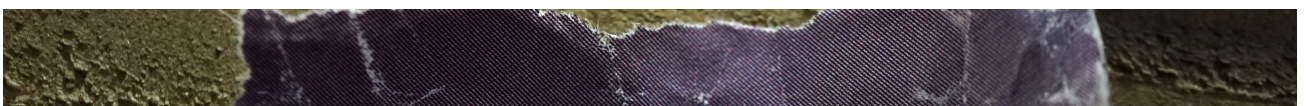
Once upon a time, in a small village, there was a wise old man known for his deep understanding and knowledge of the world. One day, a young boy approached the wise man, eager to learn from him. The boy said, "Master, I believe that the sun is a large ball of fire that lights up the sky. But I don't know this for sure. How can I be certain?"

The wise man smiled and replied, "Believing is like seeing a distant mountain, but knowing is like standing on its peak. To truly know, you must learn and experience for yourself. Study the sun, observe its patterns, and draw your own conclusions."

Inspired by the wise man's words, the boy dedicated himself to learning everything he could about the sun. Over time, he gained a deep understanding of its movements, properties, and effects on the earth. As he transitioned from belief to knowing, he became more confident in his understanding and was able to make better decisions based on his newfound knowledge.

In conclusion, while belief holds a certain power, it is the certainty of knowing that truly drives growth and transformation in the Gye-Nyame Journey Self Mastery System. By embracing the power of knowing and taking advantage of our comprehensive courses, you can overcome doubt, take decisive action, and actively shape your life in alignment with your highest aspirations. Just like the young boy in the African folktale, it is through learning and experience that we can transition from belief to knowing, and ultimately stand on the peak of our own understanding.

By: Baba AI





# The Health Journey

## Unleashing the Power of the 21-Day Nguzo Saba Challenge: A Fasting Journey

Every year, as a Gye-Nyame Journey Self Mastery coach, I embark on a transformative 21-day #NguzoSabaChallenge. This personal challenge serves as a powerful opportunity to strengthen my physical and spiritual self, while also deepening my understanding of the seven guiding principles of the Nguzo Saba. My chosen challenge is fasting, and I'd like to share my experience with you, emphasizing the benefits and insights gained from this powerful practice.

The 21-day fast I undertake is divided into three distinct phases. The first week focuses on juice, broth, and water, with an emphasis on consuming juices that retain the fruit's natural fiber. This is crucial because fiber helps regulate blood sugar levels, promotes digestive health, and aids in weight management. Consuming juices without fiber can lead to spikes in blood sugar, which may hinder the effectiveness of the fast and negatively impact overall health.

The second week of the fast is dedicated to water only, with a brief period of dry fasting (1-3 days) at the peak of the challenge. This peak period aligns with the principles of Ujima, Ujamaa, and Nia, with Ujamaa representing the highest point of the fast. Dry fasting allows the body to enter a deeper state of detoxification, promoting increased mental clarity and heightened spiritual awareness.

In the final week, I return to consuming juice, broth, and water, culminating in a powerful conclusion on the evening of Imani. During the fast, I continue to take supplements, except on dry fasting days, to ensure optimal health and well-being.

Fasting offers numerous benefits, including increased mental clarity, enhanced spiritual connection, and improved physical health. The process of detoxification removes toxins from the body, promoting a stronger immune system and increased energy levels. Additionally, fasting has been linked to improved cardiovascular health, better brain function, and even increased longevity.

Incorporating the 21-Day Nguzo Saba Challenge into your life can be a profound experience, regardless of the specific challenge you choose. As you journey through the 21 days, guided by the principles of the Nguzo Saba, you will find new depths of personal discipline, spiritual insight, and self-mastery. Whether fasting or engaging in another form of self-challenge, the power of the 21-Day Nguzo Saba Challenge lies in the transformative potential it holds for each individual.

By sharing my personal experience with the 21-Day Nguzo Saba Challenge, I hope to inspire others to embark on their own journey of self-discovery and growth. Remember, the Gye-Nyame Journey Self Mastery System is here to support you every step of the way. Together, we can unleash the power of the Nguzo Saba and transform ourselves into Warriors and NationBuilders, united in purpose and determination.

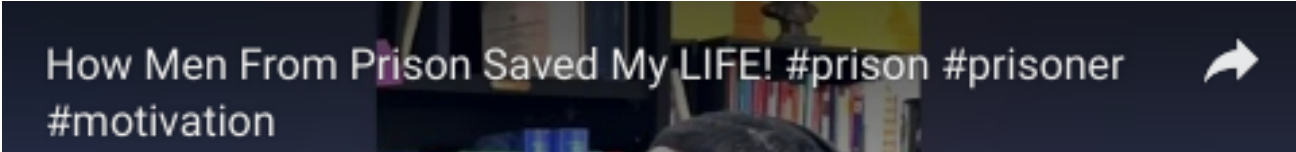


This week I've delved deeper into the world of artificial intelligence, honing my skills to craft compelling prompts and develop innovative tools for our community. As I continue to explore the vast potential of AI, I've successfully created personalized bots designed to assist me in generating engaging posts, authoring insightful articles, and even constructing self-mastery charts aligned with the principles of the Nguzo Saba.

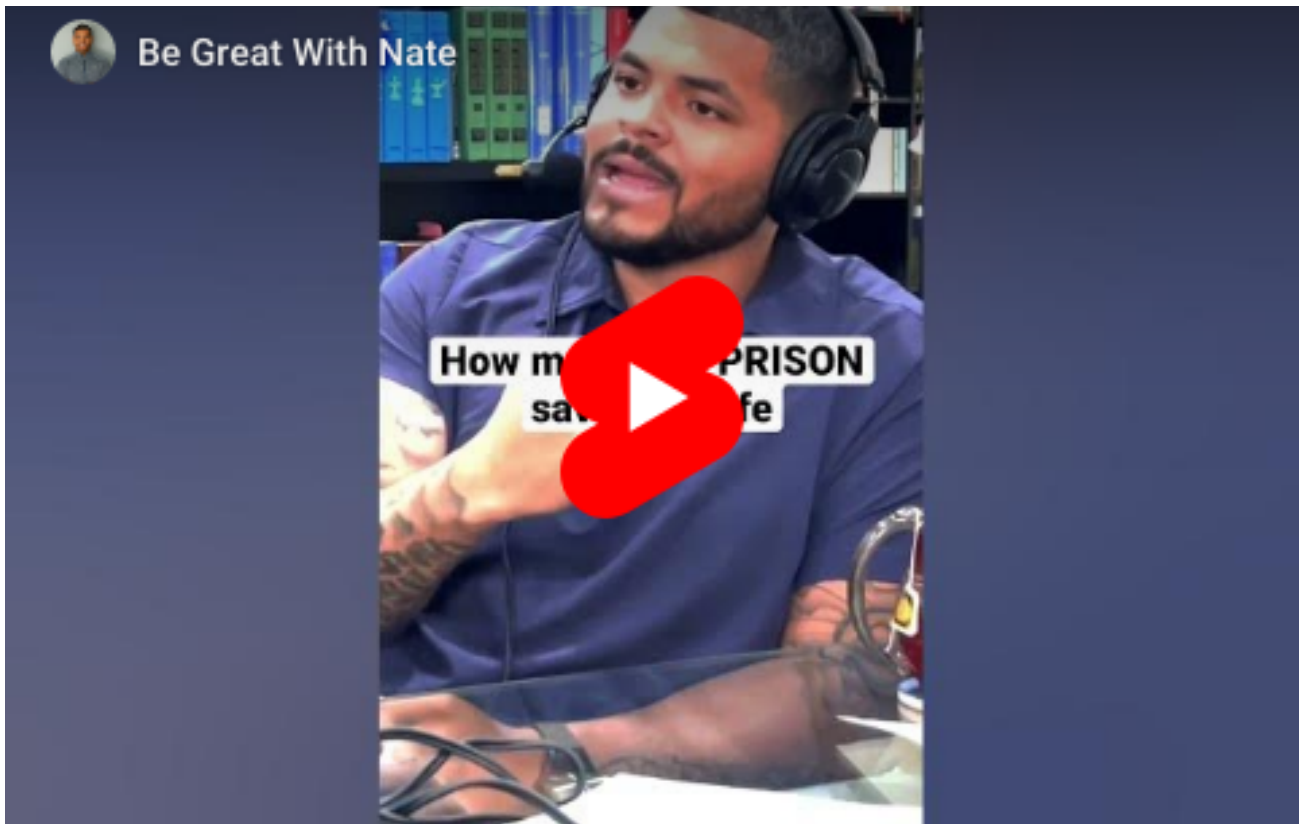
Not only have I harnessed the power of technology to enhance our content, but I've also curated an exceptional selection of videos that will both enlighten and astound you, all the while maintaining our strong focus on our culture and self-mastery.

In this captivating video, we explore the crucial significance of fostering a sense of tribe, particularly by surrounding ourselves with like-minded individuals of the same gender. As we delve into the power of unity and collaboration, we'll learn how working together towards a shared goal can amplify our potential for growth and success.

Discover how establishing strong connections with others can elevate our pursuit of self-mastery and contribute to the flourishing of our communities.







This video discusses the reasons for our limited viewership and emphasizes the importance of growing our community through email newsletters. Additionally, it explores why much of the educational content centered around Africentric perspectives often goes unnoticed.



Watch on  YouTube

In this thought-provoking video, we discuss the often overlooked power of saying "no," particularly in the context of personal growth and the pursuit of our dreams. By learning when and how to assertively set boundaries, we can prioritize our needs and ambitions, ensuring that we allocate the necessary time and energy to focus on our aspirations.

Discover the empowering impact of standing firm in your decisions and embracing the concept of self-care, all within the framework of Africentric culture and the principles of the Nguzo Saba. Together, let's unlock the potential of "no" to create a stronger, more resilient version of ourselves.



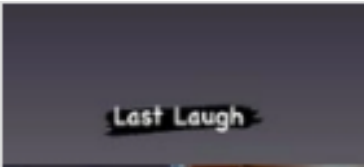
In this compelling video, David Banner engages in an authentic and candid conversation with Rock Newman, addressing topics that are essential for our community to discuss. Their exchange delves into various aspects of Africentric culture, personal growth, and the principles of the Nguzo Saba, providing valuable insights and perspectives that we can all learn from.

Don't miss this opportunity to listen in on a thought-provoking conversation that holds the potential to inspire and inform us all. As we collectively strive for a deeper understanding of "Our Thing," this dialogue serves as an important reminder of the power of open communication.

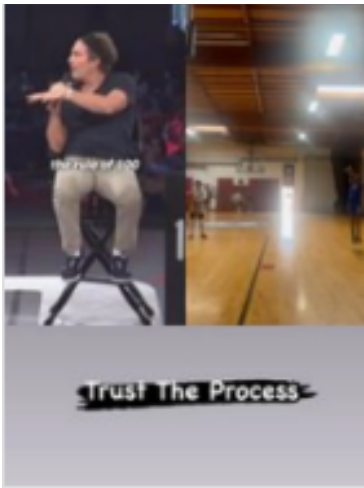


Devoting 18 minutes a day to a skill or activity for a year can certainly lead to significant progress and potentially place you in a higher percentile of proficiency. If you were to increase that commitment to 120 minutes (2 hours) a day, you would further accelerate your learning curve and likely surpass even more of your peers in terms of skill development and mastery.

By investing more time and effort into honing a skill or deepening your knowledge, you can expect to see greater improvements, foster a stronger understanding of the subject matter, and ultimately, achieve a higher level of expertise. This increased dedication can be particularly beneficial when it comes to personal growth, self-mastery, and embracing the principles of the Nguzo Saba.








## Devin Wills on Reels

163K views, 4.6K likes, 25 comments, 980 shares, Facebook Reels from Devin Wills.

 Facebook

Is this the magic of reciprocity or smoke and mirrors?

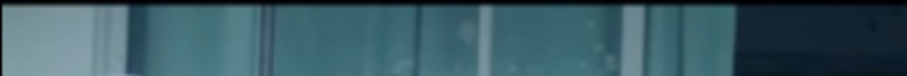


buildingblockcredit

Original audio

View profile

How banks make money 💰 ♻️





you know you owe me 20  
from last night

I was not gonna add this video, but the conversation was so powerful that I wanted to expose the Tribe to it. Please don't let the title fool you or the crime committed through you off listen to this young man and see what you can learn and apply to your life. if you don't have that much time jump to about the 42 minute mark:

BRAND  
M

Rapper Makes \$70k With Spotify Bots, M... ⋮

**RAPPER MAKES \$70K**

**EVERY MONTH WITH BOTS**

NO LABELS NECESSARY  
EPISODE 46

Watch on  YouTube

# PROVERBS OF THE WEEK

This week, we will explore the traditional African perspective on gratitude and appreciation.

1. "Gratitude is the heart's memory." - Ghanaian proverb
2. "A thankful heart will always find opportunities to show gratitude." - Nigerian proverb
3. "When the heart overflows, it comes out through the mouth." - Ethiopian proverb
4. "He who does not thank the guard of a well, will thank the well itself." - Moroccan proverb
5. "If you want to walk fast, walk alone; if you want to walk far, walk with others." - Zimbabwean proverb
6. "Happiness requires something to do, something to love, and something to hope for." - Swahili proverb
7. "A friend's frown is better than a fool's smile." - South African proverb
8. "When you are grateful, fear disappears, and abundance appears." - Kenyan proverb
9. "The hand that gives is the hand that receives." - Ugandan proverb
10. "A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love." - Malawian proverb
11. "He who is not grateful for the little he has will not be grateful for the much he will receive." - Tanzanian proverb
12. "The heart that loves is always young." - Egyptian proverb
13. "A kind gesture can reach a wound that only compassion can heal." - Sierra Leonean proverb
14. "Gratitude is not only the greatest of virtues but the parent of all others." - Sudanese proverb
15. "If you pick up one end of the stick, you also pick up the other." - Liberian proverb
16. "One who is grateful appreciates even the smallest gift." - Namibian proverb
17. "Where there is appreciation, there is duplication." - Senegalese proverb

## The Club

Introducing "The Club," a gripping new audio novel that takes you on a journey of transformation, empowerment, and intrigue.



At the heart of the story is a young man who finds himself drawn to an Africentric club that promises to change his life forever. As he becomes more involved, he discovers a secret organization that has been quietly building power for years, operating in the shadows without anyone knowing.

As the young man delves deeper into the club's secrets, he finds himself on a path of personal growth and self-discovery. He learns about the rich history and culture of his people, and finds new purpose and direction in life.

But as he rises through the ranks of the organization, he realizes that there are those who would do anything to protect their power and secrecy. He must navigate a dangerous web of deception and betrayal, and make choices that will impact not only his own future, but the future of his community as well.

With its richly drawn characters, powerful themes of identity and belonging, and a thrilling plot that keeps you on the edge of your seat, "The Club" is a must-listen for anyone looking for a thought-provoking and engaging novel.

So join us on this journey of discovery and intrigue as we follow the young man's transformation in "The Club." You won't be able to stop listening!

We continue with Chapter 2.0 let's continue on the Journey and see what our young narrator learns this week:



BY BROTHER HAZIM

