

Queen of the New Afrikan Nation

New Afrikan/Italian
New Afrikan/Latino
New Afrikan/White
New Afrikan/Asian
New Afrikan/India
New Afrikan/Arab

New Afrikan/Native
New Afrikan/Puerto Rico
New Afrikan/Mexican
New Afrikan/Creole
New Afrikan/Samoan
New Afrikan/Polynesian

ORIGIN

AFRIKA

NEW AFRIKAN NATION

THE PEOPLES'

RACE



WE ARE ALL NEW AFRIKANS!

Due to our colonization by Europeans and others, we no longer acknowledge our historical beliefs. Therefore, in order to retrieve our rich identity, we have devised a new ideology that will allow the different colorizations of our people to regain a collective thought as well as adhere to the different cultures, which exist amongst us.

Therefore, by identifying ourselves as New Afrikans, we can unite all our Brothers and Sisters throughout the world, while at the same time, they can identify with their nationalities - for example, Brazil, Haiti, Jamaica, Puerto Rico, Dominican Republic, etc. This way they can represent their race of origin as they did prior to the European slave trade, by embracing the New Afrikan ideology.

Our struggle is universal and those who hold us captive did so by destroying our identity and dividing us up through out the world. This is why many of us speak foreign languages and don't see each other as Brothers and Sisters.

Since Afrika is a colonized continent, they too fall under the title of New Afrikans. Color does not define us. Rather, anyone can be New Afrikan because we have New Afrikans who are albinos, due to the lack of pigmentation.

Our New Afrikan ideology is inclusive, anyway. A people who have no history or identity of origin will always be lost.

EMBRACE YOUR NEW AFRIKAN HERITAGE!!!



30
of thriving New Afrikan communities than just brutal
terror and mob actions. By taking away the cream of the
crop and putting them to work for them instead of for
their own communities, the New Afrikan communities are
more impoverished than ever. It's like the fate of a whole
people has been sealed.

Nowadays, our communities are nothing but glorified
prisons, where you have the police aggressively patrolling
on a daily basis. The violence that is perpetrated by the
oppressed upon the oppressed is all by design and the
system of scientific racism is your number one culprit!

One Love / One Struggle

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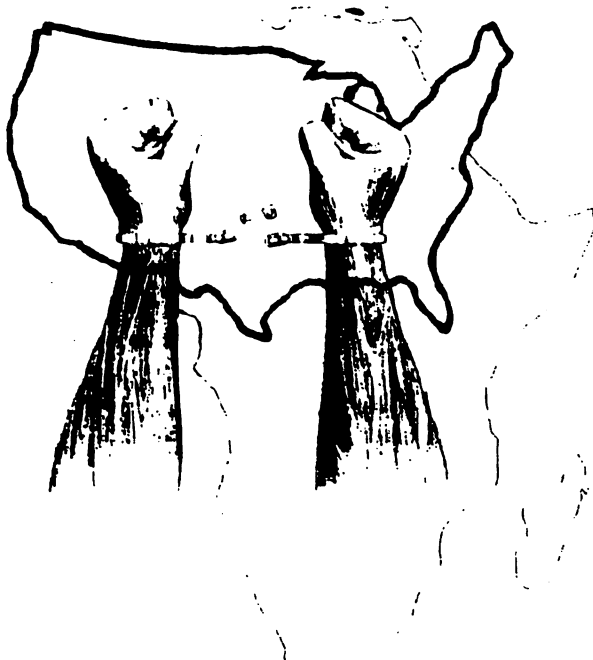


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FORWARD

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Sisters, one of the tragedies of the New Afrikan life here in Amerikkka is that too many of you have lost your way and have given into this Euro-centric western culture, when we should be embracing our own culture and values. Sisters, you must not allow someone else's view of you shape your consciousness, for this is a threat to our survival.

Sisters, since time began for us, you have been the backbone in the struggle and have stood side by side with us in our struggle for liberation. Sister, take a look back at the distance you have come and the things you've suffered through, endured and accomplished. Your greatness, beauty and spirit can't be matched by anyone but yourself! Find your way back to being that soulful "Black Woman" - the Mothers who have walked the Earth first. You've blessed us with the history and legacy full of strength, courage, pride and uniqueness.

This pamphlet is written out of love, respect and a deep sense of compassion for the Black Woman - the queen of our New Afrikan nation and our people. Sister, it is *you* now whom they have focused their beastly eyes and wicked ideas of elimination on. First of all, this is done by stripping away your true identity, separating you away from your men, forcing you to depend upon this system of government for your survival, while our children - generation after generation - lose their way. This weakens our fight for liberation. Sisters, we must reconnect with each other and disconnect ourselves from the oppression around us today, now more than ever.

We must educate to liberate. We must refuse to be influenced by a decadent Amerikkkan culture. Power to the Sisters, Power to the People!

- James Crawford -

have resorted to the brute tactics of police forces and white mobs to destroy thriving black communities. 29

From 1865 to the 1960's, many New Afrikan communities have continued to be terrorized by white mobs and terrorist police, where their property and land were taken by outright force. Often, what triggered these vicious assaults were false and racist charges of rape. These often led to the lynching and terrorizing of New Afrikans in their path. But, these blatant tactics were an embarrassment for the U.S. government as they showed the world what the true depraved, evil nature of this country really was.

So, a new practice was implemented that will prove to be even more sinister than these blatant assaults of yesteryear. They have gone in and bought out all the businesses that worked for the New Afrikan communities. They then hired the professional and skilled New Afrikans that had been working for the benefit for their people and employed them in their own corporations. This served to accelerate the divisions of class within the New Afrikan community. Middle and upper class blacks were pitted against unskilled workers. The white corporations could claim to be breaking racial barriers by hiring these people, but they were getting them to service the white owned corporations and taking them away from helping their own communities.

With the wholesale uprooting of living wage jobs (NAFTA, etc.) from the New Afrikan communities to cheaper labor overseas, combined with the deadly introduction of horrifically addicting drugs to the New Afrikan communities, many New Afrikans were reduced to working low-wage jobs and involving themselves in the more and more criminalized drug economy. The government also took the best and the brightest from the black community and put them to work in their political and military bureaucracy, often further menacing their former communities.

This has proven to be a much more effective tactic by government and business to undermine the development

So, the New Afrikan communities, far from getting "forty acres and a mule" as promised, were always 28 poverty stricken and the U.S. government and their corporate and plantation business patrons deprived the New Afrikan communities through the systematic use of these Jim Crow laws, forcing New Afrikans to build their own communities, with inferior land, high unemployment, low wages, inferior education – in short, with little or nothing to work with – always with the threat of terror hanging over them.

We did create our own banks, our own schools and so forth, but everything was created out of sheer necessity, with no help from the government, but rather, hindrance. They implemented policies and legislation that served to jeopardize our small gains because corporate America wanted to profit off of what little we had amassed. So the few dollars we managed to keep in our communities was made to flow out of our communities into their pockets and their companies.

Such tactics included "eminent domain" which the Constitution allows the government to take property away from their rightful owners if it is deemed "necessary for the common good." Recently, Supreme Court decisions have further interpreted this usurious part of the Constitution to mean that the government can take property away from people if another, more profitable business, can be erected in its place. In other words, they can do it if it provides them with bigger tax dollars, thus qualifying (in their interpretation) as being for the "better good of society." So, today it translates into condemning affordable housing in Afrikan communities so that "gentrification" (read: white people with money) can move in. We see this happening in the wake of Hurricane Katrina and all across the country.

Other pressure tactics to destroy the viability of New Afrikan communities include outside banks, who have moved in, raising the interest rates on loans and purchases, raised rents, redlined New Afrikan home buyers. When these tactics have proven ineffective, they

This pamphlet, entitled *Queen of the New Afrikan Nation*, comes to us at a time when our liberation movement has been brought to a standstill by the intensity of government repression. We are witnessing our communities being over run by the influx of guns and drugs. This has forced us to lose sight of our essential focus of what our ancestors fought and died for.

Brother James Crawford has himself been transformed by the guiding examples of some of our most courageous elders. These are Brothers and Sisters who have taken the time to show and instruct him on the richness of our heritage and the legacy of our common struggle. This has been bequeathed to each of us for us to forge our own way and to establish our own system and not just to submit to the evil and wicked machinations of white supremacy that has scattered us around the world and left us so confused as to who we really are.

Brother James seeks to reconnect us with the essentials by speaking directly to the **Sisters** about the way we raise and nurture our children. His critique is derived from his direct experience growing up in the streets of Watts, which is one of the (many) toughest ghettos in Amerikkka. Brother James speaks to how we've lost the spiritual bond that once existed in our communities and now we've fallen victim to a colonial brainwashing, programmed to see each other as the enemy. This pamphlet attempts to shed light on some of those experiences and help our sistas raise healthy, alert and caring human beings who are prepared to carry on a legacy passed down to us by our ancestors. We encourage you all to read it, meditate on it, study its contents and then ask yourself what are you preparing your family, friends and especially your children, for??? Our struggle continues.

James Crawford

Queen of the New Afrikan nation is a pamphlet written to inspire and unify the many different colorizations that exist within our New Afrikan nation in hopes that our sisters will reconnect with those values, morals, standards and principles that once guided us all historically. Collective thought is so essential to a peoples' survival... 6

Statement by the Author

As a young man growing up in the Watts Nickerson Garden housing projects, I learned so much so fast, and unfortunately, that which I was learning wasn't a benefit to me. All the same, I was able to see sisters in the average household, who was the sole parent raising three or four children and like my mother (who had six boys of her own) was definitely headed for a struggle as a single parent.

My mother was a smart woman who grew up in the fifties. So she seen more than enough hard times. Plus, at this time she had seen so much mistreatment of our people. Once the sixties arrived, my mother took a revolutionary approach to trying to deal with the hardships that surrounded so many of our peoples' lives. My mother was a light-skinned sister, 6'1" and strong - mentally and physically.

She was a warrior, so once she became conscious of our people's situation in America, her and my father began to have confrontations over how to raise their children. My father was a republican type of a man. He had more conservative views which were in conflict with my mother's more radical views. This ultimately lead to my parent's separation. My father loved my mother very much, so when my mother left him, he was hurt very badly. This led him to disregard us all.

My mother then became heavily involved in community activism. She helped start the W.I.C. program. She helped start the free lunches in Los

An example of this systematic and scientific racism were the Jim Crow laws put in place by the states and U.S. government to keep blacks separated from whites, but not equal. Everything available to us was, *by law*, inferior! It was something we were forced to accept, upon penalty of arrest, up to lynching. 27

Many folks had to fend for themselves, with no help from "their" so-called government since the Emancipation Proclamation in 1863 to the end of the Civil War in 1865. We hear a lot about how the Civil War was fought to "free the slaves" but this is far from the truth. A proclamation was made and an amendment was added to the Constitution to "end slavery." But these lofty words did not do anything to free slaves from their slave *owners'* plantations, nor did it free them from white terrorism.

In place of official chattel slavery, a system of contract slavery was instituted, known as "peonage." Illiterate slaves put an "X" on a document which bound him or her to the same plantation. All goods needed were to be purchased from the plantation owner. Often, at the end of the year, a "former slave" was in debt many times, for their whole life! Institutionalized racism and white terror were written into the government. Many high government officials, governors and senators were Klan members and plantation owners. The murder (lynching) of New Afrikans was commonplace. Often these gruesome murders were carried out amidst a gathering of approving white folks - political officials, police officials and regular white townspeople. It was like a social event to underscore the foundation of the society - racism, terror and murder.

The 13th Amendment didn't even end slavery by word. It explicitly exempted convicted felons from freedom from slavery. Thus, many former slaves were arrested and imprisoned for vagrancy (being poor.) They were then contracted out - *as slaves* - to the plantation owners. This was all protected by the U.S. Constitution and to this day, these provisions read exactly as they were written in 1867.

slavery and still relies heavily on slavery and racism to (mal) function. It exploits, degrades and oppresses 26 humanity. Therefore, this economic system will never create equality or a quality of life for the masses of people in this world. It is a white males' economic system in which they are the originators of such a system. It gave birth to racism, classism, colonialism and slavery. New Afrikans will never be able to exist in a raceless, classless inclusive society as long as the system of capitalism is in place for the New Afrikan people.

Yet, in the meantime, one must have some type of skill if one is to sustain their livelihood in this capitalist system. Typical labor is not respected in such a system. We need to produce doctors, engineers, architects, certified nurses, professors, scientists, etc. A typical education will not work in such a society. We need college degrees, master's degrees, A.A.'s, B.A.'s, PhD's, etc. This is what we must encourage our children towards, or it will definitely be a challenge for them, unless they are incredibly talented in sports or in the entertainment field. Capitalism cares for no one. Money is valued over life in a capitalist society.

Scientific Racism

This is the method of employing a systematic practice that oppresses and represses a people based on the color of their skin through an intricate, subtle, historical layering of policies, legislation, corporations and governmental institutions, driven home with law enforcement. All of these are instrumental in making sure that scientific racism is effectively carried out. The availability and quality of medical services, equal employment opportunities, a livable environment, adequate housing are all undermined for New Afrikans. The only institution that "caters" to us is the burgeoning prison system. Here, we greatly outnumber the other Americans per capita many times over!

Angeles schools. She was the Sergeant of Arms in the Black Panther Party. My mother didn't treat us any 7 different than the other children in our neighborhood. To her, we all were the same and deserved the same love equally. This practice was something that most sisters embraced in this era.

My mother believed in sisterhood. It was so important to her, especially since 90% of the sisters were responsible for raising the children in the community. Although a lot of the brothers were under constant harassment by the U.S. government, because many had signed on as Black Panther members or the Nation of Islam. Plus, you had many who succumbed to the pressure and started using alcohol and drugs, mostly heroin and marijuana. The heroin was a weapon of mass destruction, placed in our communities by the U.S. Government, to weaken the (B.P.P.) Black Panther Party. This was done by the (F.B.I.) Federal Bureau of Investigation agency.

They implemented their counter-intelligence program along with the heroin and criminalization. They sanctioned murders of the leaders of the B.P.P. such as Fred Hampton, Mark Clark, Bunchy Carter, George Lester Jackson, Little Bobby Hutton and countless others. The demoralization and the sanctioned murders by the U.S. government were effective in discouraging our people from the B.P.P. movement. It's no different how they (U.S. government) use crack cocaine to destroy the Black family today.

This is what has destroyed the unity and sisterhood in our community these days. The sisterhood was the glue that held it all together. So once it was destroyed, the children didn't see a connection to the other children, because their parents no longer shared one. So the end of unity had come and the beginning of individualism was born. This is a devastating detriment for a people who has historically been attacked, murdered and discriminated against by those who control every aspect of our lives.

Sisterhood was the rule in the Black community. It was so important because it told brothers to be men and to protect sisters and their children at all costs – even if it killed them. Because these are sacrifices any woman or man can stomach. It is the same sisterhood that is needed today in order to get the Blackman to stand up and protect his people, his nation. As Fifty Cent says, "Get free or die trying to be free." So this pamphlet is written in the memory of "Alma Jean" who passed away at the ripe age of 52 on 8/8/96. Her spirit continues to be with us always. Hers is the fighting spirit of sisterhood!

Changing Oneself

Sister Chapter 1. There is nothing we can do for anyone when we our self is messed up and confused. So it's important that we take all the energy we have to improve our own lives, because as long as we're messed up, then we cannot do anything for anyone else. One's mind must be clear and conscionable. One's body must be strong. One's spirit must be up and ready for the task. One must at all cost destroy all negativity. It is the only way that one can be productive. One's heart has to be heavy with love for humanity – and especially one's own people. This is a battle within ourselves that must be conquered. This is the first struggle we face, the one within ourselves...

Eradicating Drugs from Ones Life

Sister Chapter 2. Sisters are naturally strong, beautiful women, but as I have seen so many times before, beautiful Afrikan women such as my mother and ex-wife, often fall victim to alcohol and drugs. Starting off with casual usage, progressing into a more aggressive usage of drugs, this literally sets the stage for the destruction of their lives. There are countless examples

It is the scientific method, arrangement, theory and technique which are able to master the fundamental problems of humanity, society and its environment. 25

Excerpts from Understanding Ideology

1. Knowing the science of agriculture so that you can feed the people.
2. Knowing the science of militarization so that you can protect the people.
3. Knowing the science of industrialization and engineering. This will allow us to produce energy / resources for the people.
4. Knowing the science of technology will allow us to be more productive.
5. Knowing scientific socialism is the economic system that meets humanities' needs.

Understanding Capitalism

Capitalism is the economic system in which the ownership and exploitation of wealth are left largely in private hands. That means those few control all of the world's resources and means of production and distribute these goods and services – not to satisfy peoples' needs – but rather, to create profit. For example, corporations, along with the support of the United State's government determine where these essential products go to, as they have the market monopolized. Those who can pay for them (at a high price to insure a profit) receive them, but those who can't pay for them are left to suffer in want.

Capitalism does not work for humanity and is especially anti-New Afrikan. Capitalism was built on

we'd have many cars donated so we could make sure all of our people have access to transportation and get to 24 where they needed to go. They'd be on call 24-7, to cover emergency situations. We have a "sister's day care" service where we'd have our own service to look after our children, babies and the elderly while the working class folks are busy working.

We would also train every able body on how to do day care, so we'd have a strong pool of people to draw from. Everybody needs to learn basic people care, anyway. When we employ scientific socialism, the whole goal is to solve the peoples' problems. This way all of our basic needs are met.

Those with professional skills should use their talents to help empower our communities by offering their services – and teaching what they know. This way, for example, if you are a plumber, then outside your regular work day, you could provide plumbing services free to the community. After all, the plumber would be getting day care service, food, clothing, etc. So, he or she should share what they know how to do, which other people need. This way, all of our services and contributions will be provided to meet the peoples' actual needs, unlike the system today, which is to provide these products and services (which people need) but only for money – for a profit.

By adopting such a system of scientific socialism, we will save tons of our resources by pooling them together within our community. We can create a "sister's community bank" that would serve the interests of the people. Small contributions could be made monthly by everybody able to do so in order to build up businesses in our communities and proper housing. I hope these examples being illustrated to you are comprehensible. For, no matter how poor people are in this type of system, they will be provided for and become empowered by this whole process, once it is up and running. No one is exempt from contributing in some form or fashion, whether they are a child or an adult.

out there that we can look at to demonstrate why we need to stay clear of alcohol and drugs. Being alcohol and 9 drug free is essential for our survival as a people. For, we can never be able to focus on our lives while we are under the influence of drugs and alcohol

The following have been instrumental in destroying many New Afrikan lives – wine, champagne, beer, hard liquor, cigars, cigarettes, marijuana, cocaine, crack, P.C.P., heroin, hash, speed, meth, acid, and other drugs. If you are on pills of any kind and they aren't for a life threatening disease or condition, then you need to do all you can do to get off of them, because all drugs have side effects and many are dangerously addictive.

Many of these drugs alter your mind-set after a while. They compel us to do things we normally wouldn't do. For example, when addicted to drugs people abandon their children, steal from their parents, commit crimes, etc. Stress and other life problems are some of the many factors that lead us to such an indulging of these substances. So it will be necessary to have a sound presence of sisterhood to help you network through these types of problems – especially in today's world where we need all of our brain capacity to function properly.

Priorities First

Sister Chapter 3. We have been culturally programmed for failure. The things we seek pleasure in have been our biggest failure. As a people in struggle for our very lives, we seem to be all rapped up in seeking pleasure. By doing this, we lose sight of our priorities. These American pastime events are not healthy for us at this particular time in our lives, as a people. Our mind, body and spirit need to be re-energized and directed towards economically and politically empowering our people. This will begin to allow us to deal with the impoverished conditions that the majority of our people suffer through here in Amerikkka and throughout the world.

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We have always been a sociable, loving people, historically. We were more keen and energized after a social gathering of such celebrations, such as rites of passage, tribal dances, festivities, etc. Nowadays, we're excessively clubbing, going to movies, concerts, amusement parks and shopping all the time. These activities leave us exhausted, broke and stressed out. Before, we celebrated growth in the family and things of substance, which benefited us all and left us feeling good after these celebrations.

For example, newborns were celebrated by the whole (extended) family. Progress in education was celebrated. Manhood, womanhood was celebrated, etc. This is why if it is not consistent with our growth as a people collectively in terms of rebuilding our minds and communities, then we cannot afford it, period! We've got more serious issues that take priority such as cultivating our children's minds, or we will continue to lose generation after generation of our people.

We must seek our pleasure in organizing our New Afrikan communities by working hand-in-hand together. We cannot leave our people strung out on drugs, engaging in prostitution, pimping, thugging, and selling drugs etc. because these vices will be passed on to the ones coming up, whether we like it or not. So, by addressing all of this sickness now, we can save ourselves and our people. So let's rebuild our New Afrikan nation. This time, let's do it with a sound New Afrikan ideology.

Making Our Dollars Work for US

Sister Chapter 4. What we do in union will revolutionize (change) the New Afrikan communities and way of life. We waste more money than anyone on the planet. We spend our money frivolously. We don't invest in "us" yet, we invest in everybody else. We've got to give up all of this slave shopping, or self-esteem shopping. Or "look what I got, I'm not poor" shopping. Sisters, we

have an equal voice in structuring its philosophy! It's a living philosophy, non-racist, non-class exploitative – a philosophy of inclusiveness. The natural tongue of New Afrikan society is English, as this is what we were made to learn on this continent. We are also seeking to introduce a second language of Spanish. 23

Scientific Socialism

Sisters, scientific socialism deals with an historical practice that we once applied naturally in order to make sure that all our peoples' needs were met, by pulling all our resources and manpower together for the common good. By doing so, we were able to sustain our peoples' lives on a consistent and continuing basis.

In practice, scientific socialism works like this. Like the internal running of a functioning family, everybody pitches in for the common good. Extrapolate this to the whole community and we all help to advance the lifestyle of our people. For example, we could have say, some sisters, be responsible for education. Their responsibility would be to make sure that every child and adult are properly educated in order to eradicate ignorance in our community. We would contribute a steady income for the sisters working on the educational program, through donations, so that they will have the necessary materials they will need to carry out their educational services. This would be in addition to the institutional schooling.

As for clothing, we would donate all our old / new clothing that we no longer need that is still in good condition, along with shoes, baby strollers, etc. We'd institute a "sister's food program" where we would grow all the foods possible – greens, lettuce, tomatoes, onions, fruits, other vegetables, potatoes, etc. and use the food to feed our people. We'd also hold food drives once a month, where food could be donated to help insure that all of our people have an adequate diet.

We'd start a "sister's transportation" program where

5. Understanding the importance of nutrition and balance. Diet is essential for maintaining good health and proper weight. I'll give a rundown on the meanings of the first four statements below. 22

New Afrikan Ideology **(Excerpt from Understanding Ideology)**

The new philosophy is a new vision for New Afrikan people. It's important to understand the conscious thinking men and women who have established the super-structure of New Afrikan ideology.

It must not and will not be structured around the subjugation and oppression of women, nor racial discrimination or the disenfranchisement of New Afrikan citizens. New Afrikan ideology is contained in the origin of Afrikan democracy. Its philosophy, convictions, central ideas, theories and teachings are built around community-based practices, actions and conduct.

The belief system of New Afrikan ideology is in the Afrikan Constitution and basically revolves around the observance and obligations of loyalty to the philosophy of life, in the symbol the standard colors of red, black and green, in its black anthem, creed and cultural heroes. These help to justify its cause and blended together become New Afrikan ideology, politics and the way of a conscious life direction.

The soundness of New Afrikan ideology deserves to be further developed by the New Afrikan intellectuals, analyzing and interpreting New Afrikan needs, wants and culture. For, New Afrikans have developed their own philosophy of life which is not at the impulse or imprint of western ideology, in determining the destinies of the New Afrikan peoples.

New Afrikan ideology is in the understanding of social truths, criticism and struggle through the historical process of bringing about ideological unity. This is still in its developmental stage, but most definitely women will

continue to be played with all of these holidays, birthdays, etc. These events are consuming our dollars on a yearly basis, which is wasted money. ||

We've got to take a break collectively and re-establish our value system and our relationships with one another. Once get past being materialistic, then we can put our money towards building real economic security for *all* our people. If we all join forces, then the love and attention our children will receive will sustain them during the holidays and birthdays. It'll stay intact and you'll still have your hard-earned money to spend. Why throw it at corporations who don't invest one penny in our New Afrikan communities? So, when we spend our money, make sure it's to benefit our children and families.

For example, instead of xbox and play station, get an educational disc, books on New Afrikan history – anything that is educational and a benefit to us all. Instead of frequenting liquor stores, put fresh vegetables and fruit on the table! Instead of sending your children to these rundown public schools that “educate” our children to the prisons, build *our own* New Afrikan schools, hire New Afrikan intellectuals, such as Cornel West, Michael Dyson, who spend most of their time educating white children for money. We should pay these types of people to educate *our* children, who are just as precious and deserve nothing but the best. They are worth more than all the worldly possessions combined!

So when we see our New Afrikans who have succeeded in the intellectual world, catering to improve white life for profit, we must pay them to do what they are doing for the white people to do the same for our people. If we don't invest every cent in and around our children's futures, then we sabotage our peoples' future. Our money must be used to manufacture all of our needs. This way we will be able to build on our lives.

Another means we can and should use to educate ourselves and our children is through *self-education*. There is an enormous amount of talent and insight in the hood that we need to draw upon, record and spread

and the internet is full of empowering websites, as are the libraries. We need to start our own "free schools" and home schools. We must learn to become our own educators, be resourceful and develop our own innate talents doing so. By learning and teaching in these grassroots, community-based methods, we don't have to rely on establishment schools or expensive educators. It's a great way to gain self-respect and celebrate the vibrancy of our lives and each other, instead of falling for the hopelessness that society wants us to wallow in.

Embracing a Healthy Lifestyle

Sister Chapter 5. We are no longer in physical slavery anymore (although the 13th Amendment of the U.S. constitutions still sanctions slavery for prisoners) so let's stop eating like it. We have been aiding and abetting the deaths of our own families every time we cook. Our children cannot focus in school because their brain is congested with you know what? Their lack of attention span is in large part due to a high sugar and junk food diet, etc. This constant poison that we allow our children to eat or feed them and ourselves daily, is the same poison that has claimed millions of people in this country, due to obesity.

It's bad enough that we rely on others to supply our food in the first place. It's even worse, not even knowing the difference between what is good and what isn't. We are the most talented, most gifted and most beautiful people on the planet. Yet, you can't see that anymore by the way we look.

Nowadays, we need to cut out all of the hazardous foods / junk and embrace a healthier diet. Start by consuming five portions of fresh fruits and vegetables a day per person, along with drinking lots of water, engaging in an active, exercise-filled lifestyle, which will challenge us physically. This is a matter of life and death for a large percentage of the New Afrikan population. You

George Jackson's, the Marcus Garvey's and etc. away from you all by telling you that we are terrorists or criminals, that we are dangerous – whatever it takes to discourage you.

Now, it's true many have made bad choices which served as a reason to be led into prison. But, these bad decisions were made many years ago, in some cases, over 40 years ago! Yet, those who control our lives (and the world) have made far greater mistakes. They have murdered millions, based on their politics. They have shot and lynched our people consistently. Yet, they want you to forgive and forget their crimes against our people, but when it comes to your brothers in the prisons, they do not want you to be forgiving.

The "bad decisions" leading brothers into prison can be traced back to the racist policies of our captors. They have deprived the New Afrikan community, forcing many into desperate situations, leading to "crime." Poverty is the mother of all crime and it is built into this racist system of inequality. They removed all the influential men from our communities that kept the youngsters in check – educated instead of poisoned. Now, without these elders, they are just reckless souls, killing each other. We've got to get involved, A.S.A.P.

Here's Five Points You Must Learn About

1. Understanding New Afrikan ideology is very important for a people to have ideological unity.
2. Understanding scientific socialism is very important for building the New Afrikan nation.
3. Understanding capitalism is important in realizing what type of economic system you are living under.
4. Understanding scientific racism is very important for the New Afrikan survival.

Support a Conscious New Afrikan Incarcerated

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Sister Chapter 10. Sisters, it's over one million New Afrikans incarcerated and it's a much higher percentage of men to women. I would say it is 90% to 10%. Overall, 94% of all prisoners are men. All the same, we must not forget that every one who is incarcerated has their individual situation or circumstances which led them to prison. There are many brothers / sisters incarcerated, who sacrificed themselves trying to protect and create better conditions for our New Afrikan people. Yet, these same New Afrikans are thrown in with the overall prison population.

There are many more conscious-minded New Afrikans who have made the necessary transitions from an ignorant state of mind to a New Afrikan conscious state of mind. So I'll be frank. There are a lot of beautiful human beings in these prisons – just like there are a lot of beautiful human beings out on the streets. As well, there are also a lot of “filthy” human beings in these prisons as well, just as there are a bunch of filthy human beings out on the streets. So the good and bad exist everywhere in society. You just have to know how to navigate through the nonsense.

Sisters, you've got to engage the conscious-minded New Afrikans in these solitary confinement units. They can literally radicalize the minds of our people! They are all well-educated, so I encourage each of you to correspond with at least one of these brothers to raise your own consciousness level, because there is so much going on. They are also highly disciplined and only have the best interests of the people at heart.

The reason most of these men are kept from the general population is because of their intellect. Many times those who hold us in captivity will try and threaten you to discourage you from writing to these conscious New Afrikans. This is how they keep the Malcolm X's, the

may say that these items are too expensive, but there are cheaper ways of acquiring the nutrition that you need. Food co-ops, growing your own food, farmer's markets, buying cheaper, yet nutritionally sound foods, buying in bulk and sharing with others, getting discount deals from grocers and farmers, bartering skills and services for foods, learning about wild foods – these are some ways to get around the high prices at the grocery stores. Again, use your collective resources and thinking abilities.

Too many of us suffer from obesity and related diseases, such as high blood pressure, diabetes, one and two strokes, heart disease, etc. Obesity also compromises our immune system. Take a look at the Christian churches or just look around you. We are eating ourselves into the graveyard. It's embarrassing how some New Afrikans have allowed themselves to get. We had always taken pride in our appearance, so it's important that we work together and support each other to embark on weight loss programs and establish a new culture of healthy eating. Food can be dangerous when we don't know the difference between good food and bad food or when enough is enough. It can and will kill you!

Respecting Our Bodies and Sexual Desires

Sister Chapter 6. Now sisters! We've got to be careful because I personally feel we have a naturally high sex drive and we are very sensual people with lots of passion, which in my opinion is a blessing. Those who preach that sex is a bad act to the world, and who, for whatever reason, tend to demonize sex, are wrong! Fortunately for us, that which is natural cannot be suppressed.

Alarmingly, the manufacturing of a man-made disease (HIV/AIDS) was created to do just that and sisters, you are the main target. We've got to know our HIV status the sooner the better, regardless if we're “at risk” or not

we still need to know. We are dealing with a genocide of a people, our people, so we can't just take this for granted, anymore. As my teachers have taught me, 14 you've got to live your life as if you are in a war zone.

I know my H.I.V. status and it's negative. Plus, I will use every precaution to make sure it stays negative. I will test with my partner before we begin a physical relationship. I will make sure that honesty is the number one factor within our relationship. It's unfortunate that things have come to this, but as a people, this is the only way we will be able to beat this disease.

I personally feel that it was created to wipe us off this planet. We've got to be extremely vigilant as well as have trustworthy doctors, especially the gynecologists, who do all of your most sensitive care. "Safe" casual sex is a thing of the past. To have unprotected casual sex is no different than playing Russian roulette.

I love you sisters and have never loved any others, but we've got to go back to our roots! We are a people exposed before the world. Many of us have compromised ourselves for money. Prostitution, pimps, stripping, promiscuous behaviors have placed us in harm's way.

Homosexuality is truly one of the many problems in the New Afrikan community. It doesn't take a rocket scientist to realize that intercourse into the waste dump of anyone is a deviant sexual practice. This is sick and we used to collectively think just that, but we have allowed ourselves to be influenced by others that it's "cool." Many who are filthy rich are trying to convince the world that homosexuality is alright and we have literally bought into this sickness.

I am not homophobic, it is just that we as a people were raised with dignity and we have allowed ourselves to be co-opted by a system that truly has never worked for our interests. We've got to take this HIV / AIDS and sex thing seriously. Just because you can't see it doesn't mean something ain't going on that's real sinister. We must love and take care of all of our people infected with this disease. By doing this, we take care of our people

assume, but to know. Knowledge is power and power is security and security is safety. Remember security is 19 understanding every aspect of your life, especially those around you and your environment. Making sure that you are financially secure is part of security, as well, because if we can't feed or shelter our families, then that situation becomes a serious security risk for us all, as we can see from the state of conditions which the majority of our people are living under – here and throughout the world, *especially* in our own communities!

Those who are paid to protect and serve our people have in many respects contributed to the destruction of our lives for the last 400 plus years. They have been consistent in their practice against our people. This should very well enlighten us all to the fact that we are a people, who are without physical security, economic security, educational security and etc. We must have conscious minded, disciplined New Afrikan men and women trained specifically for protecting the New Afrikan people.

This is dictated by our history and present time that our people have been raped, tortured, bought and sold, murdered and left to die before the world. We have been robbed of our land, property and placed all over the world for others to do as they please with us. All this has been done by outsiders. Take a look at Rosewood in Oklahoma, Hurricane Katrina in Louisiana and countless other events that have ended tragically for New Afrikans. Remember, we remain even more vulnerable today. History has always repeated itself whenever a people don't learn from it. The world is too violent to go on as if this is irrelevant.

Sisters, demand that brothers protect you and your children. Put the fire back into them. Many have lost sight of what their roles are as men. Many are doing the dying for nothing, anyway! So they might as well die for something and they can at least be respected.

Sisters, get your children into productive activities that stimulate their minds educationally, other than that which has stagnated their mental growth. Evolution is a process of change in a certain direction. It can be guided, once we become properly educated. So, be careful of **18** what you do and allow your children to do for pastimes. Education is something you are supposed to embrace until your last breath.

The Have Be Friend, the Have Not

Sister Chapter 8. Sisters, those of you who are well-educated and financially stable, need to think about participating in a mentoring program that exclusively re-connects you with sisters in these troubled neighborhoods – especially the sisters who are struggling to get to the next level. All of you who have gotten to the next level can be a big help for those struggling sisters, simply by being a friend and sharing with them the sacrifices you all made to get to where you are at now. This insight is priceless to these sisters in these oppressed communities, especially the sisters who are drug free and focusing on their careers. Each one, teach one is consistent with our “It takes a village” practice. The “haves” got to re-connect with the “have nots” if we are to survive as a people. We’ve got to do this!

Remember, don’t give people a fish – teach them *how* to fish! This is so they can be independent. Don’t nobody want no handouts! We’ve got to invest in our people. Don’t worry about saving everybody. Just save *somebody*.

Security/Safety

Sister Chapter 9. We must become conscious. It is the number one way to secure ourselves. We cannot second guess nothing! We must know, not speculate, not

who are sick (dealing with a real need and demonstrating our humanity) and encourage education on the subject and get people to learn their own status. **15**

If we don’t get it under control, we will not be here as a nation of New Afrikans. In Afrika, the population is 500 million, 150 million of which are HIV positive! There are millions more suffering from such preventable diseases as malaria, tuberculosis, malnutrition, wars, rapes and other horrors. Now, New Afrikan women in the U.S. are the most infected group in the country. We’ve got to realize that the other groups of people aren’t doing anything different than us. So why is it just our people who must suffer the most?

Afrika was supposed to be able to sustain 2 billion people – of Black Afrikans – at this point in history. So, please try and realize that there is something way more sinister going on, here. Plus, you sisters have got to stop having abortions. It’s contributing to our genocide. If a man ain’t worthy of sleeping with or being your baby’s father, then keep it moving.

Reducing Time with the TV and Playstation, etc.

Sister Chapter 7. We are spending too much time watching TV and playing video games. This also goes for other gadgets, like cell phones, etc. These electronic devices are truly frivolous in many respects and it’s alarming how much time is spent by children and many adults using these things as their pastime. We need to interact with *each other* up close and personal because there is a serious miscommunication happening when it comes to us being on a social level. We don’t have the real connection we once had as a people. Television is a propaganda and brainwashing tool that, if you’re not properly informed, can be very dangerous. It’s very influential, especially for New Afrikan children, who like all children, are very impressionable.



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