

AU NATUREL

FINAL THOUGHTS FOR 2017 A Conclusion of my Kemetic Reflections

This issue represents part three of my review of the [Browder Study Tour](#) which for me began in August 2017 but which shall continue throughout my time on Earth. If I were being perfectly consistent with the structure and flow of my writings, I should be discussing the third set of architectural wonders observed in Egypt--the tombs of Kemet. Section I discussed the Pyramids of Egypt. Section II spoke to the temples. Well, the tombs had greater limitations on them, in that would could not so readily photograph what we saw as we could in other parts of Egypt. My favorite site in Egypt, which paled only in comparison to the Pyramids of Giza and Karnak & Luxor Temples, was the Tomb of King Seti I. It was so beautifully painted and the colors were so richly preserved that you could not imagine that it was painted millenia ago. Is the [Sistine Chapel](#) any greater? For this reason, photos were not allowed. So, I've captured pictures of the Tomb of King Seti from the internet to illustrate the beauty of these artisans' work. These images are interspersed throughout this issue. My words about the tombs as monuments are limited; but, the theme of death and resurrection is recurrent.

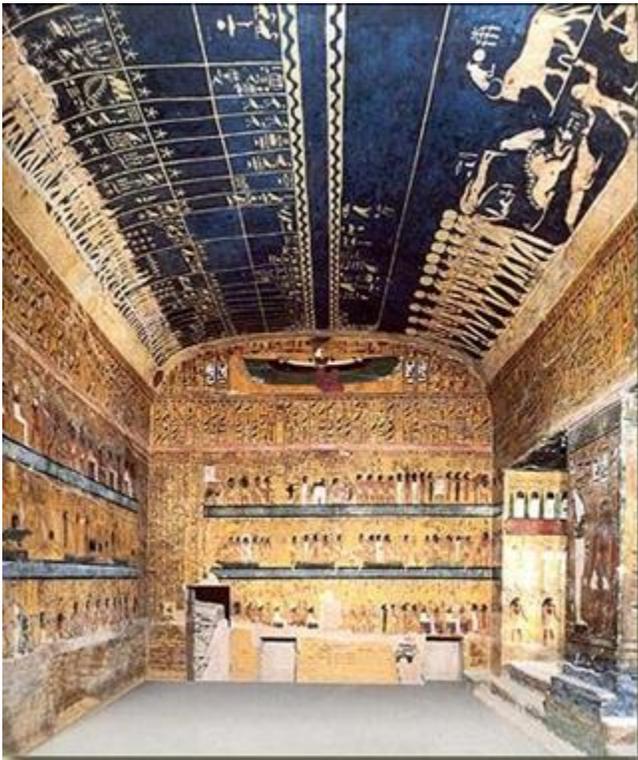
Throughout the journey to Egypt, I was struck by the sublime beauty of this world of contrasts: the physical and scientific evidence left behind bespoke an advanced civilization of extraordinary people while the art highlighted the most common and mundane

aspects of living. The take home message that was most pronounced for me was: We are imbued with the power to transcend to the ethereal state of lords but we are grounded by this physical body which binds and transfixes us to the corporeal reality of existence. This is the paradox of being *made* in the image and likeness of God. We are powerful and powerless both at the same time. Isn't that what the journey of Jesus tells us so eloquently of His existence? Of our own existence? *On so many levels, the crucible of human existence is the battlefield where sacred and secular meet. And all the while, we are challenged to embrace the dance for it is the very essence of life.*

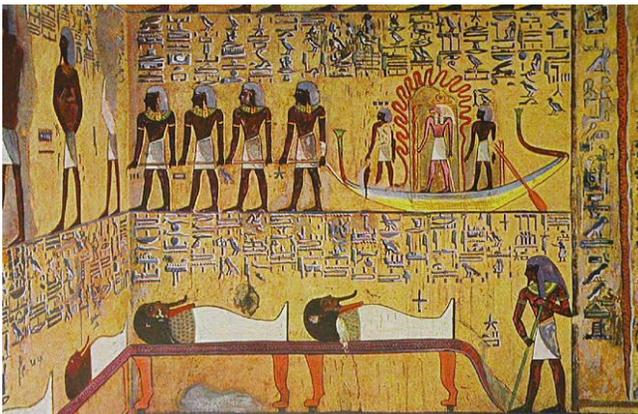


SOME TRUTHS JUST CAN'T BE HIDDEN

As many of you are well aware, I spent a wonderful 7 years of my life in the beautiful island nation of Jamaica. My sons were born there. It was the place where, for the first time in my life, my natural hair style was a moot point. There was nothing to talk about because so many others sisters had natural hair as well. At times, I was more comfortable in Jamaica than in my own home. So, I was by no means surprised when Miss Jamaica 2017 appeared at the Miss Universe pageant wearing an afro! Davina Bennett threw down the gauntlet and said, "Top that!" and placed as second runner up. Twenty years from now, she's the only contestant on that stage who will be remembered. NICE!! Embrace the beauty of you.



Another important lesson was that Egypt was the greatest ancient civilization that we have evidence of to date and that it was led by Africans. Only the modern era has accomplishments in all fields of science and art which are comparable to the feats of the ancient Kemetic people, yet everywhere in the world, African peoples are in mental, spiritual and physical/fiscal bondage. The evolutionaries would say that we're all African, and this is true. But, I speak specifically of the peoples whose DNA is most closely aligned with that of [Mitochondrial Eve](#). Some reject or belittle ancient Kemetic spiritual beliefs because ancients were naive enough to believe that they would be re-born into their physical bodies at some future time--a belief evidenced by the elaborate nature of the mummification process as outlined in Kemetic tombs.



Yet, Christians today believe in the [resurrection of the earthly body](#) through the [transformation of our humble state to that of conformity with Him](#). So, I wonder how we judge their spiritual practices with such disdain. In a rather insightful dream that I had last week, someone asked me to define "transformation." I stated that it means change but I knew that my definition was inadequate. My mother then took the podium, drew a very complex, multi-dimensional graphic to demonstrate and defined transformation as change *over time*. The reference to time is illustrative and imperative. Our natural inclination is to see time as a linear phenomenon, but science is providing evidence that [time is multi-dimensional](#). So, our capacity to define transformation is limited by a purely linear viewpoint. Through my readings of Dr. Ian Stevenson and other intellectuals in the [University of Virginia School of Medicine Division of Perceptual Studies](#) as well as my review of other spiritual belief systems, I'm developing a healthy appreciation for reincarnation. UVA has a database with over 3,000 cases showing profound evidence of the continuation of consciousness from one lifetime to the next. Do we truly KNOW what Jesus meant when he said "You must be born again?" Upon reflection, I know that I have been physically/spiritually transformed in this lifetime. But, I would not dare to judge any other interpretation of "change over time" as God is omni-dimensional and omniscient. As a strange twist of fate, perhaps ancient Kemetic Pharaohs knew that their bodies would be resurrected (i.e. dug up) 3,000 years in the future to give rebirth and renewal to the minds of their African descendants who would have completely forgotten their greatness without the physical evidence to show that they were Africans.

Cairo Museum: Mummy of 3000 yr old Kemetic Queen



Without this physical evidence, we would believe James Henry Breasted's claim that they were a "Great White Race." Perhaps the coincidence of history and belief represents more precisely the poetry and prose of our divine Creator. However you choose to define this reality, the outcome is indeed miraculous. Without the mummies, whose preservation over such extended periods of time is a feat of great genius in and of itself, we--the fallen Blacks of modern times would be compelled to believe what we were told about our past.

The compelling question remains: How did ancient sages become modern thugs? It's a conundrum that we must decipher to reverse the trend. And part of the decoding is built upon how we define what we perceive and how we teach what we learn.

So it is against this divine contrast of spiritual and physical balance that I will extend this discussion of the war on consciousness as initiated in the November

issue of Au Naturel newsletter. The first section will speak of the role of propaganda as a primary tool to dull human consciousness. Then, I will discuss human (physical) evolution which will be followed by a discussion of the evolution of our spiritual belief system. I caution that I am no expert on any of these topics. I am simply an artist. And the brush that I choose to paint with is an Afrocentric one. The brushstrokes that I use are vibrant and contrasting verities that sages have researched and that I have adopted to illustrate where we've come from and where we're going. The image that will be created is a perspective...food for thought. It is for the reader to accept or reject the product of my work after it is concluded. The role of the product is prayerfully to direct our thought ways from passivity into a more active awareness. Life has happened to us for a very long time. We must transcend latency to foster balance in world affairs and to safeguard the well-being of Gaia and all of her inhabitants.

THE WAR ON CONSCIOUSNESS

A Continuation



In the last issue of Au Naturel, I outlined the ways in which history and spiritual beliefs have been bent and shaped by a supremacist world view to the pain and discomfort of millions of African and indigenous peoples over the past 2000-2500 years. For the past 400-500 years, millions of dollars have been invested in research to demonstrate that African peoples are inherently different from, and therefore inferior to, Caucasoid peoples. I don't think I need to provide examples to anyone who was alive in the 20th century. So, I will continue. The result has been a continuous process of proving our worthiness, our humanity or our right of place in a modern world. This dance is important but it's insane to me. I am not one who embraced the "Black Lives Matter" mantra for this very reason. I will not allow you to make me believe

FOR ANY REASON that anyone needs to be convinced of my humanity!! When we embrace a deficit model framework of viewing the world, I believe we find ourselves on a slippery slope. But again, this is my humble opinion. Instead of "Black Lives Matter", I embrace the mantra "I AM." I believe it is much more powerful, active, inclusive and accurate. With this mantra, there would never have been "White-lash" resulting in "White Lives Matter" and "Blue Lives Matter" slogans which ensued. Yet, I applaud the Black voices which rose up to speak. Activists are essential to social change and evolution. They stand on the front lines and battle with passion and conviction. I merely encourage them to continue to evolve.

Likewise, it is equally important to judge the tree by the fruit that it bears. We live in a Eurocentric male-dominated world order. As Frederick Douglass taught us, "Power concedes nothing without a demand." To illustrate the power of these words, women are actively reclaiming their humanity through the recent spate of sexual misconduct allegations made against public figures in the media. Many applaud this turn of events. I honor the intention; yet, I remain deeply concerned. To deny due process is to build a house on a shallow foundation. It is not a solution that will stand for very long. Throughout history, Black men were lynched without trial or jury because a White woman said they did something. As

Malcolm X proverbially stated, “The chickens are coming home to roost.” So, I observe with a watchful eye because as my son Jamar very insightfully reminded me, the process feels much too much like [Orwellian “group-think”](#). This is a troubling and dangerous way to be. I don’t embrace condemnation of anyone without fair judgment and due process of the law.



That’s my own commentary on current events and as a woman, I believe I’m qualified to make this statement. But, I digress... By judging the tree by its fruit, I am acknowledging that the modern world was engineered to be biased and exclusionary. It was no accident of creation. So, we cannot hope to see a revision of history that does not involve research, investment and tremendous effort. Many believe that we are in a post-modern era in which racism is a dying breed. But, how many history books have you read in secondary school that were written by non-Eurocentric minds? And so the machine of propaganda maintains a jaundiced view of world history.

The Propaganda Machine

If world domination were a car, propaganda would be the engine. I learned this lesson at the very tender age of 11. At the time, my family had just returned to the US after living in Tehran, Iran. We were one of the families evacuated when the Shah of Iran was overthrown by the revolution. While my mother, brothers and I moved in with my grandmother in Greensboro upon our return, my father who was an Army officer, stayed behind to work. He was in the

US Embassy burning money when it was stormed. As a Special Forces operative, he escaped capture by scaling the embassy perimeter wall. He told us upon his return home that the [“Iranians released all of the Black hostages unless they were a really high ranking official”](#). They said their war is not with Black people but with the US Government. Did you all hear that in the news back here in the US?” The answer was a resounding “NO!” When I went to school, I recall hearing a boy in my 7th grade class singing the tune of the Beach Boys hit song “Barbara Ann” but when I listened closely, he had revised the lyrics to sing “Bomb Iran.” Who taught him such an awful song? And why was he so quick to repeat that song heralding the destruction of a people when he knew nothing about them. I confronted him to get clarification about his song lyrics and he said, ““Bomb Iran” man. Kill those suckers.’ I knew he didn’t realize that I had just returned from Iran, yet at that tender age, I knew he was too ignorant for me to bother explaining anything to him. So, I simply turned around in my desk. All I could think of was the beautiful Iranian friends that I left behind and the welcoming spirit of the people. I knew he had never looked into the eyes of an Iranian, and I knew he did not know their hearts or their humanity. So, I sat in silence and reflected on this strange phenomenon that I have come to know as propaganda. Today, we call it “spin.” We are trained to believe in the inherent superiority of our way of life regardless of how it was obtained. Fairy Tales like *Jack and the Beanstalk*, board games like *Monopoly* and video games like *Mortal Kombat* teach us to take what we can get away with and to be merciless to anyone who stands in the way of our dominance. Once you have dominion, rewrite history to state that you always ruled so that



others will not think to question the status quo. (*Note: The revision of history is an important theme which runs through the book 1984.*)

From a historical perspective, it's easy to convince the world of your natural supremacy when you claim to have created knowledge itself--geometry, chemistry, physics, philosophy, religion/spirituality, astronomy, etc. Those are pretty impressive credentials. But, the truth is that these fields of study were perfected and popularized by ancient Kemetite people along the Nile Valley. Who's to say where they first originated? But when you control written knowledge, you control future knowledge. As I speak these words, I realize the potentially diabolical nature of the Internet. Because by default, it has become the global repository of knowledge, much like the Ministry of Truth in Orwell's 1984. Sometimes, we don't even bother to write or read books anymore, though not everyone is "drinking the Kool-aid." We simply create e-books. Bookstores have become obsolete as the Amazons of the world metastasize across the global landscape, and Mom and Pop bookstores struggle to compete. When future generations seek to discover historical truths, knowledge which is "out of sync" with the times will be either buried on pages 100-200 of a Google search, sold for a small fortune, or simply erased.

Today, it's very comforting to reside in the US at the height of global dominance; but, what if I were born in North Korea or Russia? Is my life any less valuable because I stand on the wrong side of the political battle line due to an accident of birth? Black peoples have been on the wrong side of that line of "political correctness" for a long time. So, it is disturbing to me to see how readily some of us are willing and ready to wear the colors of supremacy as long as the cannons of "righteous" are pointed at someone else. Negotiation, cooperation, mutual respect and honest intentions are the only way to avoid conflict and strife. But, we are far from this reality. Instead of seeking the tie that binds, we highlight differences and invariably work to elevate our status above that of our compatriots. We therefore must be mindful of the



ever-evolving storyline of his-tory to safeguard our place and time and to ensure that we are no longer marginalized or discounted for the sake of dominance.

To better understand how historical revision through increased knowledge can be and has been detrimental to African peoples when drafted by biased hands. I will touch to topics central to the debate of the origins of Man: evolution (physical) and creation (spiritual).

Science and Human Evolution: A Tale of Two Homos

Science and archaeology show that Black Africans have lived on the planet for as long as 200,000 years. Africans are the original *Homo sapiens sapiens*, though research evidence uncovered just this past year (also in Africa) proposes the date to be around 300,000 years. In this regard as Svante Paabo states, "We all are Africans." Cheik Anta Diop further elucidated the minds of all peoples by highlighting the African's evolutionary transformation into Cro-Magnon Man (*homo sapiens*) following migration to the icelandic climates of Europe. Cro-Magnon Man is the man most similar to modern day Europeans. Yet, they appeared only 45,000 years ago. Everything prior to *Homo sapiens sapiens* was hominid--human like or an archaic human. *Homo Neanderthalensis* was a physically robust species of archaic human known to have lived in Europe as much as 400,000 years ago. He is believed to have gone extinct approximately 40,000 years ago (though the estimated dates are being revised as we speak), a time frame which coincides with the emergence of Cro-Magnon Man in Europe, thus suggesting Neanderthals extinction through mating with *Homo sapiens sapiens*. Africans in Africa have no genetic ties to Neanderthals. But, peoples living outside of Africa are between 2-5% Neanderthal, depending on their geographic location and ethnic composition. (Reference the videos by Cheik Anta Diop and Svante Paabo for more information.) Such recent findings are spurring additional research into the significance of Neanderthals in human evolution.

So, the narrative of human evolution and the significance of the Neanderthal is being re-written as we speak. If African peoples fail to pursue and finance scientific and research endeavors, the future will say: *The first human being was Neanderthal Man who originated in Europe over 400,000 years ago. We all have Neanderthal DNA with the exception of Black Africans who are the most unique human species on the planet.* We are not far from these conclusions now. And trust me: Whenever and wherever our genetic predisposition is isolated from the rest of humanity through a polycentric model of development, the fallout for us will be a "negative spin" on reality. We must finance research endeavors which safeguard our place in global history (reference

[Asa Restoration Project](#)). There was a time when investments such as these were seen as luxuries. They are now an imperative to the accurate account of human history on the planet.

The Evolution of Godhead from Ancient Times to the Modern Christian Era

On December 24th, Anthony Browder emailed a greeting card to those who attended the Browder Study Tour of Kemet. The card illustrates how the story of Jesus is a modern day parallel interpretation of the story of Heru. It reads:

“Approximately 6,000 years ago, on December 25, Aset gave birth to her son Heru in Ancient Egypt.



Heru was born of a virgin who had been impregnated by the spirit of his deceased father nine months earlier. Heru’s birth was announced by the presence of the star Sirius (SPDT) shining in the East which directed three kings to his birth site. 33 years after his birth, Heru restored his father’s kingdom and became the model for exemplary living in Ancient

Egypt and around the world. I give you the gift of knowledge this holiday season as we commemorate the birth of the son and reclaim our ancestral memories. Merry Heru Mass.” Anthony Browder

The evidence of this story is found throughout the temples and tombs of ancient Egypt. In acknowledgment of this historical legacy, Fr. Richard Rohr writes:

Notice that two-thirds of the Christian Bible are comprised of the Hebrew Scriptures; **and the Old Testament writers themselves built upon stories, traditions, names of God, and practices that existed before Israelite history.** [Emphasis my own.] Scripture gathers together cumulative visions of the divine. Jesus befriended and affirmed Samaritans, Roman citizens, pagans, and Syrophoenicians, which was shocking to many of his Jewish compatriots. But what’s even more shocking is that, in the name of this

entirely inclusive Jewish man, Jesus, we created an exclusionary religion that ended up repeating what he condemned in his lifetime. It is the non-argumentative, contemplative mind that can easily see this.”

When I consider the truth of this history, I’m compelled to ask: “What is the core message that Ancient Kemet beliefs AND early Christian fathers sought to imbibe within the hearts and minds of people to bring about transformation and resurrection?” Clearly, one belief system influenced the other. What are the lessons that have survived and who has been worthy to carry the keys of knowledge to inform the next generation?



Between ancient times and the Christian era, it would seem that Jesus came to distill the message and make it as plain and simple as possible for a new generation of mankind. “*There is a Creator. We must honor and respect the Creator, and we must honor others as we honor ourselves for God resides in us all.*” I don’t doubt that when we are ready to elevate to a higher level of consciousness, another Messiah will emerge to light the way to the road of transformation.

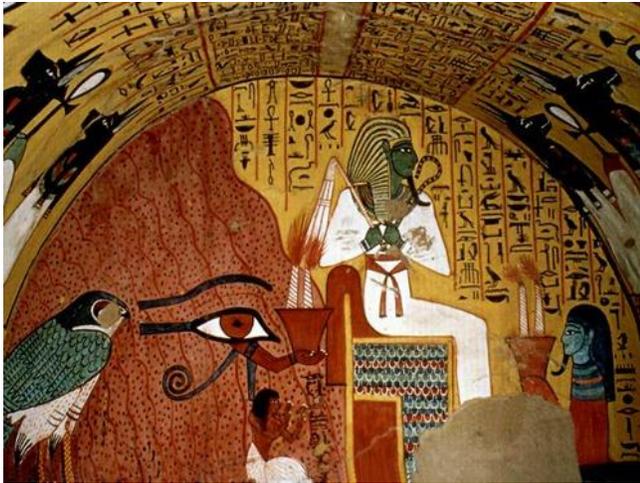
All the same, we know that with the passage of time, distortions have been created:

*Jesus said, “The Pharisees and Scribes have taken the keys of **Knowledge** [emphasis my own] and hidden them. They themselves have not entered, nor have they allowed to enter those who wish to. You however be as wise as **serpents** [emphasis my own] and as innocent as doves.” **The Gospel of Thomas Saying 39***

*Woe therefore be unto you, Scribes and Pharisees, hypocrites, because ye shut up the kingdom of heaven before men: for ye yourselves go not in, neither suffer ye them that would enter, to come in. **Matthew 23:13***

So, we must be ever-watchful of “spin” in all aspects of day to day life to be sure that we are not being constantly manipulated towards an end that is ultimately to our own detriment. World war is disadvantageous to all peoples. Never allow the propaganda machine to convince you otherwise. Seek balance, peace, understanding and love first.

In concluding this discussion of my quest for greater knowledge of the spiritual beliefs of the ancients, I've come to see them as the true ancestors of all modern religions. I'm inspired by the early Desert Fathers (of Christianity), the Gnostics, the Orthodox Christians, the Shamans and indigenous spiritualists, the Jews, the



Muslims, the Buddhists, the Hindus, the Taoists and the atheists because all are created in the image and likeness of God. The Creator gave us brains to reason and hearts with which to measure righteousness. We must perceive and create a way to respect dissenting opinions while seeking the common thread which unites all peoples. I believe that the ancient Kemites found a way to do this. I believe that they were the originators of "religious freedom". We know from temple records that they had wars and conquered territories. I believe they were able to reign for so

many millennia because they respected the gods of the conquered. I believe this is why Ancient Egyptians were seen as polytheistic. And as the Catholics of modern day herald patron saints who they believe intercede on their behalf throughout life, I believe Ancient Egyptians celebrated varying aspects of God's nature through deities--as outlined by our tour guides during the Browder Study Tour. I believe that the Ancient Egyptians were brilliant people who authored science, technology, arts and theology. These concepts live with us even today though we don't always know precisely how. It is because of our profound ignorance that we should be cautious to judge the beliefs of others when they do not directly harm or dishonor others. I feel honored to have had the opportunity to travel to Kemet under Master Teacher Anthony Browder. I pray that his tribe increases exponentially. It is only when we have an honest portrayal of world history and an acknowledgement of the contributions of all peoples, "civilized" (meaning as my mother says "city-fied") or otherwise, will be able to approach a dream of world peace. If the primary contribution of the Aboriginal peoples of Australia and other parts of the world is to live their entire lives without leaving a carbon footprint, well GOD BLESS THEM!! We have much work to do to reach a vision of peace; but I believe that by educating ourselves outside of a revisionist history, we are well on the road to resurrecting our true god-man nature. Amen.

EMBRACE THE BEAUTY OF YOU.

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