

THE L.E.G.A.C.Y. VIBRATION

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“Dedicated to Collective and Cooperative Community Growth.”



The Spring Equinox Issue and Spring Cleansing “Prepare for Tests to Come”

I, first, would like to give all thanks to the First and the Last, the All Knowing, the Revealer, the Truth.

I planned to release this newsletter on April 30th. I was delayed due to an influx of major events that are currently taking place in my life. With this said, the One is the Best of Planners for sure. Everyday that the newsletter was delayed I received new inspiration, met new people and had more to put in this issue and the summer issue, as well.

It has been put into my Spirit to share something with you all and that is to “Prepare for the Tests to Come”. Some may be thinking, “How do I prepare when life is so unpredictable.” We have been given many gifts from our ancestors. Know that in this life you are not alone and you are not supposed to struggle alone. When I am being tested it often happens that one of family members will call me and say exactly what I need to hear to keep me going. If that doesn’t happen, I have learned to use some of the tools that have been passed on to me from the elders and Mothers in my life. I’d like to share some of these tools with you all. Don’t hesitate to use them when you are in a test and as you prepare your Spirit daily. Keep your Spirits strong and forge forward - this is the Key.

Some tools: 1) Burn *sage to lift the spiritual vibration in your home and cleanse the air 2) Use *Florida water to cleanse your home. If you are feeling low shower with the Florida water and rinse well. 3) Eat light and eat lots of fresh fruits and vegetables to keep your vibration LIVE 4) Rest 5) Sit in silence at least 5 minutes every day 5) Go to the sauna or soak in a bath with essential oils at least once a week to release toxins from the body 6) Drink plenty of Herb teas to cleanse the body and mind 7) Keep your home clean and uncluttered. (*Look for these items at cultural or spiritually-based stores in your area.)

These are just a few basic tips to keep you forged. I'll continue to share more in future (see page 4 for healing through the use of herbs and stones). Life is a Beauty-Full Test. LOVE & PROSPERITY.....ETERNAL L.E.G.A.C.Y.

And a special Thanks to everyone who contributed to this issue.

Call for the Next Strategic Economic Boycott

NATIONAL BOYCOTT May 19-23, 2008. IT IS TIME. As many of you may know, the NYPD detectives in the Sean Bell murder trial were unjustly acquitted on all charges. In case you are not familiar with this incident, it’s so popular now that wikipedia has picked it up - read more here: http://en.wikipedia.org/wiki/Sean_Bell. Taking less than 10 minutes to read his ruling, Queens State Supreme Court Justice Arthur Cooperman cleared the detectives on all charges despite the 50 shots that were fired at three unarmed young men on November 25, 2007. Just a few days earlier, on November 21, 2007, Kathryn Johnston, a 92 year old senior, was shot at 39 times, and killed, by Atlanta police in her home.

These type of injustices are happening in our communities daily and will not go unanswered. Go back to the 80's with the death of Micheal Stewart and Eleanor Bumpers to name a few. Go back even further to a time when it was legal to lynch African Americans. For too long we have sat by while we let the "establishment" shoot our leaders (Malcolm/Martin/Medgar) and our young black/hispanic men (Stewart/Baez/Bell). **NOW** is the time to move to **ACTION**. We must make this stand. If we do not, the “powers” that be will continue to kill our leaders and youth when it suits them. We can no longer turn a blind eye. The establishment understands the almighty dollar first and foremost.

So remember, take this seriously. Do all necessary shopping prior to the May 19th (May17 & 18). Buy no gas, fill up before. Do grocery shopping before. Carpool to work, if possible, ride a bike or walk to work. Bring bagged lunch to work or leftovers. Spend not one penny that week and make a donation of at least \$5.00 to a Black/Hispanic organization. God Bless. PLEASE PASS THIS ON.

We MUST stick together. It is **IMPERATIVE**.

A NOTE FROM L.E.G.A.C.Y.: I was amazed at the passion that the Sean Bell verdict brought out of our youth. The Youth are ready to take over, but they need responsible, wise and dedicated leaders to guide them. Let’s do this for the next generation. 1Love.

Written by Izetta, edited by L.E.G.A.C.Y., relayed through Geodora - Thank you ladies.

Enough is Enough by Jasiri X (dedication to Sean Bell) : <http://www.youtube.com/watch?v=rCC3VineWP4>



Honoring our Youth

The Next Generation of Leaders



Ne Ne Ali

10 year old Poetic MC

<http://www.myspace.com/neneali>

I met Ne Ne Ali at the first annual Momma's Hip Hop Kitchen in Manhattan. She and I both performed at this beautiful event. I was blessed to have shared the stage with her. Ne Ne rocked the crowd with her highly conscious lyrics. The audience smiled and was in awe of her performance. I immediately thought to myself that the world needs to hear what she has to say.

Ne Ne Ali was born in the Hip Hop origins of Bronx, NY. When at the age of six she

wrote her own version of Jada Kiss' "Why?" ,her father knew he had a talented kid with a lot to say, so her career began. Ne Ne is greatly influenced by Old School Hip Hop artists such as Queen Latifah, KRS One, Sista Soldier, Public Enemy, Grandmaster Mele Mel and more.

Ali has a passion for the healing power of words and the ability to deliver mind-blowing performances. Ms. Ali captures her audiences (which has included many high profile politicians and community leaders) with a certain magical force all her own. Performing throughout the Northeast and Midwest United States, Ne Ne is becoming known as a breath of fresh air,

Hip Hop' s savior, and a modern day revolutionist. Ali aggressively speaks out against hunger,



Desire Lii, Me, Ne Ne and Jes Unique

racial injustice, homelessness, gang violence and the lack of love within the black community. After each performance Ali gets nothing less than a standing ovation and walks away with the inspiration to continue to try to make this world a better place.

The Kendia Group

Autum Ashante

10 year old Poet

<http://www.myspace.com/autumashante>

I first heard of Autum through a poem mentioned on the internet entitled "White Nationalism Put U in Bondage". When I heard the poem I was impressed by this young lady and I actually let out a sigh of relief - I was relieved to know that this youth knew the truth about the history of our ancestors and our communities.

Autum's passion for spoken word has driven her to amazing heights. She has performed all over the tri-state area and beyond, all the while honing her skills. Since her first performance at Hottest Poets Slam, Autum has been causing quite a stir. She has

since performed at the Soul Cafe, Caroline's, The Nuyorican Poets Cafe, Rush Art Gallery, Da Poetry Lounge in L.A, The Nile Valley Poets Cafe in L.A., The Cotton Club in L.A., and the African Street Festival - just to name a few. She performed with the Apollo Circus of Soul for several weeks during 2007 and will be on tour with T.D. Jakes this summer. She is featured in Melvin Van Peebles' CONFESIONS/OFA EX-DOOFUS-ITCHYFOOTED MUTHA which will be premiering at the 2008 Tribeca Film Festival.

In addition to this, Autum is the youngest person in the history of New York State to receive a proclamation from the City of New York for her commitment and service to our community.

Autum is home-schooled, speaks fluent Arabic and Swahili and is working on the Spanish language. She will also be taking the exam to receive her high school diploma this year.

Autum enjoys bike riding, soccer, dance, piano, poetry, art, writing, theatre, sitting on the beach, swimming, traveling, movies, and amazingly enough - school.



Autum, Me, Father Batin

(Look out for Autum's feature on my next album!)

**We must also honor the two fathers of these dynamic young ladies - Father Kevin (Ne Ne) and Father Batin (Autum). We do still have responsible, committed brothers willing to take one for the fam. Thank you both for allowing me to share these stars with the rest of the world.



God's House International, Inc.

www.GodsHouseInternational.org

L.E.G.A.C.Y., Executive Assistant

During February 2008 L.E.G.A.C.Y traveled to Freetown, Sierra Leone with God's House International. Click below to see a full presentation of the February mission and what was accomplished:

<http://godshouseinternational.org/GHIFeb08Outreach.html>

Visit the website to donate and to find out more about the mission of God's House International.

**A Call To Arms Part II, Section A (Official Release date: August 2008)
By Shaka Barak**

Dedicated To The Honorable Marcus Mosiah Garvey, Born August 17th 1887 - Died June 10th 1940

African Americans Manifesto For The African American Child

(Manifesto: a public declaration of intentions, opinions, objectives, or motives, as one issued by a government, sovereign, or organization.)

Or

The Declaration of Rights Of The African American Child

Submitted by: The Marcus Garvey Institute

Be it resolved the African Americans in the United States in the month of August 2008, protest against the wrongs and injustices our children are suffering and state what we deem our just rights, as well as the treatment we propose for our children that we demand of all men and women in the future.

We complain:

- I. That no where in the United States are African American children accorded equal treatment with white children as it regards police protection, education or health, but to the contrary they are discriminated against, racially profiled, pushed out of schools, fed a non nutritional diet, targeted by the media with negative images, products and music for no other reason than their race and color.
- II. We are against police harassment, criminalization, torture and racial profiling of our children.
- III. In the United States through illegal drug law enforcement, African American children are given harsher penalties for crack cocaine than whites that have even larger quantities of powdered cocaine.
- IV. Our children are forced to attend inferior schools, which receive less funding than those schools for white children.
- V. We are against drug trafficking that is causing addiction of our teenage children.
- VI. We are against gang recruitment of our children for the purpose of them selling drug, using guns and committing other crimes that leads to the murder of innocent children and to 10 and 20 year and life prison sentences.
- VII. We are against the recruitment and forcing of our girls and sometimes boys by adults into prostitution or any sexual acts.
- VIII. We are against adults in any public or private settings using vulgarity, and performing vulgar acts in the presence of our children.
- IX. We are against con men or women and business owners who exploit and take advantage of our children for their financial benefit through cheating swindling and any illegal and dishonest games of chance.
- X. We believe these rights are justly ours and proper for the protection of all African American children.
- XI. Against all such inhuman, uncivilized treatment we here and now emphatically protest, and invoke the condemnation of all African Americans.

In order to encourage our children all over the United States and to stimulate them to a higher and grander destiny, we demand and insist on the following Manifesto or Declaration of Rights of the African American Child.

1. We demand that our children in schools not be taught from text books that glorify other races and makes African Americans or their ancestors appear in any way inferior.
2. We demand the elimination of the showing of all movies and television or radio programs that attempt to show the worst characteristics and morals of African American adults.
3. We demand the teaching of our children African and African American history.
4. We demand the teaching of our race an appreciation of the red, black and green flag as the flag of the entire African race, given to our race by the Honorable Marcus Mosiah Garvey and delegates at the first International Convention of the Negro Peoples of the World, in the month of August and the year 1920.
5. We are against the teaching of our youth how to gamble, curse, consume alcohol, tobacco or drugs.
6. We demand complete control over our social institutions for the training of our youth in knowledge of themselves without interference by alien races.
7. We insist on every African American child be free to walk anywhere and at anytime in the African American community without fear of being molested, harassed or harmed in anyway.
8. We proclaim the 31st day of August of each year to be an International Holiday, given to our race by the Honorable Marcus Mosiah Garvey and delegates at the first International Convention of the Negro Peoples of the World, August 1920, to be observed by all the children of our race.
9. We are against the confining of our children in prisons with adults and that the children be taught gainful trades under humane supervision.
10. We believe that any limited liberty that deprives our youth of their complete rights and prerogatives as full citizens is but a modified form of slavery.
11. We want our children to learn good conduct and self-defense and contend for the freedom and equality for every child of our race with our lives, our fortunes and our sacred honor and any means necessary.
12. We desire to create part time employment for our children while they are in high school.
13. We also insist that the month of October of each year to be no crime month for all Africans in America.

The following African American petitioners feel these rights to be justly ours and proper for the protection of our 15 million children in the United States and demand for ourselves the right to organize and protect these children and do pledge our sacred blood of the race in defense, and we hereby subscribe our names as a guarantee of the truthfulness and the faithfulness in ourselves as the sworn protectors of our children. _____

Section B, Economic and Security components to come forth soon.

Feed-back and suggestions from the community are welcomed. Reply to: shakabarak1@yahoo.com



Black Gold Sacred Living Per Ankh (House of Life)

www.BlackGoldSacredLiving.com



- ◆ What do we do? We empower you for self-mastery of your body, mind & spirit for your self, your home, your earth & your universe.
- ◆ Who are we? 1) Mfundishi Jhutymy Ka N Heru El-Salim: Grand Master, High Afrakan-Kemet Priest, Nation Builder, Teacher, Healer, Scribe, Author, Husband, Father, Uncle, Son ... Your Brother 2) Abut Seshatms Ma'atnefert El-Salim: Afrakan Kemet Priestess, Scientist, Teacher, Healer, Scribe, Author, Wife, Mother, Aunt, Daughter ... Your Sister
- ◆ Why are we unique?...because we use & seek root knowledge based in natural holistic science used in ancient Kemet (Hapy (Nile) Valley Civilization) - the civilization that our modern world is based.
 - ◆ How do we serve you?...by Educating you, Training you & Counseling you.
- ◆ How do you begin? Complete our informational survey that will let us know where you are, so we can better guide you to where you want to go.

Want more information about our House of Life?

Black Gold Sacred Living Per Ankh (House of Life)

(Mfundishi) 1-866-227-3170 or (Abut Seshatms) 1-866-239-5313

Website Black Gold Sacred Living House of Life (Afrakan Holistic Culture, Artifacts, Programs, Services, etc.):

www.BlackGoldSacredLiving.com

Email: info@BlackGoldSacredLiving.com

Website for Wellness Research: www.wfle.org **Email for Wellness Research:** Wellness@wfle.org

Website for "Organic & Environmental Friendly" Personal Care & Home Care Products: <http://hsalim.qhealthbeauty.com/>

Website for Solar Power: www.JoinTheSolution.com/CleanUniverse **Email:** CleanUniverse@bww.com

Website for Solar Power Ecopreneurs: www.Powur.com/CleanUniverse **Email:** CleanUniverse@bww.com



Sacred Woman Zakiyyah

<http://sacredhealing7.com>

Healing with the Ancestors: Herbs and Stones



Hotep (Peace) to All . . . I am making a special 10% DISCOUNT offer on my SacredHealing Jewelry for the special woman in everyone's life! I am offering 10% discount on all jewelry on my website for MOTHER'S DAY.

The pieces in my Healing Jewelry Couture Collection heal as well as beautify the wearer. Here is a small sampling of healing aspect of various stones to act as a guide to selecting various gemstones . . .

CARNELIAN for instances when one needs to boost your creativity for prob-

lem-solving. Carnelian can assist in getting the mind out of mental ruts and back on track for success. In the long-term, it bolsters ambition and drive and reminds the wearer of the future's goals, hence becoming a powerful tool in major decision-making.

BLACK ONYX is one of the most powerful protection stones. It does this by absorbing and transforming negative energy. Because of this quality people find it helpful in relieving stress and for emotional stability.

Healing with the Ancestors is something we have to re-familiarize ourselves with so that we can regain our good health. Though we have

gotten far away from our daily connection to the Netcheru (Divine Forces) and the earth, it is not so hard to reclaim. Drinking natural, herbal teas is one way to reintroduce the life-force back into our daily diets. While pregnant: Red Raspberry tea 3X daily; to expel mucus: ginger tea (especially before bed); strengthen bones: Dong Quai; cleanse urinary tract: horsetail; quiet coughs: coltsfoot; powerful nutrient: slippery elm; clear sinuses, mind and vision: 10 Day Cayenne Eyewash.

Inquire about formulas, applications and herb classes at Zakiyyah@nutngeb.com.

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People over Profits!



Ujamma Youth Farming Project Appeal

Zimbabwe

"Fighting Hunger and Starvation"

<http://www.ujammafarming.org/donate.htm>

L.E.G.A.C.Y.'S UPCOMING SHOWS

May 17, 2008

RBG Black Love and Unity Concert

Hosted by: Maroon Records

In Association with the New Black Panther Party

Location: National Black Theatre, 125th Street & 5th Ave, Harlem, NYC

Time: Doors open at 8pm, show starts at 9pm

May 23, 2008

Afrikan Liberation Day One Love Concert

Location: St. Croix, USVI

Tentative Performers: Nyahbinghi Drumming Anthem, St. Croix Sankofa for the Cultural Arts, Neteru Ankhsamble (Per Ankh), L.E.G.A.C.Y., Red-I Band, Midnight Band, Ras Michael and Son's of Negus & Other Conscious Cultural Liberation Groups

May 28, 2008

Michaelangelo's Human.e Theatre Presents....

WaKe Up CaLLs!

Location: The Shrine

2271 Adam Clayton Powell Blvd (133rd & 134th Sts.)
Harlem, NYC

Time: show starts at 8pm

Cost: \$10 and come with a Free Spirit!

A note from Michaelangelo:

Dear One. I would love for you to join us!.... Created and Produced by Michaelangelo, WaKeUpCaLLS!!! is a call and answer experience based in African and other indigenous cultural traditions ! Producer, Singer and Dancer Michaelangelo has joined creative forces with Darien Berry; Writer... Kymbali Craig; Actress/Performance Artist... Dan Freeman, Poet... Legacy aka Nusaiba; Pianist & Vocalist... Yovanne Pierre; Pianist... Visionariste, Poet & Singer Justin Williams; Bassist ...to create a spellbinding and powerful happening! WaKeUpCaLLS!!! also celebrates the U..S. premiere of Michaelangelo's photographic works! NOW is the time! Yesterday has flown away. Tomorrow is too late! Check out this happening as we delve into topics of race, sexual mores, globalization, hope, unity, fear and love. Today is the present we live and receive. NOW IS THE ONLY TIME THERE EVER IS! Come lift every voice to sing!

Join us, jump, shout, dance, bring your own instruments drums, rattles and powerful human.e voices!! Come and rejoice in being alive! WaKeUpCaLLS!!! is Soul music, UrDance, Spoken word, LifeTheater in real time. WaKeUpCaLLS!!! is a mind, body, soul and galactic revolution, where love opens the door to freedom! for info human.etheater@yahoo.com... www.myspace.com/michaelangelovoices... www.shrinenyc.com It's aLife! one. more info: human.etheater@yahoo.com www.myspace.com/michaelangelovoices www.shrinenyc.com one Michaelangelo

May 31, 2008

Lyrical Revolt

Hosted by: The Party for Socialism and Liberation

Location: Terraza 7 Train Café

40-19 Gleane Street, Queens, NYC (7 train to 82nd St.)

Time: 6-11pm

