

Bonus Section



Reflection Prompts –

Your Story, Your Roots, Your Truth

Before the healing begins on the outside, it must be claimed on the inside.

Your story matters. Your roots hold wisdom. And your truth deserves space.

These reflection prompts are here to help you reconnect, not just with your habits, but with your heritage, your healing, and your voice. For people of color, wellness begins with remembrance.

Use these prompts to begin or continue your journey:

- What did wellness look like in your household growing up?
- What beliefs about food, rest, or health were passed down to you, are they still serving you?
- What does your body need to feel safe, seen, and supported today?
- What part of your story are you ready to reclaim or rewrite?
- Who in your lineage carried strength that you now embody?
- What does healing look like for you, on your terms?

30-Day Wellness Plan

Small Steps. Deep Roots. Real Change.

This plan is about progress, not pressure.

Start where you are. Choose one new habit each week and build from there.

Weekly Focus:

- Week 1 – Hydrate & Breathe: Start each morning with warm lemon water or chlorophyll. Add 3–5 minutes of deep breathing.
- Week 2 – Gentle Movement: Walk, stretch, or dance daily, even 10 minutes counts.
- Week 3 – Clean Plate, Clean Mind: Reduce sugar, processed food, and late-night snacks. Add whole fruits, greens, and herbal teas.
- Week 4 – Soul Nourishment: Journal, rest intentionally, take a bath, or meditate. Care for your nervous system.

Herbal Remedies – Ancient Healing, Modern Support

Your ancestors knew the land held the medicine.

Now it's your time to return to that wisdom, gently, intentionally.

Foundational Herbs to Begin With:

- Burdock Root – Blood cleanser, iron-rich support
- Nettle Leaf – Strengthens kidneys, nourishes hair and hormones
- Ginger & Peppermint – Gut support and gentle detox
- Sarsaparilla – Hormonal balance, energy booster
- Chamomile or Blue Vervain – Calms the mind, soothes anxiety
- Sea Moss – Mineral-rich, supports thyroid and immune health

Remember



REMEMBER



Hypatia

Hypatia (c. 360–415 AD) was a brilliant Teacher and renowned African-born philosopher, astronomer, mathematician, and Scholar, widely considered the last great scholar of ancient Africa (Kemet) before the Christian empire's takeover of African spiritual and intellectual traditions.

She taught

- Mathematics
- Geometry
- Astronomy
- Philosophy,
- Metaphysics
- African Cosmology
- African Spiritual systems tied to Ma'at (balance, wisdom).





**located in North
Africa**

(Kemet/Alkebulan)

Her real birth African name is not known in any African dialect, because her surviving records are from Greek and Roman historians, most of whom erased or ignored African names and terms.

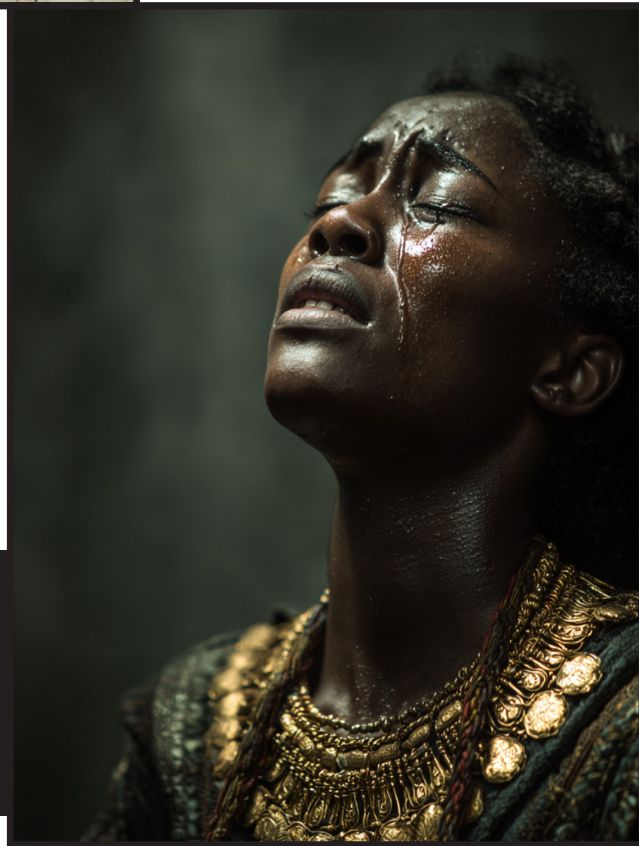
Hypatia's murder
by Christian
leaders was not
just a crime
of religious
fanaticism, but one
of misogyny, anti-
intellectualism,
and cultural
genocide.



Christian zealots, under the influence of Bishop Cyril of Alexandria, saw her as a threat:



*She was:
Dragged from
her chariot in
the street.*



*Taken to a
church called
the Caesareum.*



*Her murder by Christian zealots,
supported by Cyril of Alexandria, was a
violent attempt to erase ancient African
knowledge systems.*



*She was Stripped naked.
Flayed alive with ostraka (sharp pottery shards or seashells).*



Her limbs torn apart.

Her body burned in an act of “purification” , and some sources say her ashes were danced upon to symbolize the triumph of Christian orthodoxy over “pagan” knowledge.



Why It Matters Today

- Hypatia was the last great known African woman scholar of antiquity before the so-called “Dark Ages.
- “She stands at the crossroads of:
 - African legacy in mathematics and astronomy,
 - Spiritual science that predated colonial religion,
 - And misogynistic, colonial erasure of African women from the historical record.

Modern Support Matters, Too

Healing today requires balance. If you're working with a doctor, ask questions. Don't be afraid to vet your physician and make sure they respect your values, especially around food, herbs, fasting, and ancestral health practices.

Seek out practitioners who:

- Are open to natural and holistic approaches
- Respect your cultural background and lived experience
- Partner with you, not speak over you

You are the first doctor of your body.

Listen to your symptoms. Trust your intuition.

And remember: your body knows when it's being heard.

The Care We Deserve

**Why People of Color
Must Intuitively Choose
Healthcare Providers Who
Align with Our Values,
Traditions, and Healing
Beliefs**

Why People of Color Must Trust
Our Intuition and Ancestral
Wisdom When Choosing Our
Healers.



For centuries, people of color, especially those of African descent, have had their bodies misunderstood, dismissed, or experimented on by medical systems that were never built with our wellness in mind. From forced sterilizations to racial bias in pain management, the trauma is both historical and ongoing.

That's why it's not just wise, it's vital, that we choose healthcare providers who respect our cultural traditions, understand our unique needs, and value our voices.

Intuitive Questions to Ask When Choosing a Healthcare Provider

Use these questions as a guide to help determine if a provider respects, honors, and supports your whole-body healing, not just symptoms.

Cultural Alignment & Respect

- Do they listen to me without rushing or interrupting?
- Do they validate my concerns, or dismiss them as “in my head”?
- Have they asked about my cultural background or spiritual practices?
- Do I feel safe bringing up herbal, plant-based, or ancestral healing practices with them?

Holistic Understanding

- Do they understand that stress from racism or generational trauma affects my health?
- Are they open to discussing alternative or integrative therapies alongside Western medicine?
- Do they treat my body as a whole system, not just isolated parts?

Awareness of Racial Health Disparities

- Are they aware of health disparities that impact people

of color, such as higher maternal mortality, diabetes, or misdiagnosis?

- Have they shown evidence of continuing education in cultural competency, bias, or health equity?

Red Flags to Watch For

- They dismiss your pain or symptoms without investigation.
- They don’t make eye contact, show warmth, or ask questions.
- They seem uncomfortable when you mention race, culture, or alternative healing.
- They push prescriptions without addressing root causes or lifestyle.

Green Lights to Look For

- They ask what “healing” means to you.
- They’re curious about your traditions, not judgmental.
- They offer referrals to nutritionists, therapists, or holistic practitioners who reflect your values.
- You leave feeling heard, respected, and not shamed.

Affirmations & Meditations, For Mind, Body, Spirit

(Bonus Section: You Deserve to Know – Tools for Your Journey)

This section draws on the wisdom of Black scholars, African herbalists, and ancient teachings from Alkebulan, Kemet, and beyond. These affirmations and meditative practices are written specifically for people of color, to restore, reclaim, and reawaken the divine power within.

Affirmations – Rooted in Ancestral Truth

Inspired by voices like Dr. Sebi, Dr. Jewel Pookrum, Dr. Laila Afrika, and ancient African healing systems.

Mind

- “My mind is sacred ground, only truth and peace may live here.”
- “I decolonize my thoughts. I reclaim my right to rest, dream, and imagine.”
- “I release lies taught in fear, and I remember who I am.”

Inspired by Dr. Jewel Pookrum: The mind can rewire the body, thought is frequency, and I choose what I emit.

Body

- “My body is my first home. I nourish it with earth-born foods and spirit-led movement.”
- “I speak to my organs with love. My womb, my heart, my lungs, each one is listening.”
- “I am made of the same minerals as the stars and soil. I am whole.”

Inspired by Dr. Sebi: The body heals when it is fed electric foods and allowed to release what does not belong.

Spirit

- “My ancestors walk with me. I am never alone.”
- “I trust the divine intelligence within me to lead me back to balance.”
- “I am a living altar. I breathe in memory. I exhale legacy.”

Inspired by Kemetian wisdom: The Ba (spirit) is eternal, and the journey inward is the journey home.

Meditation Practice – The Breath of the Nile (5 Minutes Daily)

- Sit or stand with spine aligned. Feet or hips grounded.
- Inhale slowly through the nose, 4 seconds, “I receive the wisdom of my ancestors.” Hold for 4 seconds, “I am aligned with truth.”
- Exhale fully through the mouth, 6–8 seconds, “I release what is not mine to carry.”
- Repeat for 3–5 cycles, visualizing water flowing through the Nile, calm, ancient, and powerful.

Reflection Prompt

“What does healing look like when I let my lineage lead?”

“What does rest feel like in a body that remembers oppression, but chooses freedom?”

Inspired by:

Dr. Jewel Pookrum, The Melanin-ite
Dr. Sebi, Natural Food Healing
Dr. Laila Afrika, African Holistic Health
Kemetian Temple Science, Medu Neter & Breath of Life teachings
Oral traditions from West African midwives, herbalists, and griots



Modern Support To study your history

Powerful Truth

Long before
colonizers drew maps,
Africans were drawing
route, trading, traveling,
teaching, and leaving
pieces
of themselves
across the globe

Black explorers and ancient African travelers reached far beyond the Americas.

Though often excluded from mainstream history books, there's credible historical, archaeological, and cultural evidence showing that Africans traveled to and influenced parts of Australia, the UK, China, and beyond long before colonialism.

1. Australia – Ancient Black Presence

The First People of Australia (the Aboriginal people) are Black-skinned Indigenous peoples who have lived there for over 60,000 years.

Genetic studies show similarities between Aboriginal Australians and ancient Africans, suggesting early migration from Africa.

Ancient African sailors may have visited or traded with Aboriginal groups before European arrival.

Note: While Aboriginal Australians are not African, they are part of the African diaspora of humanity, and many traditions, languages, and phenotypes are closely aligned.

2. United Kingdom – Black Presence in Ancient & Medieval Europe

The Moors, North and West Africans, ruled parts of Spain and Portugal from 711 to 1492, with cultural influence extending into the UK and other parts of Europe.

Roman Britain (43–410 AD) had Black soldiers, including African-born Roman generals like Septimius Severus, who ruled the Roman Empire and died in Britain.

Black Tudors: Historical records show Black men and women living in England during the 1500s, well before the Atlantic slave trade began.

Example: John Blanke, a Black trumpeter in King Henry VIII's court, depicted in royal artwork.

3. China – African Contact and Influence

Ancient Chinese records from the Tang (618–907 AD) and Ming (1368–1644 AD) dynasties mention dark-skinned foreign visitors and traders.

Zheng He, a legendary Chinese admiral of African descent (from the Swahili coast or Horn of Africa), led grand expeditions as far as East Africa.

The Chinese word "Kunlun" was historically used to describe dark-skinned African or Afro-Asian peoples, referenced in ancient art and literature.

4. Additional Evidence of Global Black Exploration:

India & South Asia: The Siddis, descendants of East African explorers, traders, and soldiers, have lived in India and Pakistan for over 1,000 years.

Pacific Islands: African DNA and features are present in parts of Melanesia and Papua New Guinea, supporting early oceanic migrations.

Pre-Columbian Mexico & the Americas: As noted earlier, the Olmec heads, African-style ship technology, and African artifacts found in South America all suggest early African travel.

Ya Know...

**They say Hippocrates is the “father of
medicine.”**

But let’s get the record straight.

The world’s first known doctor was a Black woman.

Merit Ptah.

She lived in ancient Kemet (now called Egypt), and she taught her son,
who went on to become a healer too.

Great minds from around the world came to learn from the wisdom she
and others like her passed down.

Let that sink in.

Before the textbooks.
Before the white coats.
Before Hippocrates.

There was a Black woman. The true Mother of Medicine.

And you should know, she wasn’t the only one.

She’s just the one we have written proof of.

*Imagine the untold stories of other brilliant Black women healers whose knowledge
shaped the world.*



DID YOU KNOW



Foreign Invaders Who Fell After Defiling Sacred African Lands

Alexander the Great – Failure in Nubia/Kush

- Nubian/Kushite resistance, led by spiritually powerful Kandake queens or priests, repelled him.
- He never conquered inner Africa, this marked one of the few places his campaign halted completely.
- Oral histories and spiritual traditions from parts of North and East Africa suggest that Alexander may have fallen ill or been spiritually struck shortly after entering Egypt and facing divine resistance at Nubia—rather than surviving a full 9 years.

- Spiritual insight: It was believed in Kushite cosmology that outsiders who defiled sacred land or temples would be struck by cosmic justice or ancestral wrath.

Napoleon's Invasion of Egypt (1798)

- Napoleon looted ancient Egyptian temples and tombs.
- French soldiers died of mysterious illnesses, and Napoleon eventually abandoned the campaign.

British in Ashanti (Ghana) & Ethiopia

- The British desecrated sacred Ashanti royal stools and were defeated and repelled multiple times.
- In Ethiopia, the British and Italians underestimated the spiritual authority of Emperor Menelik II and the church.
- Italy's invasion was crushed at the Battle of Adwa (1896), a spiritual and historical milestone for Africa.

Rome's Defeat by Kandake Amanirenas

- The powerful queen of Kush/Nubia fought Rome in 25 BCE.
- She led an army that destroyed Caesar Augustus' statues and forced Rome to negotiate peace.
- Rome never conquered Kush—a major spiritual and military victory for Africa.
- Amanirenas was believed to be blessed by ancestral forces, and her resistance is often viewed as divinely guided.

The Zanj Rebellion (869–883 CE)

- East African enslaved people in Iraq (Zanj) rose up against Arab rule.
- Despite being foreign to the land, they overturned powerful forces, surviving for 14 years.
- Their spiritual connection to the land and ancestors was invoked in oral tradition.

Why We Teach Black History

- **Teach your kids Black history, so they don't end up lost in someone else's lie."**
- **If you don't teach your children Black history, the world will teach them to hate themselves."**
- **Black history isn't just the past, it's protection. If we don't teach it, our children will end up unarmed in a war on truth."**
- **The importance of teaching your kids Black history? So they don't end up honoring their oppressors or forgetting their power."**

You Are the Original .

Love Yourself Deeply.

Long before borders, before slavery, before colonization, there was you.

Your ancestors walked this Earth over 300,000 years ago, shaping language, culture, medicine, science, and spirit. They studied the stars, built kingdoms, taught the world, and danced with the rhythm of life flowing through their veins.

Meanwhile, the earliest European skulls don't appear until less than 10,000 years ago. That means Africans have lived on this Earth 30 times longer than any other recorded lineage.

You are not a beginning in chains, you are a legacy of brilliance.

Let this remind you:

- Your hair, your melanin, your movement, your mind, are sacred.
- You are made from the DNA of builders, healers, leaders, and creators.
- You are not "less than", are the blueprint.

You carry the wisdom of 1,000 generations. Walk with that knowing. Speak with that strength. And when you doubt your worth, remember this

The first humans looked like you.

The world was shaped by people who looked like you.

You are not late to history.

You are its beginning.

Remember

If Black history were a 1,000–page book, slavery would appear only on page 999. The first 998 pages showcase thriving civilizations, intellectual greatness, and human brilliance that define the true breadth of Black history.

Period	Years	How Far Back from 2025	Key Highlights & Milestones
Prehistoric Africa (Stone Age)	600,000 BCE – 3,000 BCE	~603,000 to 5,000 years ago	Black People (Homo sapiens) evolve in Africa. First stone tools and early language. Africa is humanity's cradle. Earliest Black skeletal remains (Omo I and II, Ethiopia) dated to ~195,000–233,000 years ago.
Ancient Africa (Bronze & Iron Ages)	3,000 BCE – 500 BCE	~5,000 to 2,500 years ago	Rise of Kemet (Ancient Egypt), Nubia, and Axum. Architecture, medicine, science, and religion flourish. Bronze then iron tools used.
Scholarly Pilgrimages to Africa	700 BCE – 300 BCE	~2,700 to 2,300 years ago	Greek and Roman scholars (e.g., Pythagoras, Plato) travel to Africa – Kemet (Egypt) to study philosophy, medicine, and spirituality. Africa is regarded as the global center of education.
First Caucasian Fossil (Caucasoid Skulls)	~8,000 BCE	~7,000–9k years ago	Some anthropologists date the appearance of the first European Caucasoid skulls to around 5,000 –8000 BCE, showing that the African lineage predates this by hundreds of thousands of years.
Classical & Medieval Africa	500 BCE – 1400 CE	2,500 to 600 years ago	Kingdoms of Ghana, Mali, and Songhai rise. Mansa Musa becomes the wealthiest person in recorded history. Timbuktu thrives as a global center of learning.
Before Slavery – African Sovereignty	1400–1500 CE	600 to 525 years ago	African societies remain self-governed and spiritually rich. Trade routes flourish between Africa, Asia, and Europe.

UNESCO, Smithsonian, Harvard University, Yale Institute of Sacred Music, Dr. Cheikh Anta Diop, W.E.B. Du Bois, Harriet A. Washington, Trans- Atlantic Slave Trade Database, and contributions from Black scholars and historians including Dr. Ivan Van Sertima, Runoko Rashidi, and Dr. John Henrik Clarke who challenge traditional slave count narratives and affirm pre-Columbian African presence in the Americas.

Remember

300,000+ Years Ago – Africans Human Origins in Africa (Alkebulan)

Period	Years	How Far Back from 2025	Key Highlights & Milestones
Transatlantic Slave Trade (Slavery in the Americas)	~1619 – 1865 CE	406 to 160 years ago	Some scholars estimate far fewer than 12 million enslaved Africans were transported to the Americas, particularly to South America and the Caribbean. In North America (the U.S.), slavery began around 1619. Additionally, Black scholars such as Dr. Ivan Van Sertima, Runoko Rashidi, and Dr. John Henrik Clarke affirm that people of African descent were already living in the Americas before European contact. Despite enslavement, Black resistance, revolts, and cultural preservation continued. Slavery = only 1 page (999) in a 1,000-page history book.
Colonialism & Diaspora Resistance	1800s – 1950s	225 to 75 years ago	European powers colonize Africa (Berlin Conference, 1884–85). Pan-Africanism, anti-colonial uprisings, and Black intellectual movements begin to rise.
Civil Rights & Liberation	1950s – 1980s	75 to 45 years ago	African nations gain independence. U.S. Civil Rights Movement reshapes laws. Black Power and cultural movements reclaim pride and self-definition.
20th Century Highlights	1900s – 1999s	125 to 26 years ago	Harlem Renaissance, Pan-African Congresses, independence of African nations, Civil Rights Movements, emergence of Black scholarship and creative excellence globally.
Contemporary Era	1990s – Present	35 years ago, to today	Black leaders, creatives, scientists, and movements lead globally. A renewed embrace of ancestry, wellness, and holistic identity emerges.

If you only read page 999, you'd think Black history started with slavery. But if you open the whole book, you'll see that slavery is a painful interruption in a glorious, ancient, and ongoing legacy. Reclaiming our health, history, and wholeness means remembering we were never meant to be defined by trauma.

UNESCO, Smithsonian, Harvard University, Yale Institute of Sacred Music, Dr. Cheikh Anta Diop, W.E.B. Du Bois, Harriet A. Washington, Trans- Atlantic Slave Trade Database, and contributions from Black scholars and historians including Dr. Ivan Van Sertima, Runoko Rashidi, and Dr. John Henrik Clarke who challenge traditional slave count narratives and affirm pre-Columbian African presence in the Americas.

Remember

500 CE – 1400 CE – Medieval Africa & Golden Ages Milestones:

The Mali Empire, under Mansa Musa (richest man in history), flourishes.

Timbuktu becomes a center for education, with thousands of manuscripts.

The Kingdom of Ghana and Songhai Empire lead West Africa in wealth and governance.

Science, math, and medicine are taught long before European colonialism begins.

UNESCO, Smithsonian, Harvard University, Yale Institute of Sacred Music, Dr. Cheikh Anta Diop, W.E.B. Du Bois, Harriet A. Washington, Trans- Atlantic Slave Trade Database, and contributions from Black scholars and historians including Dr. Ivan Van Sertima, Runoko Rashidi, and Dr. John Henrik Clarke who challenge traditional slave count narratives and affirm pre-Columbian African presence in the Americas.

Why We Teach Black History

- Community Education – Workshops on brain health, dopamine, and addiction recovery tailored to cultural context.
- De-commercialize harm – Avoid harmful ads and content targeting communities of color.
- Reclaim ancestral healing – Reintroduce drumming circles, herbal remedies, community farming, and spiritual practice.
- Mental Health Access – Trauma- informed therapy, especially from providers of color, supports dopamine regulation.
- Youth Programs – Teach healthy dopamine building early with mentorship, art, movement, and storytelling.

If our people have walked this Earth
for over 600,000 years.

Paper money in the U.S. about 300
years old.

That means African people have
existed hundreds of thousands of
years longer than the dollar has even
been imagined.

You are ancient. You are divine.
Your worth predates every currency,
every empire, and every system built
long after your ancestors mastered
life, culture, science, and spirit. No
form of money can measure your
value.

Kenyatta Blake

Their Last Words

Echoes of Love, Resistance, and Legacy from the Ancestors Who Carried Us

Their voices, though often silenced, echo through the soil, through our DNA, through our dreams. These are the final words, actions, and sacred reflections of our ancestors, enslaved, hunted, separated, and erased from official records, but never erased from spirit.

- "Tell my children I loved them."
- "I die, but my spirit lives on."
- "Freedom or the grave."
- "I done all I could do."

Whether through a mother's heartbreaking cry, a father's refusal to break, or the silence of dignity, these moments remain sacred.

When we remember them, we reclaim history not taught, and find strength that belongs to us.

Let this page be a moment of reflection, a spiritual altar of remembrance, and a healing space for anyone who needs to be reminded:

REMEMBER

THEIR LAST WORDS

3. *"I DONE ALL I COULD DO."*

REPORTED AS THE LAST WORDS OF DENMARK VESEY, A FORMERLY ENSLAVED MAN WHO ORGANIZED A PLANNED REBELLION IN CHARLESTON, SC, IN 1822 BEFORE BEING EXECUTED.

4. *"TELL MY CHILDREN I LOVED THEM."*

HEARTBREAKING WORDS OF MOTHERS OR FATHERS TORN FROM THEIR FAMILIES. LOVE REMAINED A CORE EXPRESSION EVEN IN THE FACE OF BRUTALITY.

5. *"I DIE, BUT MY SPIRIT LIVES ON."*

A COMMON THEME PASSED THROUGH ORAL TRADITIONS.

7. MARGARET GARNER (1856):

THOUGH NOT HER EXACT LAST WORDS, HER ACT SPOKE VOLUMES. SHE KILLED HER OWN CHILD RATHER THAN HAVE HER RETURN TO SLAVERY. WHEN QUESTIONED, HER RESPONSE:
"I DONE WHAT I HAD TO DO. I COULDN'T LET THEM TAKE HER BACK

8. FREDERICK DOUGLASS (LATER REFLECTION):

THOUGH NOT ENSLAVED AT DEATH, DOUGLASS RECALLED THE WORDS OF OLDER ENSLAVED MEN WHEN HE WAS YOUNG:
"FREEDOM OR THE GRAVE

1. *"YOU CAN KILL MY BODY, BUT NOT MY SOUL."*

SPOKEN BY NUMEROUS ENSLAVED AFRICANS FACING DEATH OR PUNISHMENT. IT ECHOED BOTH CHRISTIAN AND AFRICAN SPIRITUAL BELIEFS ABOUT THE AFTERLIFE AND ANCESTRAL RETURN.

1. *"TELL MY PEOPLE TO KEEP FIGHTING."*

SPOKEN BY AN UNNAMED ENSLAVED MAN BEFORE HIS EXECUTION AFTER LEADING OR PARTICIPATING IN A REBELLION. THESE WORDS REFLECT THE ENDURING SPIRIT OF RESISTANCE AND HOPE FOR FREEDOM.

REMEMBER

POWERFUL WORDS FROM NAT TURNER

“I SHALL NOT DIE IN VAIN.”

— TURNER’S BELIEF THAT EVEN IN DEATH, HIS REBELLION WOULD AWAKEN OTHERS AND LIVE ON IN SPIRIT.

“THE TIME IS NEAR WHEN THE FIRST SHALL BE LAST AND THE LAST SHALL BE FIRST.”

— REFERENCING BIBLICAL JUSTICE, OFTEN CITED IN BLACK LIBERATION THEOLOGY.

6. “MY NAME WILL LIVE ON.”

ATTRIBUTED TO GABRIEL PROSSER, LEADER OF AN 1800 SLAVE REVOLT IN RICHMOND, VIRGINIA. HE WAS EXECUTED AT AGE 24. HIS WORDS INSPIRED MANY TO REMEMBER AND HONOR HIM.

8. “THEY WHIPPED THE SKIN, BUT NOT THE SPIRIT.”

WORDS PASSED DOWN FROM UNKNOWN ENSLAVED ELDERS—OFTEN SPOKEN BEFORE DEATH OR RECITED IN FREEDOM AS A REMEMBRANCE.

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This book is for educational and motivational purposes only. The author, publisher, and contributors cannot be held responsible for any effects, losses, or damages that may occur from following information shared here. By reading and engaging with this content, you agree to take full responsibility for your health and well-being.

From my heart to yours, may this journey fuel your soul and inspire you to care for yourself boldly and beautifully. But always, sis, put your health and safety first.

Kenyatta Blake

Disclaimer & Loving Note to You

I've poured countless hours, days, months, and years into researching, reading, and studying our rich and powerful history. What you're holding is a collection of incredible insights I've gathered with deep care and intention, designed especially for you.

As I continue to learn and grow, this work may evolve. I may revise or expand it as more truths and wisdom are uncovered over time.

You are more precious than gold. Never forget that.

Paper money didn't exist in the United States until 335 years ago, but **Africans** have been here well over 300,000 years -

it was first created to help fund wars and government operations. It was never meant to define your worth, identity, or potential. I share this so you always remember: you are more valuable than anything money can buy.

WITH LOVE AND PURPOSE,

You come from a lineage that predates the very idea of paper money by nearly 200,000+ years. Your roots run deeper than any currency, any system. You were valuable before money existed, and you'll remain invaluable long after it's gone

Kenyatta Blake

**You shall
REMEMBER**



Thank You So Much



Thank you for purchasing this book and allowing it to be part of your wellness journey. I truly hope it brings you moments of deep insight, gentle awareness, and a renewed sense of self-love. May it inspire impeccable care for your mind, body, and spirit, and remind you that you are always worthy of healing, softness, and strength.

With gratitude and warmth,

Kenyatta Blake