



You are the dream of your ancestors, the fire of your spirit, and the beauty of your journey.

African Proverb: *“If you want to go fast, go alone. If you want to go far, go together.”* **Bible Scripture:** *“She is clothed with strength and dignity, and she laughs without fear of the future.” — Proverbs 31:25*



You are your best thing.

Source: *Beloved* by Toni Morrison

African Quote: "The child who is not embraced by the village will burn it down to feel its warmth." **Bible Verse:** "I will praise you because I am fearfully and wonderfully made." — Psalm 139:14 (NIV)



Like the Baobab tree, grow deep roots so you can stand tall in any storm.

Source: *Hibiscus* by Flora Nwapa

African Quote: *"The tree with strong roots laughs at storms."* **Bible Verse:** *"They are like a tree planted by streams of water, which yields its fruit in season."* — Psalm 1:3 (NIV)



Reaching for help is a testament to your strength, not a sign of weakness.

Source: *Black Fatigue* by Mary-Frances Winters **African Quote:** "Even the zebra needs the help of its stripes to hide from predators." **Bible Verse:** "Therefore encourage one another and build each other up." — 1 Thessalonians 5:11 (NIV)



Black women are the backbone of everything. Our energy fuels the world.

Source: Sister Citizen by Melissa V. Harris-Perry African Quote: "The strength of a woman is not measured by the impact that all her hardships in life have had on her, but the strength with which she rises from them." Bible Verse: "She is clothed with strength and dignity; she can laugh at the days to come." — Proverbs 31:25 (NIV)



*Y*ou owe yourself the love that you so freely give to others.

Source: *Self-Love for Black Women* by Toni Blackman African Quote: "When there is no enemy within, the enemies outside cannot hurt you." Bible Verse: "Love your neighbor as yourself." — Matthew 22:39 (NIV)



In loving yourself well, you teach the world how to treat you

Source: *Hood Feminism* by Mikki Kendall **African Quote:** "Where there is love, there is no darkness." **Bible Verse:** "Above all, love each other deeply, because love covers over a multitude of sins." — 1 Peter 4:8 (NIV)



The weight of the world is heavy, but Black women carry it with grace and resilience.

Source: The Crunk Feminist Collection by Brittney Cooper African Quote: "Even the best cooking pot will not produce food." Bible Verse: "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." — Isaiah 40:31 (NIV)



Our voices are a tool of healing. When we speak, we heal ourselves and each other.

Source: *The Black Woman's Guide to Health* by Dr. Susan L. Taylor African

Quote: "Wisdom is like fire. People take it from others." Bible Verse: "The tongue has the power of life and death, and those who love it will eat its fruit."

— Proverbs 18:21 (NIV)



*N*o one can make you feel inferior without your consent.

Source: *This Child of Mine* by Eleanor Roosevelt

African Quote: "The child who is not embraced by the village will burn it down to feel its warmth." Bible Verse: "You are fearfully and wonderfully made." —
Psalms 139:14 (NIV)



You are the daughter of resilience, the keeper of wisdom, and the bearer of light. Your strength, like the roots of the Baobab tree, runs deep. You embody truth, grace, and infinite possibilities— know that you are both the foundation and the future." – Adapted from African proverbs celebrating womanhood and strength.

Proverbs 31:25 (NIV):

"She is clothed with strength and dignity; she can laugh at the days to come." This verse is often associated with the virtues of a strong, wise, and virtuous woman, reflecting her inner power and grace.



*Y*our story matters; tell it boldly and heal through every word.

Source: *You Are Your Best Thing* (edited by Tarana Burke & Brené Brown)
African Quote: "Until the story of the hunt is told by the lion, the tale will always glorify the hunter." **Bible Verse:** "They triumphed over him by the blood of the Lamb and by the word of their testimony." — Revelation 12:11 (NIV)



*Y*our inner glow outshines any darkness; nurture it with courage and hope.

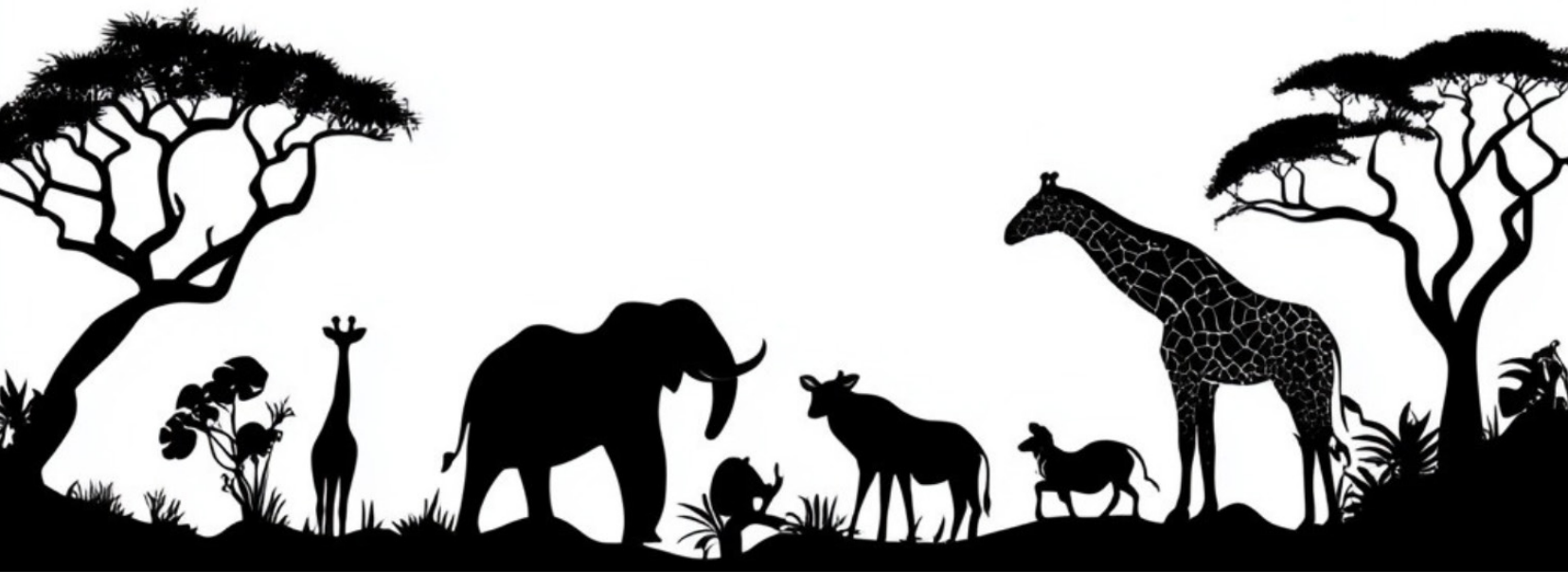
Source: The Heart of a Woman by Maya Angelou African Quote: "Darkness cannot extinguish a burning candle." Bible Verse: "You are the light of the world. A town built on a hill cannot be hidden." — Matthew 5:14 (NIV)



COLORFUL CHRONICLES:

THE BLACK ONYX QUEEN
SHADES OF
Luminary Love

DID YOU KNOW?

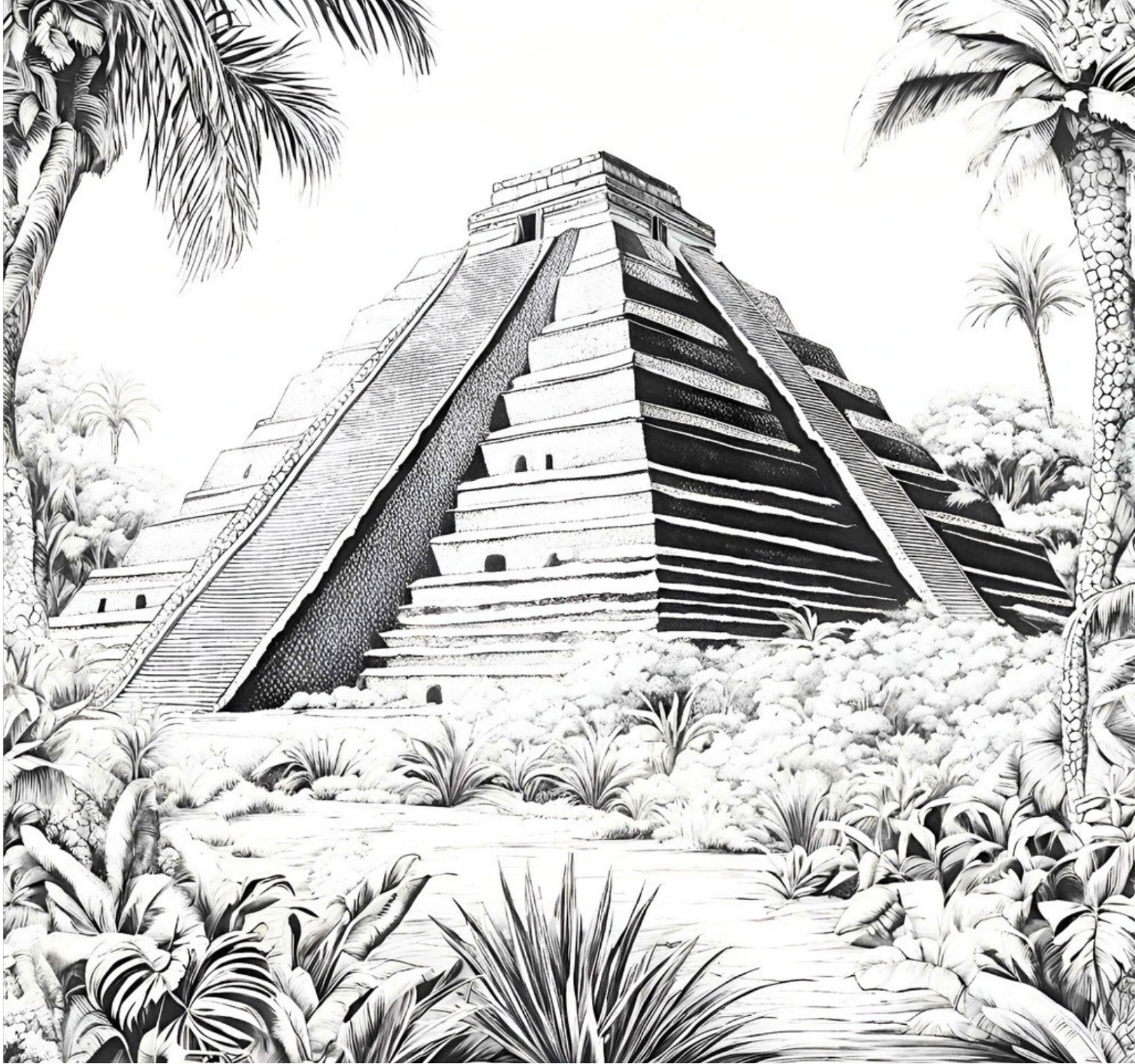




*Y*our resilience is older than the pyramids; it stands tall through every storm.

Inspired Source: *Reflections on Ancient Egyptian Monuments Kemetic/African*
Saying: “Endurance carves the stone as surely as water wears away the rock.”

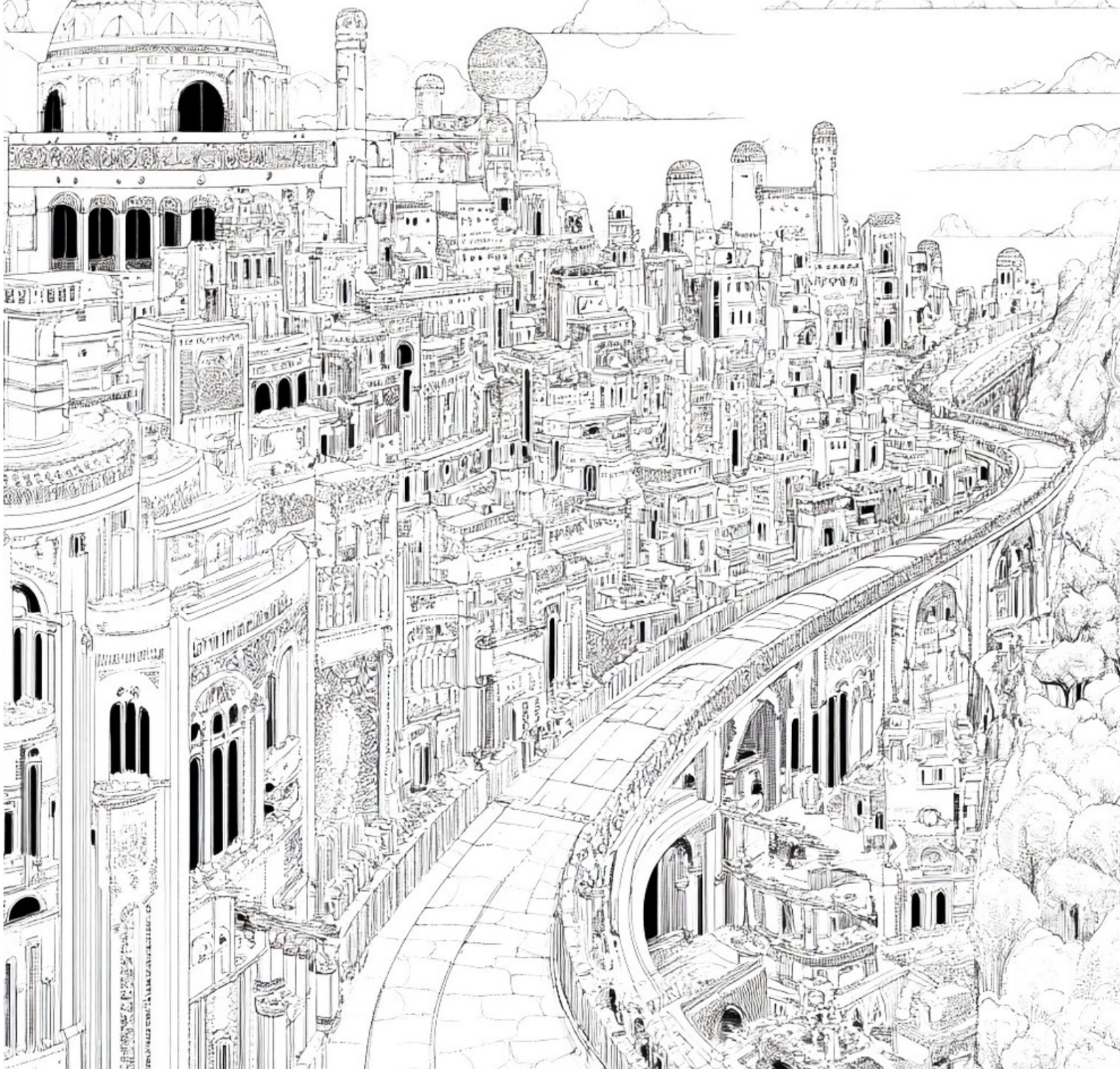
Bible Verse: “But those who hope in the Lord will renew their strength.” —
*Isaiah 40:31 (NIV). You carry Maat’s truth in your heart—let it guide you with
balance and justice.* **Inspired Source:** *Principles of Maat (Ancient Kemet)*



FYI: Kemet, meaning "Land of the Black People," is the ancient name for Egypt in Africa (originally known as Alkebulan). Black people, known for their brilliance, were the creators of mathematics and the advanced engineering behind the Pyramids —monumental structures that stand as a testament to their genius. These wonders symbolize a civilization that pioneered geometry, architecture, and art.



The world's first known medical doctor was a Black woman from Kemet (ancient Egypt) named Peseshet. Known as the "Lady Overseer of the Female Physicians," she trained and led women in medicine during Egypt's Old Kingdom (around 2400 BCE). Peseshet's contributions highlight the advanced knowledge of health and healing in Kemet, where women played vital roles in science, education, and leadership.



FYI Long before skyscrapers and highways, ancient Black communities across Africa built thriving cities with advanced roads, vibrant marketplaces, and lush farmland. Centers like Timbuktu, Great Zimbabwe, and the Swahili Coast rose to fame through sophisticated trade networks, innovative agriculture, and bold architectural achievements. By coloring this scene, you're stepping into a story of ingenuity, resilience, and cultural brilliance that shaped civilizations for centuries!



FYI: *Imhotep, the legendary architect and "Father of Medicine," was taught by his African mother, Kheredu-ankh, who shared her knowledge of healing and spirituality, inspired by the wisdom of African Black women around her. Their contributions laid the foundation for medicine as we know it today. Additionally, the staff and snake symbol, widely used in the USA and its military for medicine, originates from ancient African medical traditions, showcasing Africa's enduring legacy in the field of healing and wellness.*

