



**Book # 1**

# THE GREEN BOOK

**Universal Zulu Nation**

**Infinity Lessons Archive**

**1973 - 2000**

**FOR THE MASSES**

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# Myths and Misconceptions of the Universal Zulu Nation

## 1. Zulu Nation is a gang.

No. UZN was started in 1973 by Afrika Bambaataa who at the time was a gang leader. After realizing that it would benefit the community more if the gangs unified to better the community and to better each other, Zulu was formed. Also, Zulu started gathering information from other religions and historical sources to give the gang members a chance to better themselves so the violence would end. News spread around all of the tri-state area and eventually, the world.

## 2. Zulu is a religion/cult.

No. We gather positive information from all sources whether religious or historical. We deal with truth and fact. It doesn't matter what name you choose to call The Supreme Force. A religion suggests a belief structure. We do not have a belief structure. ALL walks of life are a part of Zulu Nation. ALL religions are a part of Zulu Nation. If it's true to you and its positive, no problem.

## 3. Zulu is only a "hip hop thing".

Not completely true. We use Hip Hop as a means to get across the positive message of "Knowledge, wisdom, overstanding, freedom, justice, equality, peace, love, unity and having fun." UZN is more about bettering one self and overstanding the people and environment around oneself.

## 4. Zulu is a "black" thing.

No! UZN is for all people of any color, age, culture or gender. As long as you have an open mind and are really ready to better yourself. We have to start to understand or overstand each other a lot more so that we can break the stereotypes that we are "trained" to know from generation to generation. Look at the name of this organization. The key word is "Universal". Why would we want to limit peace and unity to just one race or for that matter, even humanity?

**5. I have to do something Hip Hop (Break, DJ, Rap, Graph) in order to be a Zulu.**

No. UZN has doctors, lawyers, activists, pilots, construction workers, actors, probation officers, etc. ALL walks of life. You see everyone has their only kind of knowledge to bring to others. No one man or woman knows everything. When you get all this collective knowledge together under one roof, it's very enlightening. That's what Zulu does. It bring people of different backgrounds together under POSITIVITY. We are all teachers in life whether a person overstands it or not. Zulu members overstands that they are teachers so they do just that. We share our knowledge of what we learn in life and/or Zulu with others so there can be a balance within the other person life so that an understanding can be achieved and from that peace can be obtained.

**6. So all a person has to do is join, it's that easy?**

Yes and no. You see Zulu is for everyone but not everyone is for Zulu. There is hard work involved. From the application process to maintaining a voice in the community, from doing charity work to LOTS of lessons studying, it's not a free ride. But if a person wants to learn more, or be a positive force in their community, then it shouldn't be difficult at all.

These are just some of the questions we as Zulus encounter on a day to day basis. This is one way we can learn to deal with some of the negativity and turn it to positivity.

**Zulu King Mark L.U.V.**

# **Laws and Regulations of the Universal Zulu Nation Part 1 (1 – 20)**

1. The Zulu Nation is no gang. It is an Organization of individuals in search of success, peace, knowledge wisdom, understanding, and the righteous way of life.
2. Zulu members must search for ways to survive positively in this society.
3. Negative activities are actions belonging to the unrighteous. The Animal Nature is the negative nature. Zulus must be civilized.
4. Zulu members must learn the Infinity Lessons.
5. Zulu should not be affiliated with an organization, whose foundation is based on negativeness.
6. Zulus are expected to be at peace with self and others at all times.
7. Zulus are taught to stand up for whatever they believe in and to believe in the laws of the Prophet Muwsa (Moses) “An eye for an eye, a tooth for a tooth”.
8. Zulus should greet each other with the proper greeting, such as Peace Ahki (brother), Ahki Peace or Peace Queen.
9. Zulus are to greet their brothers and sisters, when entering or leaving a meeting or anywhere on this planet earth.
10. Zulus are to stay away from trouble.
11. Zulus are not allowed to settle their differences with other Zulus by fighting each other.
12. Zulus should not bring other Zulus into their personal matters. If in need of guidance or assistance on their problem, then they should speak to their Zulu leaders.
13. Zulus are forbidden to advertise their involvement in the Zulu Nation in an disrespectful way, especially using our name with crime or violence.
14. Zulus should remember to lead a peaceful way of life and strive to be righteous.
15. Zulus are to search for knowledge of self in order to elevate themselves from the Jungle World.
16. Zulus should try to uplift the Zulu Nation at all times. They should enlighten those who give us a bad name into the true way of a Zulu, which is described in the Infinity Lesson number 4, question number 5 (What is the job of a Zulu?)
17. All Zulus should participate in the Zulu Nation Unification Rallies.
18. Anybody not participating in the changes being made in the Zulu Nation is not a Zulu.
19. Zulu Kings and Zulu Queens are equally as important in the foundation. Respect must be insured. Leaders must be respected (Kings and Queens).
20. The Zulu Nation Anniversary (Founded Date) is November 12th. This is the official date and should be celebrated the same week, Friday and where ever the 12th falls on.

# Laws and Regulations of the Universal Zulu Nation Part 2 (21 – 46)

21. Obey those in authority amongst you.
22. Do not gossip.
23. Do not lust.
24. Your duty is to report all slackness, weakness and wrong doings.
25. Do not deal with the hypocrite or show sympathy towards them.
26. Leave smoking of any kind (marijuana, tobacco products, and crack) alone. They are dangerous to your health. Research on what you put in your mouth or body.
27. No dope (heroin, cocaine, or any other).
28. Stay away from drinking (wine, whisky, beer, ale, alcohol, or any other intoxicants). All they do is mess up your mind (brain), liver, and will give you other problems with your body. TRUTH IS TRUTH!
29. You must be clean at all times (mind and body) at home and abroad.
30. Speak truth and stand up on the facts of truth.
31. No stealing.
32. Do not commit acts of violence on ourselves or others.
33. Do unto others as you would want done unto you.
34. You should love your brother or sister, believe in yourself.
35. Do be kind and do good to all.
36. Kill no one whom Allah, Yahweh, God, Jah, which ever name you wish to call the Supreme One, has not ordered to be killed.
37. Maintain post until properly relieved.
38. Do not fool, rub or pat sisters or sisters the same with the brothers.
39. Do not talk Zulu Nation business on telephone or with brothers.
40. Do not talk Shaka Zulu affairs outside of Shaka Zulu meetings with anyone including wife or family and relatives.
41. Keep up prayer.
42. Know thyself and know others, knowledge is infinite as God The Supreme Force self.
43. Do not play any game of chance (Russian Roulette, Train Surfing, etc.).
44. Do not listen to the whispering devil, if something is said, find out the facts within the story.
45. We as Amazulus will do all in our power to uplift the Zulu Nation. If there are any disruptions to the nation, then we as Amazulus must take appropriate action to see no harm comes to the Zulu Nation.
46. All members should follow and carry out rules within everyday life.

# INFINITY LESSON ONE

## ABOUT ZULU NATION

The Universal Zulu Nation stands for: KNOWLEDGE, WISDOM, UNDERSTANDING, FREEDOM, JUSTICE, EQUALITY, PEACE, UNITY, LOVE, RESPECT, WORK, FUN, OVERCOMING THE NEGATIVE TO THE POSITIVE, ECONOMICS, MATHEMATICS, SCIENCE, LIFE, TRUTH, FACTS, FAITH, and THE ONENESS OF GOD.

### 1. YOU MUST SEEK KNOWLEDGE:

Knowledge is to know and is the foundation of all things in existence. Knowledge is infinite. Knowledge is to know thyself and to know others. Knowledge is to know your surroundings, environment, the nature of life and death, animals, the solar system, the universe, the past, present, and the future. Knowledge is to know The Supreme One.

### 2. YOU MUST HAVE WISDOM:

Wisdom is the manifestation of one's knowledge, the ways and actions one uses to make his or her knowledge known. To be wise, you must choose the right path, know right from wrong and teach others to be wise and set them in the right direction.

### 3. UNDERSTANDING:

You must have and get understanding. Understanding is when one draws a picture in his or her mind to see all things clearly with the third eye, the mind. To absorb what you get from knowledge and break it down so that you and all people will understand. With these three elements of life, we must build a better world, teach the young and old, use natural resources to uplift the people, not to make individuals rich, but to put the Human mind back on the right path and get rid of sick racist mentalities.

**Peace and Respect,  
AFRIKA BAMBAATAA  
THE RENEGADE OF FUNK**

**(TAKING FROM THE 12INCH VINYL (LP) "BAMBAATAA'S THEME" BY AFRIKA BAMBAATAA AND FAMILY IN THE YEAR OF 1986 ON TOMMY BOY RECORDS)**

# **Message to the People Black, Brown, Yellow, Red, White People All Human Beings and Aliens Too Universal Life Forms of All Forms**

We, the Universal Zulu Nation are an organization and a universal nation, for all people on this planet so called Earth, as well for alien life form of people in the universe, whether you're from Mars, Venus, Jupiter, Saturn, Pluto, Earth, etc. We the Zulu's are not foolish people to believe that we are the only life in the universe and that the creator, (Allah, Jehovah, Jah, Yahweh, God or whichever name you wish to call the Almighty One) is only limited to producing LIFE only on the planet so called Earth. And if you do believe we are the only ones in the universe, and then we should just get rid of science and base everything on falsehood and not even search for truth.

We as Zulu's of all races, colors, and creeds should study research on everything that's anything, and should always be thinking people and not ZOMBIES. We as Zulu's who are from many different races, colors, and creeds should not be afraid to hear different views coming from humans or aliens from other planets. If one is a racist he or she still should be heard, If one preaches or teaches love, truth, science, o r whatever, even falsehood, he or she should be heard.

It is our duty as Zulu's and human beings to search for truth and nothing but truth. There are many who will hate The Universal Zulu Nation just because our organization is truly a multicultural organization and a nation for all people who wish to join, even aliens if they are for peace, unity, knowledge, wisdom, and understanding in the universe. There are evil ones and groups who are secretly trying to bring chaos (problems of Hell) all over Earth and in the universe. But we must always keep up strong FAITH with ourselves and the Creator of the Universe. We do not need any middlemen or women to intervene between us and the Lord of all worlds.

We as Zulu's of the Universal Zulu Nation must always show respect to those who give us respect and must always be disciplined, but always alert watching, observing, looking (seeing) with our third eye (the brain) and always listening and analyzing. In this age of time, all people on the planet so called Earth should study and talk to each other and try to understand each other's ways of life and not use each other for another's advantage. We must know Black, Brown, Yellow, Red, and White history, true history and not falsehood history. Good or bad, heal the wounds and let's move on to a glorious future, not a future of death and destruction.



# INFINITY LESSON TWO

## THE HISTORY OF AFRIKA BAMBAATAA

### THE GODFATHER OF HIP HOP LAST MILLENNIUM THE AMENRA OF UNIVERSAL HIP HOP CULTURE THIS MILLENNIUM.

**Afrika Bambaataa** is one of the three main originators of break-beat deejaying, and is respectfully known as the "**Grandfather**" and "**Godfather**" of Hip Hop Culture as well as The Father of The Electro Funk Sound. Through his co-opting of the street gang the **Black Spades** into the music and culture-oriented **Zulu Nation**, he is responsible for spreading rap and hip-hop culture throughout the world. He has consistently made records nationally and internationally, every one to two years, spanning the 1980's into the next Millennium 2000.

Due to his early use of drum machines and computer sounds, Bam (as he is **affectionately known**) was instrumental in changing the way R&B and other forms of Black music were recorded. His creation of Electro Funk, beginning with his piece "**Planet Rock**," helped fuel the development of other musical genres such as Freestyle or Latin Freestyle, Miami Bass, Electronica, House, Hip House, and early Techno.

Bam is responsible for initiating many careers in the music industry, and his early association with Tom Silverman of Tommy Boy Records helped propel the label to its success. Bam was instrumental in launching the R&B group New Edition, Maurice Starr and the Jonzun Crew, Tashan, and Bernard Fowler of the Peech Boys, to name a few. Bam is also recognized as a Humanitarian and a man of peace, who has applied elements of Afrocentric, spiritual, and health-conscious teachings to his philosophy. He is also a historian on Hip-Hop roots, who traces the culture back to the times of the African Griots.

At a time when DJs-Hip Hop or otherwise-were recognized for the distinctive records they played, Bam was called the "**Master of Records**," and was acclaimed for the wide variety of music and break records he presented to the Hip-Hop crowd, which included Go-Go, Sosa, Salsa Reggae, Rock, Jazz, Funk and African music. He is responsible for premiering the following records and songs to Hip Hoppers, which are now staples in rap and Hip-Hop culture: "**Jam on the Groove**" and "**Calypso Breakdown**" by Ralph McDonald; "**Dance to the Drummer's Beat**" by Herman Kelly; "**Champ**" by the Mohawks; themes from The Andy Griffith Show and The Pink Panther, and "**Trans-Europe Express**," by Kraftwerk and hundreds of others.

Bam joined the Bronx River Projects division of the Black Spades street gang in the southeast Bronx in Act, where he soon became warlord. Always a music enthusiast (taking up trumpet and piano for a short time at Adlai E. Stevenson High School), Bam was also a serious record collector, who collected everything from R&B to Rock. By 1970 he was already

deejaying at house parties. Bam became even more interested in deejaying around 1973, when he heard Bronx DJs **Kool DJ Dee** and **Kool DJ Herc**. Kool DJ Dee had one of the first coffins (a rectangular case that contains two turntables and a mixer) in the Bronx area circa 1972. West Bronx DJ Kool DJ Herc was playing funk records by James Brown, and later just playing the instrumental breaks of those records. Noticing that he had many of the same records Herc was playing, Bam began to play them, but expanded his repertoire to include other types of music as well.

As the Black Spades gang began to die out toward 1973, Bam began forming a Performing group at Stevenson High School, first calling it the **Bronx River organization**, then Later **the Organization**. Bam had deejayed with his own sound system at the Bronx River Community Center, with **Mr. Biggs, Queen Kenya, and Cowboy**, who accompanied him in performances in the community. Because of his prior status in the Black Spades, Bam already had an established party crowd drawn from former members of the gang.

About a year later he reformed a group, calling it the **Zulu Nation** (inspired by his wide studies on African history at the time). Five b-boys (break dancers) joined him who he called the **Shaka ZULU Kings, a.k.a. ZULU Kings**; there were also the **Shaka Zulu Queens**. As Bam continued deejaying, more DJs, rappers, break dancers, graffiti writers, and artists followed his parties, and he took them under his wing and made them members of his Zulu Nation.

By 1976, because of the proliferation of DJs, many sound system battles would occur to determine which DJ had the best music and sound. Although the amount of people gathered around a DJ was supposed to be the deciding factor, the best DJ was mostly determined by whose system was the loudest. Held in parks and community centers, DJs would set up their gear on opposite sides, playing their records at the same time at maximum volume. However, Bam decided that all challenges to him would follow an hour-by-hour rule, where he would play for an hour, and the opposing DJ would play for an hour.

Bam's first official battle was against **Disco King Mario** at Junior High School 123 (a.k.a. the Funky 3). A few other important battles Bam had later on were against **Grandmaster Caz** (known as Casanova Fly at that time and who later was one of the Cold Crush Brothers) at the P.A.L. (Police Athletic League) circa 1978, and a team battle against **Grandmaster Flash** and an army of sound systems, with Bam teaming systems with Disco King Mario and **Tex DJ Hollywood**. Bam formed additional systems for battling as well, like the Earthquake Systems with **DJ Superman** and **DJ Jazzy Jay**. There were also many MC battles, where rappers from Bam's Zulu Nation would go against other outside rappers. Later, Bam also jointly promoted Shows with Kool Herc under the name Nubian Productions.

Many cassette tapes were made of Bam's parties and MC battles, which were sometimes sold for \$20 to \$40 apiece. During long music segments when Bam was deejaying, he would sometimes mix in recorded speeches from Malcolm X, Martin Luther King, Jr., and, later, Louis Farrakhan.

Influenced by James Brown, Sly and the Family Stone, George Clinton, and the many separate-but-same Groups that he created, Bam formed the **Soul Sonic Force**, which in its original makeup consisted of approximately twenty Zulu Nation members. The personnel for the Soul Sonic Force were groups within groups that Bam would perform and make records with, including: Soul Sonic Force (1)-Mr. Biggs, Queen Kenya, DJ Cowboy Soul Sonic Force (#2)-Mr. Biggs, Pow Wow, G.L.O.B.E. (creator of the "MC popping" rap style), DJ Jazzy Jay Cosmic Force-Queen Lisa Lee, Prince Ikey C, Ice Ice (#1), Chubby Chub; Jazzy Five-DJ Jazzy Jay, Mr. Freeze, Master D.E.E., Kool DJ Red Alert, Sundance, Ice Ice (#2), CharlieChew, Master Bee; Busy Bee Starski, Akbar (Lil, Starski), Raheim.

Around ~1980, Bam and his groups made their first recordings with **Paul Winley Records**, who recorded Bam's "Death Mix" piece. Winley also released Cosmic Forcers "**ZULU Nation Throwdown**," after which Bam (disappointed with the results) left the company.

Bam's parties had now spread to places like the Audubon Ballroom and the TConnection. In the early 1980s; news about Bam and other DJs': parties-and the type of music Bam played-started traveling to the downtown sections of Manhattan. Tom Silverman visited Bam at one of his parties and did an article on him and the Zulu Nation for his own Dance Music Report magazine. The two became friends, and Silverman later recorded Bam and his Soul Sonic Force with a group of female singers called **Cotton Candy**. The first song Silverman recorded around 1981 with both groups (without Bam's name listed) was a work titled "**Let's Vote**," after which a second song was recorded and released, titled "Having Fun."

Thereafter, Silverman met producer Arthur Baker, and together with then-KISSFM radio master mix **DJ Shep Pettibone**, Silverman recorded Bam and the Jazzy Fives "**Jazzy Sensation**" on Silverman's own Tommy Boy Records label. The record had three mixes, one with Bam and the Jazzy Five, and the other with a group called the **Kryptic Krew**. The third mix was an instrumental. The record was a hit with Hip Hoppers.

Around 1982 Hip-Hop artist **Fab 5 Freddy** was putting together music packages in the largely white downtown Manhattan New-Wave clubs, and invited Bam to perform at one of them, called the **Mudd Club**. It was the first time Bam had performed before a predominantly white crowd, making it the first time Hip Hop fused with White culture. Attendance for Bam's parties downtown became so large that he had to move to larger venues, first to the Ritz, with Malcolm McLaren's group, Bow Wow Wow (and where the Rock Steady Crew b-boys became part of the Zulu Nation), then to the Peppermint Lounge, The Jefferson, Negril, Danceteria, and the Roxy.

In 1982 Bam had an idea for a record revolving around Kraftwerk's piece "Trans- Europe Express." Bam brought the idea to Silverman and both tried working on it in Silverman's apartment. Bam soon met **John Robie**, who brought Bam a techno-pop oriented record titled "**Vena Carva**" that he was trying to release. Bam then introduced Robie to **Arthur Baker**, and the three of them, along with Silverman and the Soul Sonic Force (#2), worked on the "Trans-Europe Express" idea, resulting in the piece "Planet Rock"-one of the most influential records in

music. Bam called the sound of the record "Electro Funk, or the "Electro-Sound," and he cited James Brown, Parliament, and Sly and the Family Stone as the building blocks of its composition. By September of that year "Planet Rock" went gold, and it continued to sell internationally throughout the 1980s into the next millennium 2000 and still sells today with the many remixes. Planet Rock is the most sample record ever in Hip Hop.

In the autumn of 1982 Bam and other members of the Zulu Nation (which included Grand mixer D.ST, Fab 5 Freddy, Phase 2, Mr. Freeze, Dondi, Futura 2000, and Crazy Legs, to name a few) made one of their first of many trips to Europe. Visiting Le Batclan Theater in Paris, Bam and the other Hip Hoppers made a considerable impression on the young people there, something that would continue throughout his travels as he began to spread Hip-Hop culture told around the world.

Bam's second release around 1983 was "Looking for the Perfect Beat," then later, "Renegades of Funk," both with the same Soul Sonic Force. Bam began working with producer **Bill Laswell** at Jean Karakos's Celluloid Records, where he developed and placed two groups on the label **Time Zone** and **Shango**. He did "**Wildstyle**" with Time Zone, and in 1984 he did a duet with punk-rocker **John Lydon** and Time Zone, titled "**World Destruction**" which was the first time ever that Hip Hop was mix with Rock predating RunDmc's duet with Areosmith "Walk This Way". Shango's album Shango Funk Theology was also released by the label in 1984. That same year Bam and other Hip Hop celebrities appeared in the movie Beat Street. Bam also made a landmark recording with James Brown, titled "Unity." It was admirably billed in music industry circles as "the Godfather of Soul meets the Godfather of Hip Hop."

Around October 1985 Bam and other music stars worked on the antiapartheid album Sun City with Little Steven Van Zandt, Run-D.M.C., and Lou Reed and numerous others. During 1988 Bam recorded another landmark piece as Afrika Bambaataa and Family. The work featured Nona Hendryx, UB40, Boy George, George Clinton, Bootsy Collins, and yellowman, and it was titled The Light. Bam had recorded a few other works with Family three years earlier, one titled "Funk you" in 85, and the other titled Beware (The Funk Is Everywhere) in 1986.

In 1990 Bam made Life magazine's "Most Important Americans of the 20<sup>th</sup> Century" issue. He was also involved in the antiapartheid work "Hip Hop Artists against Apartheid" for Warlock Records. He teamed with the Jungle Brothers to record the album Return to Planet Rock (The Second Coming).

Around this same period, Greenstreet Records, John Baker, and Bam organized a concert at Wembley Stadium in London for the A.N.C. (African National Congress), in honor of Nelson Mandela's release from prison. The concert brought together performances by British and American rappers, and also introduced both Nelson and Winnie Mandela and the A.N.C. to Hip-Hop audiences. In relation to the event, the recording Ndodemnyama (Free South Africa) helped raise approximately \$30,000 for the A.N.C. Bam also helped to raise funds for the organization in Italy.

In 1991 Bam received some notice for his remix work on the group EMF's goldsingle "Unbelievable." He also did an album for the Italian label DFC (Dance Floor Corporation), titled 1990-2000: The Decade of Darkness.

By 1992 Bam had his own Planet Rock Records label, releasing Time Zone's Thy Will "By" Funk LP. In 1993 Bam's Time Zone recorded the single "What's The Name of this Nation? Zulu!" for Profile Records. Toward 1994 Bam regrouped his Soul Sonic Force for the album "Lost Generations". In that same year he began deejaying on radio station Hot 97 FM in New York City on Fridays, hosting the show Old School at noon which Bam changed the shows name to True School at noon. Bam has release other records throughout the world from many different countries as well as always stayed on top of his deejaying throughout the world from the 90's, straight through the next millennium 2000. He is truly one of the hardest working men in Hip Hop.



# INFINITY LESSON THREE

## HIP HOP HISTORY

### 1. Did Hip Hop start in the South Bronx or West Bronx?

Hip Hop DJing had no name at the beginning, but the DJ element started in the West Bronx, by a DJ, whose name was Kool DJ Herc. Hip Hop as a Culture was started and named by Afrika Bambaataa in the South Bronx. It is Afrika Bambaataa who pulled the 4 elements together (DJing, B-Boys, B-Girls, MCing (Rap), and Graffiti) all together and gave The 5th Element which was Knowledge, which later he added Knowledge, Culture and Overstanding which holds all of it together.

### 2. Did Afrika Bambaataa start DJing after Kool DJ Herc?

Afrika Bambaataa started DJing at a very young age as well as giving numerous parties in the Southeast Bronx. Afrika started DJing in the year 1970 playing with home turntables in a place called The Old Center in Bronx River Houses. He also had played with his mentor Kool DJ Dee, Tyrone and MC JoJo and Lovebug Starski, Disco King Mario, Tex DJ Hollywood throughout the year's way before there was a name called Hip Hop. He also played on Pete DJ Jones System when he used to come and play in the Bronx River section. Afrika Bambaataa, Disco King Mario, Kool DJ Dee, Tyrone, Lovebug Starski, JoJo, Tex DJ Hollywood all came from The Notorious Black Spades Streetgang and it is a fact that Afrika Bambaataa and Disco King Mario had a Lockdown on the whole Southeast Bronx, where you had to get permission from them to play in any of the areas they had full control of. If you were not down with Bamba Zulu Nation or their Family group Marios Chuck Chuck City Crew, then much problems would come your way.

### 3. Was the word Hip Hop out before there was a Culture called Hip Hop?

It is said that Lovebug Starski, Keith Cowboy and DJ Hollywood both were using it in their raps when Disco Rap was the big thing of the time. So Hip Hop the word has roots with the MCs (Master of Ceremonies) of the Disco era, but it is a Fact that Afrika Bambaataa's Whole Zulu Nation are the one who flipped the name and made it a Culture. And all the other DJs who came after Kool DJ Herc, Afrika Bambaataa, and Grandmaster Flash fell into the Hip Hop Culture.

### 4. Was Grandmaster Flash from Bams Area?

Flash who came some years after Bam was from another part of the South Bronx and he gave to Hip Hop Culture the quickmix DJ style as well as his MCs gave more of the rhyming style of Hip Hop! Bam gave more of the music of Hip Hop, a visionary to spread the music throughout the Tri-State area and then the world and

both Flash and Bam started adding electronic instruments to their sets like beat boxes and synthesizers, which even made the parties more funkier. The same can be said for another great Zulu Nation DJ by the name of Grandmixer DST, later known as DXT.

**5. What are some of the early known spots in the 1970s where Hip Hop was played at?**

ECHO PARK, BRONX RIVER CENTER, THE HEVALOW, T-CONNECTION, ESCTASY GARAGE DISCO, SPARKLE, SKATE KEY, THE WORLD ROLLER RINK, THE PUZZLE, SKATING PALACE, FUNKY 3 (JHS 123), HILLTOP, VALLY PARK, EDEN WALL CENTER, MONROE CENTER, JHS 131, I.S. 167, SOUNDVIEW CENTER, BLACK DOOR, PS 23 PARK, MONROE HIGH SCHOOL, FOREST HOUSES CENTER, P.A.L.BX. AUDUBON BALLROOM, P.A.L. HARLEM, MINISINK CENTER, RENEZOUNSE BALL ROOM, BOSTON ROAD BALL ROOM, JANE ADAMS HIGH SCHOOL, GOMPERS HIGH SCHOOL, CLINTON HIGH SCHOOL, DE WITT CLINTON HIGH SCHOOL, ADLAI E STEVENSON HIGH SCHOOL, LAFAYETTE HOUSES CENTER, MORE HOUSES GYM, HUNTS POINT PALACE COLGATE GARDENS BALLROOM, DISCO INFERNAL, PRINTING HIGH SCHOOL, 100 PARK, SACWERN HOUSES CENTER, SCHLERS HOUSES CENTER, TRIO HOUSES CENTER, CASTLE HILL HOUSES CENTER AND PARK, BOSTON SECOR HOUSES CENTER, MT. VERNON BOYS CLUB, EVANDER CHILDS HIGH SCHOOL, YONKERS HIGH SCHOOL, RIVER PARK TOWERS CENTER, RIVERVIEW CENTER, POLISH COMMUNITY CENTER, AMITYVILLE L.I. CENTER, ROSEVELT L.I. SKATING RINK, SPRING VALLEY SKATING RINK, STAMFORD CT.HIGH SCHOOL, YERWOOD CENTER, WHITE PLAINS ONVENTION CENTER, THE CANTEEN, HARLEM WORLD, 18 PARK, CROTONA PARK, SAVOY MANOR 149TH ST., DISCO FEVER

**6. Who are the first original Female Pioneers of Hip Hop?**

Lisa Lee, Sha Rock, Queen Kenya, Paula & Tonya Winley Debbie Deb, Mercedez Ladies, Pebbly Poo, Sequence Who was the first Female DJ in Hip Hop Culture? The first Hip Hop DJ was Zulu Queen Wanda Dee. Then Jazzy Joyce.

**7. What are the names of other DJ's and M.C.s who were in the early years of Hip Hop Culture?**

DJ Red Alert, Afrika Zambu & The Soulsonic Force, Afrika Islam & Funk Machine, Afrika Issac, Disco King Mario & The Chuck City Crew, DJ Nicky Dee, DJ Ronie Ron, DJ Desie, Cosmic Force, DJ Kenny Ken, Mean Gene, Grand Wizzard Theodore & The Fanstastic Romantic MC's, DJ Breakout, DJ Baron & The Funky Four Plus 1 More, Tex DJ Hollywood, Grand Mixer D.S.T & The Infinity Rappers, Love Squidd & The Devastating 4, DJ Charlie Chase,DJ Tony Tone & The Cold

Crush Brothers, DJ Casanova Fly, Sponnie G & The Trecherous 3, Dougie Fresh & the Get Fresh Krew, Easy LG, DJ Superman, DJ Sinbad, Queen Kenya, Jazzy 5, DJSmokey & the Smoke a Trons, DJ Supreme, DJ Darryl C & the Crash Crew, DJ Coke LA Rock, Timmy Smalls, DJ Cool Clyde, DJ Lightening Lance, MC Lil Sha Rock, Dr. Rock & The Force MC's, DJ White Flash, Disco Whiz, DJ Whiz Kid, Wanda Dee, Clark Kent, Kool Klye The Starchild, Solo Sounds, Kool DJ AJ, Kurtis Blow, Deadly Sin Crew, Force 5 MC's, Disco 4, Mean Machine, Disco Twins, T-Ski Valley, Ultimate 4 MC's, Fearless 4, DJ Crazy Eddie, Sequence, Bambaataa, DJ Hollywood, The Hypnotizing 5 MC's, Lil Theodore, DJ Jimmy Jaz, Donald Dee, Disco Bee, DJ Sisco, DJ Kevy Kev Rockwell, PT Disco, Collins Brothers, Double Trouble, Rob the Gold, Rammelizee, DJ Ruddy Tee, CD3, Death Committe, Spyder D, Supreme Team, Fantastic 3, Awesome 4.

## **8. What and where was the first HIP HOP SHOW ON TV?**

The first hip hop show on television history was not in the USA but was in fact in The country of France called Hip Hop and its host was a guy name Sydney who also was the first Leader of The Universal Zulu Nation of France, before Queen Candy took over and made an army of Zulus in France. The first MTV Hip Hop show call Yo MTV Raps did not start in USA but started in England first with Sophie Bramey who is known as Africa Lakoum of The Universal Zulu Nation of France, which later on Fab Five Freddy took over the spot in the USA and became the show of all the world to see on MTV. (YO MTV Raps. So it was Universal Zulu Nation members who first brought Hip Hop to T.V.

**HIP HOP CONGRESS:**  
HIP HOP ROOTS IN FRANCE LINK

## **9. Was Yo MTV Raps the first Hip Hop television show in the USA?**

No! The first show was Video Music Box with host Ralph McDaniel's



# INFINITY LESSON FOUR

## DON'T FIGHT THE FEELING

(THIS HAS BEEN GIVEN TO YOU FOR A REASON)

Open your hearts to-embrace the pull of the Universal tide. The bridge has been built. Now is the time for us to cross into the next dimension of Togetherness that the New Age has brought.

### 1. Don't fight what you can feel.

Every One of Us is truly a divine creation, each unique in nature, the result of a spark from the Fire in the heart of God. The Age of Aquarius is truly here. This is a time for our self-identity to be revealed. We are all divine beings. After 26,000 years, as enough of Humanity reaches this realization, an effect is created on all human beings. The Force of Truth is pressing on us. The Force has cracked the dam, which restrains Human consciousness and has allowed an unstoppable flowing energy to be released. This Force of Truth is gaining more momentum every day, as more people feel its effects. Don't fight the flow. Let it carry you to our true destiny, Unity. The illusion of separateness is the dam that blocks the stream of consciousness. Overcome the illusion; expand your circle of compassion.

### 2. Love One Another

As the circle expands, our collective consciousness grows, bringing us to ever-higher realizations of divinity.

As we are individually aligned with our true nature, the whole of humanity is strengthened, by focusing on your own development you serve all of humanity.

At different times in history, certain fully realized beings have come to teach us by. Revealing different parts of the plan: for the development of humanity as a 'Whole. These teachings have all focused on the universal truths, and have taught about the power of Love. Do unto others, as you would have them do to you.

Multiplied and exponential growth...as more and more of us discover the truth inside.  
The New World is Inside You.

Zulu Kings brings forth the vision that we may all exist in harmony. We celebrate our divine nature, and appreciate

Our individual contributions to the good of the group...

This is the true nature of the Age of Aquarius. Through coming together with music and dance, We Unite. Since the beginning of time people have danced as a way of communing with the higher power. People have danced in prayer, for fertility, to help their crops grow, to communicate with spirits, and to celebrate Life. Dancing is a meditative way for many of us to experience visions of Peace, Love, Unity, and Respect, and transmits these Visions to humanity. As we align our mind, body and spirit we become aware of the natural pull to that which is right. “Thought” is replaced with “Feel”. We are all like stars in the constellations above; we exist in relationship to each other. In the galaxy of human consciousness no one is alone. We all live together. Be as one Spirit, one Soul, leaves of one tree, flowers of one garden, waves of one ocean.

Be Who You Are,

The Truth is inside

PEACE

# INFINITY LESSON FIVE

## PHILOSOPHY

### 1. WHAT IS THE PHILOSOPHY OF THE UNIVERSAL ZULU NATION?

-ALTHOUGH WE ARE STRONG BELIEVERS IN THE CULTURE OF HIP HOP, WE AS ZULUS REALIZE THAT THIS IS A REAL WORLD, WITH REAL PROBLEMS AND REAL SOLUTIONS. SO, AS A ZULU FAMILY WE WILL STRIVE TO DO OUR BEST TO UPLIFT OURSELVES FIRST-THEN SHOW OTHERS HOW TO UPLIFT THEMSELVES MENTALLY, SPIRITUALLY, PHYSICALLY, ECONOMICALLY AND SOCIALLY.

### 2. WHAT ARE THE GOALS OF THE UNIVERSAL ZULU NATION?

To educate, develop and improve the present state of mind  
Of adults and youth around the world.

To spread our message of love, peace and unity  
Amongst all races through our ways and actions.

To preserve the culture of Hip-Hop and all art forms created from it and to use music as a  
medium for cultural exchange and understanding.

To provide a safe haven to nurture the inherent genius  
Of adults and youth around the world.

To assist others in developing careers and opportunities as they express  
Their God-given potential and talents.

### 3. WHO CAN GET INVOLVED WITH THE UNIVERSAL ZULU NATION?

Anyone who believes in our goals and can thrive individually and in group settings should consider membership. We will consider working with any organization that believes as we do. This means that we will consider joint projects with organizations that exist to serve our community. We also encourage all women, senior citizens, and children to consider becoming members. The only way we can rise as a people is by forgetting our differences and looking again to our families, friend, and support systems, for solutions to problems (instead of watching for some other person to tell us what to do).

### 4. WHERE DID THE NAME 'ZULU NATION' COME FROM?

The Zulu Nation is a great South African tribe that became an empire under the leadership of Shaka Zulu, one of the greatest Zulu Chieftains (Leaders).

**5. WHAT DOES THE WORD 'ZULU' MEAN IN RELATION TO THE UNIVERSAL ZULU NATION?**

The word means "the Heavens" and "Strength in Numbers".

**6. WHAT DOES THE WORD 'AMAZULU' MEAN TO THE UNIVERSAL ZULU NATION?**

The word Amazulu means "The People of Heaven".

**7. WHAT IS THE UNIVERSAL ZULU NATION?**

The Universal Zulu Nation is an organization of men, women, and youth which was founded in the United States by a Nubian (Black) man named Afrika Bambaataa. This organization has hundreds of chapters throughout the world. Its members, who came from many different races, cultures, nationalities, countries and religions, believe in freedom, justice, equality, knowledge, wisdom and understanding. Zulu Nation members discourage divisions and want to see peace and unity on the planet Earth with all races. Without these, we all face social, economic, physical and spiritual destruction. This is the Universal Zulu Nation.

**8. WHEN AND WHERE WAS THE UNIVERSAL ZULU NATION FOUNDED?**

The Universal Zulu Nation was founded in 1973 in the Bronx, New York, by a young student named Afrika Bambaataa. It was his idea to use music to spread the message of the Universal Zulu Nation. He knew that music is Universal and crosses all barriers. So with the birth of Hip-Hop, which started in New York City, Afrika Bambaataa, members of the Zulu Nation and many of his groups like; the Soulsonic Force, Shango, Rock Steady Crew, D.S.T., Fab Five Freddy, Phase 2, Dondi, and Futura 2000, started to travel throughout the world to spread Hip-Hop Culture.

**9. THAT IS THE MISSION OF THE UNIVERSAL ZULU NATION?**

As we are dedicated to improving and uplifting ourselves and our communities, all Zulu Nation members should be involved in some activity that is positive and gives back to the community. Hip-Hop music is our vehicle of expression. We can learn to write, produce, market, promote, publish, perform and televise our own music, for our own people. There are too many divisions between males and females. There are too many divisions between young adults and their parents and too many divisions between rich and poor-urban and suburban. Now is the time for us to build together as well as develop individually. All of the ills and problems that plague our community, we are going to address. We already know Hip-Hop and the Zulu Nation are here to stay. Both are over

twenty years old and both exist and thrive across the world. Some of the projects we plan to organize and become involved with are:

**Canned food drives; Tutoring sessions; Home and building clean-ups; Mentoring programs; Neighborhood protection; Seminars; Conferences; Newsletters; Magazines; Books; Concerts; Programs that close the gaps between the generations and the sexes!**

# **Zulu Nation Laws of Success**

The greatest sin **GOSSIP.**

The greatest crippler **FEAR.**

The greatest mistake **GIVING UP.**

The most satisfying experience **DOING YOUR DUTY FIRST.**

The best action **KEEPS THE MIND CLEAR AND THE JUDGMENT GOOD.**

The greatest blessing **GOOD HEALTH.**

The biggest fool **THE MAN WHO LIES TO HIMSELF.**

The greatest gamble **SUBSTITUTING HOPE FOR FACTS.**

The most certain joy in life **CHANGE.**

The greatest joy **BEING NEEDED.**

The cleverest man **THE ONE WHO DOES WHAT HE THINKS IS RIGHT.**

The most potent force **POSITIVE THINKING.**

The greatest opportunity **THE NEXT ONE.**

The greatest victory **VICTORY OVER SELF.**

The greatest handicap **EGOTISM.**

The most expensive indulgence **HATE.**

The most dangerous man **THE LIAR.**

The most ridiculous trait **FALSE PRIDE.**

The greatest loss **LOSS OF SELF-CONFIDENCE.**

The greatest need **COMMON SENSE.**

## **Personal Rights**

Everyone has human, Personal Rights. They are different from Legal Rights. Some people may not understand that everyone is entitled to Personal Rights and violate them. When that happens we cannot always turn to the law to defend our Personal Rights. We can only turn to ourselves and our resources. It is important to know what our Personal Rights are, so we can protect ourselves more effectively. When you claim you're Personal Rights, remember:

Everyone else has Personal Rights too.

Know to respect their Personal Rights as much as you  
Want yours to be respected.

### **YOU HAVE THE RIGHT...**

To put yourself first sometimes

To ask for help or emotional support

To protest unfair treatment or criticism

To your own opinions and convictions

To make mistakes until you get it right

To let someone solve her/his own problems

To say "thank you, no" "excuse me, no"

To disregard the advice of others and follow your own

To be by yourself even when others want your company

To your own feelings whether they make sense to others or not

To change your mind or choose a different course of action

To negotiate for changes when the arrangements don't work for you

## **IT'S NEVER YOUR RESPONSIBILITY...**

To be 100% perfect

To follow the crowd

To love destructive people

To please unpleasant people

To apologize for being yourself

To drain your strength for others

To feel guilty about what you desire

To put up with unpleasant situations

To sacrifice your integrity for anyone

To remain in an abusive relationship

To do more than you have time to do

To do something you really cannot do

To conform to unreasonable demands

To give what you really don't want to give

To bear the burden of another's misbehavior

To give up who you are for anybody or anything



## **The Mind**

### **(From the teachings of the Most Honorable Elijah Muhammad)**

The mind has 5 degree of consciousness. They are:

- (1) CONSCIOUS
- (2) SUBCONSCIOUS
- (3) SUPER-CONSCIOUS
- (4) MAGNETIC
- (5) INFINITY

These 5 points have direct contact with 7 planes of energy on which the Blackman amplifies.

They are:

- (1) PHYSICAL
- (2) EMOTIONAL
- (3) MENTAL
- (4) WILL
- (5) REALIZATION
- (7) INFINITY.

THE FOURTH POINT OF MIND. THE WILL WHICH IS CALLED THE SOUL OF CONSCIOUSNESS, THIS IS THE INTERACTION WILL THAT IS SOMETIMES CALLED THE SOUL OF LIFE. IT IS ALSO KNOWN AS KARMA, WHICH IS THE HIGHEST FORM OF PARMA, WHICH IS THE PRINCIPLE OF ALL FORMS OF MATTER, THE FOURTH DEGREE: MAGNETIC OF ALL ACTIVE ENERGY LIKE THE SUN. THIS IS HOW ALL ABOVE IS CAUSED BY THE SON OF MAN. THE SUPER-CONSCIOUS IS THE PREDICTION FORM OF THE MIND. THE SCOPE OF ORIGINALITY WAS BROUGHT ABOUT THROUGH THE PROPAGATION OF THE ORIGINAL FAMILY. THIS IS HOW EACH INDIVIDUAL IS DIFFERENT FROM ANOTHER STAGE OF THE SOUL CONSCIOUS. THE WILL OF THE MIND WILL AWAKEN TO THE REALIZATION OF THE MIND.

### **The Mind is what?**

THE MIND IS THE UNIVERSAL PRINCIPLE OF INFINITY WHICH IS THE MIND, TIME, WEIGHT, AND SPACE THIS IS THE MIND LIVING IN ITS NATURAL FORM WHICH ONLY THE MIND CAN DETECT. THE MIND IS THE ALL EYE SEEING.

### **THE MIND AND BODY**

THE MIND IS THE UNIVERSAL PRINCIPLE, WHICH IS THE DIVINE PROPAGATION OF ALL THINGS IN EXISTENCE. THE MIND IS THE SUPREME FORCE OF ENERGY, WHICH IS THE ACTIVATION OF MATTER, WHICH IN ITSELF IS A DENSE FORM OF ENERGY. THE PHYSICAL COMPOSITION OF THE BLACK MAN IS ENERGY, BUT IS A POTENTIAL ENERGY. ONCE THE MOTIVATION OCCURS WITHIN SELF, IT BEGINS ACTIVATION, WHICH TRANSFERS IT INTO KINETIC ENERGY, WHICH IS IN

MOVEMENT. THE MIND IS LIVING ENERGY; KNOWLEDGE IS POTENTIAL ENERGY, AND WHEN IN ACTIVATION, IT BECOMES LIVING ENERGY. THE MIND BEING ENERGY OR FORCE IS THE PRINCIPLE OF ALL OTHER ENERGY OR FORCE. THE BLACK MAN WHO POSSESSES THE UNIVERSAL BID-CHEMICAL PHYSICAL COMPOSITION LIFE FORCE OR MIND AND BODY. FOR HE IS THE MIND, WHICH IS SUPREME POWER AND FORCE. THE ACCESS IS THE ACTIVATION AND TRANSFORMATION. THE MIND IS THE ENERGY OF LIFE, AND BODY IS THE MANIFESTATION OF THIS ENERGY. IN ACTIVATION, THE MIND AND BODY ARE ONE, BUT OF DIFFERENT ASPECTS OF ENERGY.

### **Power of the Mind**

THE MIND IS THE SUPREME FORCE AND POWER. IT IS ABOVE ALL MATTER. THE MIND IS THE FORCE WHICH CREATED THE ENTIRE UNIVERSE. ALLAH MEANS ONE WHO POSSES THE MOST SUPREME FORCE AND POWER. HE IS THE MASTER MIND. FORCE AND POWER PROVES THAT HE IS THE MASTER MIND. THE MIND IS THAT WHICH MOTIVATES THINGS. ALLAH, WHO IS THE SUPREME MIND, ALWAYS EXISTED AND ALWAYS WILL EXIST.

HE WAS HERE BEFORE HE PRODUCED THE SUN, MOON, AND STARS. HE EXISTED IN TRIPLE DARKNESS; TRIPLE DARKNESS IS WHAT YOU HAVE WHEN YOU TAKE AWAY THE THREE (3) GREAT LIGHTS. THE LIGHTS ARE ON OUR FLAG SUN, MOON, AND STARS.

TRIPLE MEANS EVERYTHING THAT WE SEE AROUND US IS MADE BY MAN. THE CHAIRS WE SIT ON, THE BED WE LAY ON, ECT. BUT IT TOOK A MAN TO USE HIS MIND TO THINK OF SUCH THINGS, AFTER HE THOUGHT ABOUT SITTING, HE PRODUCED A CHAIR. ALE THIS THINKING ORIGINATED FROM THE SUPREME FORCE, THE MIND. ALLAH WENT TO WAR IN TRIPLE DARKNESS, SO ALLAH PUT TOGETHER THE PROTONS, NEUTRONS, AND ELECTRONS AND FORMED AN ATOM. THIS ATOM TOOK 6 TRILLION YEARS TO GROW INTO THE SUN THAT GIVES US OUR LIGHT. WHEN SOMEONE MAKES SOMETHING, HE KNOWN FOR WHAT HE MAKES. WHEN THE NAME THOMAS EDISON COMES TO OUR MIND, WE MAY THINK OF COTTON GIN. MEN ARE KNOWN BY THE CAPABILITY THE MIND. ALLAH IS KNOWN FOR HIS SUPREME CAPACITY OF PRODUCING THE SUN, MOON, AND STARS. THE MIND CAN BE COMPARED TO ELECTRICITY IN A SENSE BECAUSE ELECTRICITY MAKES THINGS MOVE, THE CIPHER, CARS, EVEN PEOPLE, THEY TOUCH ELECTRICITY. THE MIND CANNOT BE TOUCHED LIKE WE WOULD A BOOK OR OUR BODY. A BLACK MAN IS ONE WHO PRODUCED OUT OF TRIPLE DARKNESS. WHEN ALLAH PRODUCED HIS PHYSICAL FORM, IT TOOK ON A STATE OF COLOR THAT IS EXISTED IN WHICH IS DARKNESS. THE MIND IS SO POWERFUL THAT IT ACTUALLY CONTROLS THE PHYSICAL MATTER THAT EXISTS EVERYWHERE.

**KNOWLEDGE IS INFINITE A MIND IS A TERRIBLE THING TO WASTE  
PEACE IN THE NAME OF ALLAH**

## THE 11 POINTS OF LIGHT

1. **THE CREATOR** - first point of Light: Deity of all worlds in the Universe (Universes). MASTER of every living thing that creepeth and crawleth upon the Earth and anywhere else in our Universe and beyond. Spoken in many tongues, but to whom All Praise Are Due. The Supreme Force.
2. **SELF** - second point of Light: The divine creation of the Creator. Always thinking upright respecting nature, the elements, life and the Universe.
3. **FAMILY** - third point of Light: The key of generations: to always protect, nurture and provide. To teach and guide. To love and extend blood line.
4. **LIFE** - fourth point of Light: To respect life and everything living on this Planet so called Earth and in our Universe (Universes). To pursue a clean positive and natural life.
5. **PLANT** - fifth point of Light: For we were giving dominion over the Earth, so we must be courteous to Mother Earth (a Living Entity) and always seek new ways on cleaning up the environment, so that she may give us clean and long lives.
6. **RESPONSIBILITY** - sixth point of Light: Being responsible for our lives, our youth and our family, our actions in life and our communities.
7. **ORDER** - seventh point of Light: To always keep a positive and respectable order in your life. The way you do business and represent yourself in the public eye.
8. **UNITY** - eight point of Light: The key of a nation. To practice Unity among ourselves, our children and families. And always of life, to realize we are all GODS children. No matter the race, color, gender or Being from this world or beyond in our Universe (Universes).
9. **RIGHTEOUSNESS** - ninth point of LIGHT: The Creators World! To always strive for righteousness and condone goodness over evil. Having a righteous state of mind is the key for good living and day to day blessing.
10. **KNOWLEDGE** - tenth point of Light: To always put learning in the forefront of life, for this is the key of life. To stand on Right Knowledge, Right Wisdom, Right Overstanding, which leads to Right Reasoning, which brings about Right Actions?
11. **HONOR** -eleventh point of Light: To honor God (The Supreme Force), Self, Family, Life, Nation, our Planet and The Universe (Universes).

# INFINITY LESSON SIX

## THE CELEBRATION OF HIP HOP HIP HOP HISTORY MONTH

**The Universal Zulu Nation calls on the World to recognize the whole month of November as HIP HOP HISTORY MONTH!**

The official birthday of the Universal Zulu Nation is November 12, 1973. The official birthday of Hip Hop is November 12th, 1974. With consideration to the above mentioned dates, nothing makes more sense than to celebrate Hip Hop culture and its history during November, which is exactly what the Universal Zulu Nation has been doing for over 27 + years. November is also significant in the fact that it kicks off the "indoor jam season". The Hip Hop community jams, enjoyed outdoors in the parks, throughout the summer, had to move indoors for about 7 months to community centers, gymnasiums, schools etc. for the fall and winter seasons. The Hip Hop World should recognize this month and pay tribute to those who laid the foundation and paved the way as well as to those who continue to preserve the rich tradition of the culture.

Of course, The Zulu Nation appreciates all efforts to preserve the whole of Hip Hop culture, including any days or weeks set aside to conscientiously appreciate Hip Hop, but would rather that all of these days and weeks combine to celebrate in unity every November as the tradition has been since the beginning of this culture. Founded by the godfather of Hip Hop himself, Afrika Bambaataa, The Universal Zulu Nation is the world's oldest, largest and most respected grass roots Hip Hop organization. Its members and supporters are Hip Hop's most famous and legendary artists. True school enthusiasts travel from all around the world to be in New York City, in November, for the annual Zulu Hip Hop Anniversary, the only true Hip Hop Anniversary since the beginning. The Anniversary hosts a positive Hip Hop community coming together from all walks of life to celebrate the true essence and excitement of what Hip Hop was meant to be. Many artists who have donated their performances to help raise funds at Zulu Hip Hop Anniversaries have gone on to become legends and many of these legends continue to return to NYC, in November, to give back to the core community who supported them since their careers began.

A Little Background Information: In the early years of the culture, the movement went untitled until Afrika Bambaataa, started calling it "Hip Hop", a term originated by Lovebug Starski. In the 70's, ten years prior to its gaining global recognition, Hip Hop was a celebration of life gradually developing each of its elements to form a cultural movement! Due to its energy, dynamics, and momentum, Hip Hop culture has become, ultimately, a key to upliftment and reformation, as well as a billion-dollar industry.

From the 80's on, the Rap industry and media have helped to make the terms "Hip Hop" and "Rap" synonymous, leaving out the other elements included in the culture. In light of this enormous oversight, the Zulu Nation promotes the "5th element" of Hip Hop, which is KNOWLEDGE, and actively tries to educate the masses about the history and foundational elements of true Hip Hop culture. Bambaataa declared: "When we made Hip Hop, we made it hoping it would be about peace, love, unity and having fun so that people could get away from the negativity that was plaguing our streets (gang violence, drug abuse, self hate, violence

among those of African and Latino descent). Even though this negativity still happens here and there, as the culture progresses, we play a big role in conflict resolution and enforcing positivity." Hip Hop is the Vehicle to Deliver Innumerable Lessons! Afrika Bambaataa doesn't believe that Hip Hop heads should just have knowledge of Hip Hop. He promotes and proves that Hip Hop can be used as a vehicle for teaching awareness, knowledge, wisdom, understanding, freedom, justice, equality, peace, unity, love, respect, responsibility and recreation, overcoming challenges, economics, mathematics, science, life, truth, facts and faith.

The Elements: Hip Hop culture is defined as a movement which is expressed through various artistic mediums which we call "elements". The main elements are known as MC'ing (Rapping), DJ'ing, WRITING (Aerosol Art), SEVERAL DANCE FORMS (which include Breaking, Up- Rocking, Popping, and Locking) and the element which holds the rest together: KNOWLEDGE. There are also other elements such as Vocal Percussion/Beat Boxing, Fashion, etc. Within the past 20 years, Hip-Hop culture has greatly influenced the entertainment world with its creative contributions in music, dance, art, poetry, and fashion. Due to their lack of knowledge about the whole of Hip Hop culture, many of our world's youth are mistaken in thinking that activities such as: smoking blunts, drinking 40's, wearing a designer label plastered across their chest, carrying a gun, or going to strip clubs, are "Hip Hop". Hip Hop is being portrayed negatively by many artists who work in the element of Rap (emceeing), and this negativity is usually instigated and promoted by the record industry and various other corporations who exploit the culture at the expense of the youth's state of mind and morality. The Universal Zulu Nation believes there is a difference in speaking out about negativity (activism) and promoting it as a desirable lifestyle. Gangsters, pimps, playas, hustlers, niggers, spics, and many other derogatory words once used against us are now self employed in our everyday vocabulary. Our ancestors who have fought and died trying to free us from these sicknesses and slave mentality are probably turning over in their graves! Bambaataa asks you to just think about this, "How in the hell did we turn from GODS to dogs?"

Afrika Bambaataa encourages you to do more research about our story, his/her-story, and what you think is your mystery is actually your history. Where are our Hip Hop thinkers, lawyers, holistic doctors, scientists, agriculturalists/herbalists, revolutionaries, politicians, judges, researchers, teachers, police, army, accountants, anthropologists, etc? Where is our own Hip Hop Museum? Many talk the talk but don't walk the walk. Many straight out sell-out to the liberation of our people as well as to all humans on the planet so called Earth! He also encourages you to do research on any Hip Hop organization that deals with consciousness and the upliftment of all people. To all those who purposely make up your own history and lie about the culture- DO YOU'RE RESEARCH!

You can contact the Universal Zulu Nation at their main website [www.ZuluNation.com](http://www.ZuluNation.com) and to explore links to other Zulu chapters and websites.

Thank you in advance for forwarding this announcement to everyone you know!

Peace and Blessings Afrika Bambaataa & the entire Universal Zulu Nation. As we say in Zulu - respect the many UNIVERSES and especially

MOTHER EARTH

THE 5TH ELEMENT OF HIP HOP CULTURE  
KNOWLEDGE, CULTURE, OVERSTANDING  
FACTOLOGY VS. BELIEFS



# INFINITY LESSON SEVEN

## The Goddess' DECREES OF OPTIMUM HEALTH & FITNESS

Submitted by Zulu Goddess Wanda Dee

REMEMBER: "There's no such thing as an ugly woman, just a lazy one!"

-WANDA DEE

### HYGIENE

**NOTE:** Dust mites are your enemy! They have been put here by God Herself; to eat the various debris that die and falls off of all living creatures (skin cells, hair, feathers, dust/debris, fur, etc.) That would otherwise overrun the earth without their assistance & ravenous appetites to eat this stuff that naturally falls off of and is created by ALL living things. However, please keep in mind that they multiply by the hundreds of thousands in dirty (or seemingly clean), dusty, humid environments. They feed off of your dead skin cells (which you naturally drop at least a pound a day around in your house, bed, car, bathroom, soiled clothes, etc.) and in return for this glorious meal; they excrete (shit) tons of (tiny) dust mite' piss & manure, which wreak havoc on your face, skin, eyes, nose, ears & entire respiratory track! In fact, most people who suffer from so many unexplained ailments like Asthma, Bronchitis, Itchy Eyes, Low Energy, etc., can thank these little bastards and their daily excrement each day. Thus...

1. **BED LINEN** needs to be changed two times a week (perhaps Sunday & Wednesday).
2. **PILLOW** cases should be changed every 48 hours regardless, because your face is your calling card and your money... period! And if you keep a greasy or oily head or If you've come in from a smoke filled club and haven't had time to wash your hair before going to bed, then throw a clean towel over your pillow to absorb the toxins in your hair through the night, to spare your pillow the taxation of such pollutants. Your face will love you for this! In addition, your whole entire pillow should be thrown into a **HOT WATER WASH CYCLE** at least quarterly, once every three months.
3. **WASH YOUR FACE** in this manner... Soap it up to loosen surface dirt (with your favorite soap), then while soap is still on your face, rub in some Noxzema (to deep clean), then while both the Noxzema & soap are still on your face; sprinkle a small handful of Arm & Hammer Baking Soda in your hand and add a couple of drops of warm water with your wet fingertips to it, in order to form a dry based, granular paste. Now, take this baking soda paste, spread it out within your two palms and rub it into your face & pores for an exalting exfoliation facial treatment. Then hop into (either) the shower to wash this all off (if preparing to go out -OR- wash off with a wash cloth, if showering has already occurred). Your face will feel incredible and take on a

noticeable glow of cleanliness, because for the first time in a longtime, it will truly be CLEAN!

4. WASH YOUR FACE every morning and night with NOCZEMA, in addition to your regular soap or cleansing bar. Get used to having Noxzema as part of your daily facial ritual... for it should be worn to bed (simply rubbed into your face like a lotion, until is unnoticeable). It should be the base worn under your make-up and always the first or "second" thing to touch your face after cleansing it (preferably while it's still damp & moist from washing).
5. A FADE OR COMPLEXION CREAM like Ambi for your face texture, i.e., dry, oily or normal, (should be used in conjunction with its accompanying beauty bar, also by Ambi), as the first thing put onto your face after cleansing and then to be followed by Noxzema, a lite baby oil or Vaseline coating (optional to those with regular to oily skin, but a must to those with dry skin) and/or then your favorite (NON-ALUMINUM based) lotion. This process is to insure that your facial skin all becomes one even tone and to also insure that your face is protected from both the elements of weather, pollutants & the harsh make-up & lighting that comes with show business or everyday life!
6. MAKE-UP must always be removed at night & NEVER SLEPT IN, under any circumstances! If you do, there will be a price to pay... and should you do it too often, the damage will be irreparable, as your pores will collapse, no different than pot holes in the street worn from weathering!
7. MAKE-UP should also never be shared, under any circumstances! I don't care if it's your mother, sister, pastor, preacher's wife or your lesbian girlfriend... NEVER SHARE YOUR MAKE-UP, EVER!!! Your face and skin is its own unique chemical/cosmetic & generic composite and it reacts harshly when forced to CO-mingle & CO-habitat with other foreign compounds. SO DON'T EVER DO THIS TO YOURSELF! This includes ALL make-up utensils (brushes, lip stick, eye pencils, blush pads, sponges, etc.).
8. TEETH should (indeed) be brushed after every meal, but if that's not at all possible (Conveniently), then both morning & night is a must! YOUR FACE IS YOUR CALLING CARD AND YOUR TEETH ARE YOUR PERSONAL SIGNAL OF SUCCESS!

REMEMBER: "Cleanliness is next to Goddessness"!

-WANDA DEE

## **DIET**

**NOTE:** This is show business my love... and how one 'shows' up, makes all the difference in the world to your 'business'. Your image is everything, for all too often your first impression on the public, press and label executives will be your last one... and the secret to true \$uccess in this business is to **MAKE AN IMPRESSION, AND LEAVE 'EM WITH IT!!!**

Now, as you may NOT be a musician who plays an instrument, but instead, are an actor, recording or performing artist, thus, your entire body is your instrument and you must keep it finely polished, chiseled & tuned to meet the various physical & mental demands that you and the industry you've chosen to be in, will place on it. This is a process that stops and starts with your diet... and it's NOT so much of wanting to add "new" things to your eating routine, as it is in simply **DELETING** a few habitually bad foods from your personal cupboards. You'll not only save money at the grocery counter, but you'll also save things like your waist line, dress/pants size, face (from pimples, bumps, discoloration's & abrasions), hair, breasts/uterus & intestines & ovaries (from all kinds of cysts, tumors, fibroids, growths & cancers). If you're truly ready, then read on, for you may NOT like all that it has to say...

REMEMBER: "You are what you eat..."  
-WANDA DEE

## **BEVERAGES**

1. **SODA** needs to be stricken from your diet **FOREVER!** Never taste another drop of it again, as long as you live. Its high amounts of acid, syrups and colored corn starches will only serve to make your face a battleground for pimples, your waist line & belly will become a resort of fat and your ass will be as wide as The Ponderosa. Both Pepsi & Coca Cola are addictive, as well. Which is why even when Michael Jackson was paid \$15 million dollars to do the commercial for the soft drink king (Pepsi), his contract stated specifically that he wouldn't have to actually drink that corrosive crap. And who in this industry has smoother skin or more energy than The King of Pop? Hell, it may be light, bright and damn near white, but at least it's "tight"!
2. **WATER** needs to be the last thing you drink at night, and the first thing to cross your lips in the morning (after brushing one's teeth, of course)! Your skin and kidneys will thank you for this and show their immense appreciation as the years go by. Over taxing



the digestive system is what ages all of us; so anything you can do to alleviate this process in your body, the slower you'll age... just ask The Goddess herself, as she gave Moses bible lessons and used to jump double-Dutch with Rosa Parks, okaaaaay!?

3. CRANBERRY JUICE is essential to anyone (especially women), as it helps maintain chemical cleanliness and balance in the urinary tract and vaginal areas, thwarting unnecessary yeast infections and the like. Have at least two full glasses a week... and I don't mean that cranapple, crangrape, ocean spray drink... I mean real straight up 100% cranberry juice!
4. ALL OTHER KINDS OF (dye free) 100% FRUIT JUICES are welcome based on your own individual tastes...
5. WHOLE MILK is a NO-NO! Kiss it good-bye! It is loaded with enough fat to put cysts on your breasts and ovaries as big as Christmas bulbs. If you must drink milk or add it to any of your recipes, then skim will be your choice from now on!
6. NO CAFFEINE! All teas (iced or hot) must be herbal teas! COFFEE IS OUT! Caffeine is not only terribly addictive, it is highly carcinogenic (cancer causing)... learn it - know it - tell a friend! You may already be addicted to coffee/ caffeine, which is unnatural to the body and spirit. Some of you may have rationalized (rational-lies) your need to have this drug, but like any other drug, it is killing you!! This means sodas, chocolate, coffee, certain teas; yes... even Sprite & Mello Yellow has caffeine in it! Caffeine is out of your life for GOOD... you'll thank me later!
7. NO HEAVY DAIRY! Never buy, cook with or eat butter/margarine or cheese, again! The grease in the butter merely erupts on the face, clogs the pores, and settles in your hips, waist and butt. NO MARGARINE ever. This man made oil is one chemical away from plastic and is highly carcinogenic. If you don't believe me, put a stick of margarine on a saucer and sit it out on your kitchen counter or in your garage, and I guarantee you NOTHING will land on it, eat it and/or lay an egg in it... not a fly or even a roach; for they chemically know that it is NOT healthy. If you must use anything at all, then please use 100%, good old fashioned butter... but why bother at all?

And cheese is the woman's worst nightmare. Cancer of the ovaries, uterus and breast will be your result from a lifetime of pizza, steak-n-cheese, macaroni & cheese, nachos & ... well, you guessed it by now, huh? Cheese will sit in your upper intestines and ferment for years, while poisoning every ounce of your system in the process. Just think of all the young & middle aged women both in your family and friends of yours, who've had to have one hysterectomy's... well, this is the main reason! Cystic breasts? Cheese & stress are a deadly combination!

The alternatives are to use veggie cheese instead... it's just as good, the same coloring and absolutely delicious!

8. If you must have eggs, than no more than once or twice a week tops!
9. NO PORK! Pork is a parasitical meat which equals POISON!
10. Limit beef to only once a week (if at all)... for everything you're used to getting in beef, you can get from poultry (turkey bacon, chicken patties, sliced chicken or turkey, etc.).
11. NO FISH AT ALL! I know this may come as a shocker to most of you, because people will say that "fish is good for you"... well, that may have been the deal and case back when Christ walked the earth and was pulling it (miraculously) out of baskets and handing it out to the masses... but in today's day and age of chemically polluted waters, industrial waste, high mercury content and toxic/nuclear decay in our rivers... you'd be a natural born fool to eat anything from the sea. Charlie Tuna, Star-Kist, Chicken of the Sea, Purina, Farina, Shrimp, Crab, Lobster, Oyster, etc. if it ever swam or walked the ocean blue, the shit will surely poison you! Just get over it and get on with it... just suffice to take some Cod Liver Oil or Omega 3 pills daily for your seafood essentials! Do your research and you'll find that there's a direct connection and correlation between the flesh eating disease Phisteria) that both fish & humans alike suffer from. And not to mention the numerous bouts of hepatitis that eating shell fish cause!
12. NO CONDIMENTS! Begin to learn to eat your foods without drowning them in ketchup, mayo, butter, cheese, barbecue sauce, sauerkraut, mustard, etc. It'll be hard at first, but when you see the pounds begin to leap from your gut, butt & thighs (aka the unholy trinity)... you'll be motivated to keep these little demons off of your food. They seem harmless, but they'll get you every time, as most things that seem harmless always do! A little "lite" salad dressing on your salad is allowed... but don't go overboard! You can use more when you've reached your desired weight goal.
13. Your frozen dessert cannot be ice cream or anything with dairy in it! You must find a frozen dessert substitute like (non dairy) yogurt (which is also great for your entire reproductive system/vaginal areas), sherbet, sorbet, frozen fruit dessert, etc. BUT, NO ICE CREAM... and I don't care if it says "FAT FREE"... it's NOT dairy free, so it's NOT for thee!
14. NO JUNK FOOD! Anything with preservatives in it (either in a package or can) is loaded with two of your bodies' worst enemies... FAT and SODIUM (though SUGAR is yet another one). This includes potato chips; pretzels, candies, cakes, donuts, peanuts, etc. If you must ever have any one of these things, limit it to perhaps a tad bit (only) on a Sunday afternoon ... and even then, NEVER LET IT BE POTATO CHIPS (for they are the worst artery cloggers and fat builders in the world)! By all means, take all of these things out of your daily diet ASAP!

15. **BOIL YOUR WATER, CHILL IT IN YOUR REFRIGERATOR & THEN DRINK IT!**  
Never drink water straight from the tap again! You cannot trust our nations and/or cities abilities to properly purify our waters in our reservoirs. The E-coli virus and other deadly agents can slip through and kill you dead... so boil your water first and bottle it yourselves, preferably in glass and not carcinogenic (cancer causing) plastic. And please don't trust bottled water in the stores, it is completely unregulated by our government and that mountain spring label could have been slapped directly on someone's toilet water. Keep in mind that EVIAN spelled backwards is NAÏVE! Don't be fooled, don't be conned and most of all, don't believe the hype!
16. **ALL THE FRUITS & VEGETABLES YOU CAN TAKE DAILY** are yours for the taking... in fact, if you want to lead a cancer free life and have the world's prettiest skin, bones & teeth... then you should make it a daily ritual to have a dark green leafy (spinach, lettuce, red cabbage, tomatoes) salad. Also, fruit salads w/ chopped carrots, grapes, apples, pineapples & a banana should be consumed daily. Not only will this clean out your system and keep you regular... but you will feel renewed energy like you've never felt before... and in our business, you'll need it!
17. **NO CIGARETTES!** If you have to ask why not? You're already dead!
18. **NO DRUGS!** Especially birth control pills! ALL of them are bad for your health and that of your potential unborn and (still) UN-conceived child's (eyesight, weight, mental capabilities, etc.). They will slowly poison your system as you age, leaving you bloated and running over with toxins.
19. **DO NOT EAT PAST 7PM... PERIOD!** There are 24 hours in a day, now just divide that into three (8-hour) thirds (for  $3 \times 8 = 24$ ), and this is how your body should be regulated to achieve your PERFECT/IDEAL weight, shape and size and NEVER develop a belly, hips or excessive thighs... 8 hours should be spent **INGESTING** (eating) actually almost anything you want and as much of it as you want... 8 hours should be spent **DIGESTING** (allowing your body to burn, utilize and/or process all that you have ingested)... 8 hours should be spent sleeping or **RESTING** (this includes either physical sleep and/or meditation/prayer time).

Choose the 8 hours of the day that you will eat (preferably 8AM to 4PM) and then shut it off and shut it down... period! The rule here is to **INGEST... DIGEST... & REST!**

\*This is a secret that many Muslims in the Middle East discovered centuries ago, and we have studied firsthand from years of world travel. God has created this PERFECT, SELF REPAIRING vessel to harbor your soul here on earth (as you walk this journey in this part of your eternal life), and we only mess it up when we cause it to lose its natural order of doing things and upset it's natural balance of self repair and regulation (resulting in America's biggest disease, OBESITY and slew of other physical & mental ailments).

If your body is still ingesting food at ten & eleven o'clock at night, during a time when it should be digesting or sleeping (which is the only time when it repairs itself, and makes new hair, teeth & nail enamel, new skin development, joint repair and re-lubrication, etc.); then it will take all of that extra fat/fuel and STORE it for future usage... and where do you think it stores it? Well the next time you get out of the shower, my dear; just take a look at your thighs, buttocks, mid section/belly, breasts and the like... eventually, when those fat storage bins are full, that's when your upper arms begin to lose their shape & muscle tone, then the calf's & lower leg, neck & face area disappear into the sea of eventual obesity! And this is why most folks grow older and end up with more chins than a Chinese phone book!

As artists, who get off stages at very late hours of the night and having just burned so much fuel on stage, we get hungry, I know... but this is where your discipline sets in! Have some water (even lemon water is great for you... but more about that later), then do a little dance (exercise), make a little love (even more exercise) and then say goodnight (body repair time)!

You see, you and your body are partners, and it's counting on you just the way actual real partners count on each other. It's counting on you to do your part by providing it with the proper fuel it needs to efficiently do its best for you, by continually CO-creating a body that will NEVER let you down when you summon its strength, resilience, tenacity, beauty or overall complexities! Just ask stellar and (seemingly) ageless entertainers like Tina Turner (64), Michael Jackson (45) & Prince (45)... they're all the same sizes they were 10 years ago (or more) and have the same energy to perform their same numbers with the same intensity as always, how many people can actually say that and be telling the truth, I ask you?

Just choose the hours, based on your lifestyle, as to when you will EAT! For instance, if you're in a touring musical that gets you off stage at night at 11:00PM and you don't get back to your hotel until midnight or shortly thereafter; then come in and have some tea (w/honey & lemon) and a full glass of WATER and take your butt to sleep (so your body repair party can begin)!

Then, after you've winded down or so, you may sleep from 2:00AM to 10:00AM (8 hours) or So, then upon arising, try doing the following...

a. PRAY before leaving your bed (just give thanks and refortify your spiritual armor, and this is done in two simple ways)... GRATITUDE for another day and another chance to make things right, live, laugh & love some more.... Plus, we each have a choice each day to live our lives in fear or in FAITH, and you must bolster your spiritual armor by recanting to The Creatress that this is another page in the book of your life that you will read (and live) in total and supreme FAITH!

And why shouldn't you? If God is your partner in life (and She is), and there is no being greater than She (and there isn't), and She's got your back (and She does), and you are her child (and you are) and because you believe unwaveringly in her (and you do); then I ask you... WHY WOULD YOU CHOOSE TO BE AFRAID OF ANYTHING OR ANYONE, WITH SUCH A POWERFUL ALLY, FRIEND, OR PARENT & PARTNER ON YOUR SIDE?! In fact, you personally insult and disappoint God if you proclaim to know and love Her, but still find

yourself "worrying yourself sick" over matters of the heart, career or finances. And you see, this need to "worry" was taught to us inadvertently by our "worrying" parents, but it is a bad habit (and we are all merely creatures of habit... good one's or bad one's) that we must break ourselves free from! So, take 3 to 5 minutes to pray in a complete state of humility and gratitude over gifts which have been given to you of which you have no control, like the ability to inhale and exhale oxygen, for starters... This is food for the soul (among other things, but again, more about that later).

b. **STRETCH** before leaving your bed (if nature will allow you to do so), especially as you just drank all of that water and/or tea the night before. You ever see a cat or dog or (any animal for that matter) get up from a good & sound sleep... it will NOT just leap off into the day to begin its search for food, fun or companionship (as we do every day)... it will at first take two or three **GOOD STRETCHES** to let the body know it's alert, awake and in need of all faculties (mind, body & soul) to link up in harmony to successfully start the day.

Just take your **ARMS** and reach them up towards the ceiling of your room as far as you can stretch them. Then point your toes as far as you can and bring your **LEGS** up (one at a time at first) as far as you can, and hold them there for 10 seconds each, after which, then let the leg go outward towards your walls (so now you've stretched the legs both upward and now outward). Sit up in bed (with a straight back and good posture) and turn the **HEAD** slowly to the left and right and then turn the entire **TORSO** to the left and then to the right at least three times each. Those of you who practice yoga will know where to take this.

c. **RELIEVE YOURSELF**- in the restroom and then start whatever ritual you follow to **CLEAN** and **BATHE** yourself (teeth & body)

d. **EAT**... for now, it should be 11:00AM, and the starter pistol has now been fired... feel free to **INGEST** your favorite (healthy) foods as you can during the 8 hour timeframe of 11:00AM through 7:00PM (when you're due back at the theater, if you're on the road) -OR- right up until dinner time (if you're at home and/or in the recording studio), but then just **CUT IT OFF AT 7:00PM**... with no exceptions! If you do this, I assure you, your waistline from high school will return in just under 2 weeks (if you're currently only 10 to 15 pounds overweight) and under 4 weeks (if you're 15 to 30 pounds overweight), and just add an extra 2 weeks for every 10 pounds you're over your ideal weight.

e. In cases of extreme desired weight lose; simply cut your eating at 4:00PM, regardless! This feat alone will cause you to lose 10 to 15 pounds per week, guaranteed without fail!! **WORKS EVERYTIME!** 4:00PM - **AND THE KITCHEN IS CLOSED & SEND THE CHEFS HOME** until either 8:00AM (if you need a full eight hours of ingesting) or until 10:00AM or 11:00AM (if you can get by on just 5 or 6 hours of ingesting)! Follow this, and you will drop two dress sizes per week, and be amazed how your body kicks into overdrive to re-shape, re-sculpt and remold you into what you're truly supposed to look like!

f. **PYRAMID EAT** ... **BIG** breakfast, smaller lunch & a tiny dinner. Most people eat the other way around (tiny breakfast, larger lunch & then a huge four course dinner), and this is a mistake



that you & your waistline will pay the price for. As the day winds down, so should you're ingesting... period!

## MIRACLE "FOODS"

You, like God, are made up of a "holy trinity"... except in your case, it's MIND, BODY & SOUL... and unfortunately, it is all too often that people fail to recognize that they ALL (3) three components must eat in order to live and function properly! How many times have either you yourself or someone you know, ran around exclaiming; "I'm hungry" (while looking for the nearest fast food joint or snack to fill their grumbling empty stomach pockets)... well, there are other aspects of the SELF that must feed to be nourished too, for they too get HUNGRY; and for optimum balance in and through life, they must be fed!

THE MIND needs knowledge, wisdom and mental challenges... everyday! Thus, you should be committed to learn something new every day... either about yourself, your friends, family, the people and/or the world around you... it is one of the reasons why I love spider webs OUTSIDE of my window during the warm summer months and/or bird feeders on my terrace, for I get to, at my leisure, sit down and watch NATURE conduct Herself, which is NOT only terribly relaxing and entertaining, but I'm also gaining insightful knowledge of how some of the most seemingly simple little creatures maintain their complex existence's, while still staying in tune and balance with nature.

Pick up a BOOK and read (let the mind get outside of itself and stretch a little, too; which is why God gave us all an imagination in the first place) or your favorite magazine (I happen to like O by Oprah Winfrey, Essence and even the National Enquirer at times for pure straight up FUN)!

THE BODY I think we've covered pretty well... but here is a list of some foods and vitamins that you need to have in your diet DAILY (at best) and WEEKLY (at worst). Think of your body without it's skin covering what it actually looks like underneath... okay, do you have the picture in your mind... pretty grotesque, huh? Well, your body is merely made up of thousands upon thousands of "TUBING"... that's right, I said tubes! Just like a car; your arteries, capillaries, veins, nasal passage, throat, anus, urethra, intestines and the like are ALL TUBES that connect one part of the body to another. Now, sickness occurs when any one or more of those tubes get BLOCKED (hardened arteries lead to heart attack and/or stroke, blocked veins lead to phlebitis, clogged pores lead to acne and so on and so on...). Henceforth, your mission each day in life is to ingest MIRACLE FOODS that act as a sort of DRANO (if you would) to the various complex tubes in your body. Now, you should have a clear picture in your head now...

Just think of all the relatives and friends we have who have been sick, are sick and/or yourself right now (if you're presently sick)... if you visually think back to what and how they ate and

lived their daily lives (or yourself for that matter), it will lead you right back down a path where there is some TUBE BLOCKAGE causing the ailment that is currently in existence.

Listed below are some MIRACLE FOODS that will help to keep you UNCLOGGED, UNBLOCKED and PHYSICALLY HUMMING like a brand new & powerful sports car. They are as follows...

- **GARLIC** - either fresh in your salads or by pill, take it DAILY for your blood stream, which is your 'river of life'! It helps clean the blood of impurities and toxins... why do you think a creature as unclean and vile as vampires would despise such a food? Because it makes the blood much too pure and clean for (even) a vampire to enjoy!
- **APPLE CIDER VINEGAR** - is one of nature's miracles and one of the best sources of NATURAL DRANO you'll ever come across. Not only does it burn fat, it also boosts your immune system tremendously and it should be taken DAILY! We put a capful of ACV in our tea, our water, sprinkled over salad, in our sauces and the like... anyway we can get it into our bodies, we do! NOTE: DO NOT TAKE THIS HOWEVER, JUST BEFORE YOU HAVE TO SING (either on stage or in session), FOR IT WILL STRIP OUR THROAT OF ALL PHLEGM & COATING NEEDED FOR MAXIMUM VOCAL VIRTUOSITY, but as a means to build your immune system before hitting the road, nothing beats it.
- **HONEY** - powerful elixir made by bees and enjoyed by the world. Should be ingested DAILY in tea, water or a tablespoon taken directly. Boosts the immune system, cleans out the toxic build up in the body and refortifies healthy enzymes which regulate the body's defenses against disease. This should be the only sweetener you use for life. NO SUGAR!
- **OATMEAL** - DAILY is what I recommend! Good for the digestive system and great for what ails you... just learn to fix it like you like it (w/raisins, honey, your favorite fruit, etc.).
- **SWEET POTATO** - has got to be God's perfect food! Completely healthy for you in every way and a major cancer fighter, just heat it, greet it and eat it... WEEKLY!
- **BROCCOLI** - as raw as you can stand it, as it is also a fabulous cancer fighter and something the body both enjoys and needs for proper and swift repair service. DAILY in your salads would be best!
- **LEMON** - is a natural astringent and is well known for its' cleaning powers (i.e. lemon pledge, lemon Joy, and so on)... sprinkle it on salads, over poultry (lemon chicken, etc.) or put some in your water at least once a day. Great fat burner, too! DAILY!

**NOTE: LEMON & DAIRY DO NOT AGREE IN THE STOMACH, SO MAKE SURE WHEN INGESTING LEMON THAT YOU DON'T TURN AROUND AND HAVE A BOWL OF CEREAL W/MILK OR HAVE SOME DAIRY BASED SALAD DRESSING... THE LEMON WILL MAKE THE MILK IMMEDIATELY CURDLE IN YOUR STOMACH AND YOU COULD POTENTIALLY VOMIT LIKE THERE'S NO TOMORROW!**

- **YOGURT** - filled with live cultures, work miracles on the vaginal area... keeping the vagina's natural enzymes and "good" bacteria strengthened to ward off yeast infections. I haven't had a yeast infection since my teens (when I was blindly ignorant to how my body works). Also, here's a great tip for you adventurous lovers... as a sexual lubricant, it's not only effective, but extremely healthy. DAILY!
- **CRANBERRY JUICE or FRUIT** - Again, this is just straight up good vagina food, great for warding off urinary tract infections! DAILY!
- **PINEAPPLE JUICE or FRUIT** - This is the greatest thing you can drink for the voice! Coats the throat so nicely, rumor has it that many great opera divas, gargle with Pineapple Juice (Hawaii's miracle fruit)! Instead of lemon, try putting some drops of this in your tea with honey before a show, and demand via your artist rider that it is in your dressing room, when out on the road! DAILY!
- **WATER! EVERYDAY! MORNING! NOON! AND NIGHT! WATER!**
- **YEAST INFECTIONS ARE CAUSED BY:** STRESS, DYE'S in your underwear (colored panties like reds, purple, blue and the like... these colors bleed into the vagina when you sweat and/or get moist down there), PANTY HOSE directly up against the vagina (separate them with a white cotton thong, panty or panty shield), MUSHROOMS, WHITE SUGAR, YEAST FILLED BREADS (duh?), ALL PERFUMED SOAPS that touch the vagina (use Summer's Eve or a hypoallergenic soap with no dye's or perfumes), DEODORANT or SCENTED sanitary napkins, toilet tissue (Bounty in particular) or talcum powder (not only cause yeast infections, but will surely give you ovarian cancer - NEVER PUT POWDER DOWN IN YOUR 'TOUCH GARDEN' AGAIN, EVER), HEAVY DEODORANT DETERGENT in your clothes (find and stick the mildest detergent you can find to wash your clothes and linen in, like Arm & Hammer or something from an organic/health food store.
- **STAY AWAY FROM: SALT** (don't be salt shakers!), there is enough sodium in almost everything you put in your mouth, no need to add any more to the food you ingest. The rule is BALK at SALT! BLEACHED FOOD like WHITE BREAD, WHITE CRACKERS, WHITE DOUGH BISCUITS, WHITE (REFINED) SUGARS, and WHITE PASTA'S... it's all bad for you! Bread is NOT the best food for you unless it is



WHOLE GRAIN, MULTIGRAIN, OATMEAL or POTATO BREAD. Wheat's better than white, but not that much better actually!  
So beware!

**Remember** that when it comes to bread, the darker it is, the better it is for you!

- **FRIED FOODS**, can you say "cancer"!/? Especially, French fries... the compacted grease alone in fries wreak havoc on your system. PMS, MENSTRUAL CRAMPING & EXCESSIVE VAGINAL BLEEDING ARE CAUSED BY: STRESS (take time to learn how to relax, develop a personal mantra you recite to yourself in the mirror each day while looking into your own eyes - connecting with the driver inside works)! SUGAR is NOT your friend, especially when you're period approaches and arrives, for it simply AMPLIFIES everything within the whole experience (heavy drama, heavy cramping, heavy bleeding, and heavy emotional trauma). SALT is NOT your friend here either, not to mention it also retains water, causing you to bloat even more than your period has naturally made you for the time being! NEVER BUY SALT or SUGAR again... so what you used to see your momma buy it, what's the state of her health today, I ask you (and if she's dead, what ailed and eventually killed her before she died, you have to ask yourself... it's time to break the cycle of ignorance that has been killing our people all too prematurely for centuries now)! ENOUGH ALREADY!
- **WASHING YOUR HANDS WILL SAVE YOUR LIFE**. Wash them often and before touching any food in your refrigerator. And make sure the people who handle your food, wash their hands too. Remember, when someone touches the bread in the pack or sandwich meat in a pack, they have to also touch the pieces that remain, in addition to your own... so it's important that hands are clean.
- **LEARN TO TRAVEL WITH A SMALL ALCOHOL & PEROXIDE MIX**, for cleaning microphones you have to use, silverware at restaurants, doorknobs, handles, your hands after shaking (far too many) & your hotel room knobs, phone, handles, remote control, etc. Your health is your responsibility!
- **BEWARE OF ALUMINUM IN LOTIONS, SOAPS, TOOTH PASTE & DEODORANTS** for this can cause Alzheimer's and clogs your sweat glands. Buy lotions & soaps without this ingredient. Also, SACCHARINE in your toothpaste or soft drinks is cancer causing, and a definite NO-NO!
- **A NATURAL FACIAL** treat can be made with a simple mixture of oatmeal, apple cider vinegar, cucumber, honey, lemon & apricot. Blend them all together in your blender with a dash of warm water, apply to face with outwardly circular strokes and then let sit for 30 minutes before washing off. Your face will drink this natural nutrient mask up and love you for it! Natural sperm also makes a great facial, but could prove to be hard to extract! Yes, I said it!!! It's actual and factual, get over it! Sperm is filled with "LIFE" and honey, where's there's life, there's hope!

- **VITAMINS & SUPPLEMENTS** that you must have in your system for maximum energy, repair & immune booster include the following... vitamin A, B, C, D, E & K, in addition to Beta Carotene, Folic Acid, Potassium, Licorice, Iron & Zinc. Most of these could be covered in a good brand multivitamin. Grape Seed extract & Cranberry pills (for your urinary tract), Garlic/Cheyenne Pepper/Apple Cider Vinegar pills (unclog your tubes & burn fat), Omega-3/Cod Liver Oil pills for good heart health & Wormwood pills will help rid your body of parasites (one of the leading causes of disease).
- **THE SOUL** needs refueling... plain & simple! And contrary to popular belief, "the word" of God ain't enough, for if it was, God wouldn't have given us the gift of SEX!
- **NOW HERE'S THE GOOD NEWS, FRIENDS... SEX IS GREAT FOR YOU!** The more, the better! As long as it's with responsible, consenting and (hopefully) conscious adults! Just make the partner you're with use a condom, always! **DO NOT RELINQUISH CONTROL OF YOUR SEXUALITY TO ANYONE (TRUST NOBODY)**, unless you're with that person 24-7, like my partner and I (who've spent only 2 days apart in almost 2 decades... HELLO)!

So, it is your job and responsibility to make sure that your partner is wearing a condom, and I don't care if you must buy and carry them yourself (for those unexpected chance meetings). And if you haven't tried them, **REALITY**, the female condoms, are incredible... the woman inserts them in her and the guy doesn't have to use anything... in fact, he can shoot his load completely inside the condom and you can simply pull it out without a drop of spilling! And no matter who he is or how big he may be (or claim to be), he'll never be big enough to break this thing, okaaaaay... now how's that for a "REALITY CHECK"!?

Keep in mind, although the act of good, hot, sweaty sex does wonders for your emotional stability, cardiovascular system, abdominal, and respiratory tract; relying only on birth control pills has made many a partners careless to realize that birth control pills do NOT stop the spread of sexually transmitted diseases (STD's).

So suit 'em up, always... and if his artillery looks that dangerous (if you know what I mean), either double bag 'em (which does wonders for his ego, trust me) or it's time for a "REALITY" check!

Sexual healing is the true meaning of communion (the coming together of souls with the divine... CUM-UNION)! And if you can't please yourself, you will surely not be in tuned enough to yourself to effectively please anyone else; therefore, I'm also a big advocate of **MASTURBATION!** It frees the mind... and you know the old saying; **FREE THE MIND AND YO' ASS WILL FOLLOW!** Learn how to play your (sexual) instrument, so you can properly instruct others how to do the same! Know its highs and its lows, its bright notes and its dark tones... know your instrument and how to keep it tuned up, so that when played, it's always in harmony and on key... **WATCH OUT NOW!!!!**

Cleopatra, Nefertiti, and Hera, Helen of Troy, Catherine The Great and Mae West (for that matter)... all the great queens throughout the ages understood that this was one of life's essentials for a happy, healthy, rich and fulfilling life! AND DON'T FEEL GUILTY ABOUT IT! Society cannot save you, they will only confuse, beguile and bound you to foolishness... just think about it!? For when people ask me, don't you have any "morals" in your life...? I tell them; "No, and I don't need any 'MORE-RULES' in my life, do you?" These are the facts, a woman who orgasms at least (4) four times a week, will shave 10 years off your looks at any given age. And those of you, who know me personally, should know that I'm speaking from a place of authority here, okay?

- **LIFE, LOVE & LAUGHTER** is all any of us should be after! These are the (3) three main ingredients to a healthy, happy & harmonious existence in the present. And I must stress in the present... for one should NOT live in the past, nor should you project yourself too far into the future; for you will only allow RIGHT NOW to pass you by. And there's no greater time in your life than RIGHT NOW! WHY? Well, it's simple...
- **REMEMBER:** Yesterday is history, tomorrow is a mystery, and RIGHT NOW is a gift, which is why it's called; the present! RIGHT NOW is your gift! Don't waste it worrying about the future or dwelling on who did you wrong in the past... hell, just get up and work THIS MOMENT for all it's worth! Learn to accept, relax, relate, release and enjoy where and who you are RIGHT NOW at this moment and time, (as a master work in progress) for it will (truly) never come again!

**"There's a Goddess in every woman... and you simply must decide how much you're willing to pay to conceive, retrieve and receive Her!  
Are you worth it? ...**

**The effort? ...  
The sacrifices?**

**SURE YOU ARE!**

**AND IF NOT YOU, THEN WHO...**

**AND IF NOT NOW, THEN WHEN, MY FRIEND?!"**

**God(dess) with you always!!!!!!**