

The Journal of the

Moorish Paradigm

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Book 9

Moabite / Al Moravid Dynasty



Hakim Bey

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The
**Journal of the
Moorish Paradigm**

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Preface

Welcome to issue #9 of the Journal of the Moorish Paradigm. In this issue we present to you the fruits of some summer research. This summer I've found a great deal of material on the Moors which I have never seen before. I've also included some of the pictures I've found this summer. I hope you enjoy this issue, we have got a whole lot of information to come, so stay tuned !

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We want to thank all of the Brothers and Sisters who have assisted my throughout the years.

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Peace

The Moorish Civilization & the Dominions of Amexem: 1500 BC-Present

Part 4: The Moabite or "Almoravid" Dynasty

THE CONSOLIDATION OF EMPIRE

(MURÁBTI PERIOD)

1061-1149

CONTEMPORARY with the Norman conquest of the
1061. Saracens in Sicily, and of the Anglo-Saxons
1099. in south-eastern England, rose the Moorish
Empire, of which hitherto the foundations alone
State of Morocco had been laid. Not one of the petty Berber
States into which Morocco was then divided was able to
take the lead or to coerce the others, and it was not until
an outside kindred power came amongst them, and by
one fierce on-rush broke down tribal barriers, that it
was possible to weld them into one. Such a power was
the house of Tashfin, afterwards known as the Murábti®

Up until 1060 CE, the Moorish Empire was a confederation of various states, it was not until the Murabids (Moabites, Mobit), or Almoravids came from the West African region of Senegal (southern Sahara) and swarmed north to conquer North Africa and Spain, that the various Moorish states were welded together into one Moorish Empire. They first swarmed south and conquered Ghana. It was the kingdom of Ghana that had cities and trade in both Africa and the Americas. Adding to their numbers with the Sudan, they then conquered North Africa and Spain.

The Moabit (Al Moravid) or Mobt Themín (veiled) Warriors were the founders of the Moorish Empire as an Empire, which at its height encompassed Spain, North Africa, West Africa, and the Americas (via the Mandinka-Ghana). Let's look at the origin of the Moabite (Almoravid) Dynasty.



The people who formed the Almoravid Dynasty inhabited the region later known as Senegal up into the southern region of the Sahara Desert. These people are referred to as "Berbers". "Senegal is a corruption of the name of the "Senhaja or Sanhaja Berbers". Most people think of a very light skinned people when they hear the term "Berber". The light skinned Berbers who are found mainly in the northern and mountainous parts of North Africa are those who mixed with the Europeans

who were brought there as slaves or who migrated there. The original Berbers were the dark skinned, wooly haired descendants of Ham, Cush and Canaan (see issues #5-7).

"Most of us are not aware that the peoples whom the classical Greek and Roman historians called Berber were "black" and affiliated with the then contemporary peoples of the East African area"

The African Heritage & Ethnohistory of the Moors ("Golden Age of the Moors" - ed. Sertima)", by Dana Reynolds, p.93

At one time, European women were sold around the world as a commodity and many of the Berbers of Noble descent purchased these European women in the slave markets of North Africa. Since it was only the Noble Berbers who could afford to purchase concubines, it was the Noble (wealthy, prestigious) Berbers who eventually became bleached out as they had children by these European women. As a result, this lighter skin began to be associated with the Nobility.

"The 700 years that the Moors dominated the Iberian peninsula was an era during which many people, mostly of European descent, either migrated or were brought to the lands of Arabia and North Africa. ...This part played by the European captive or slave in the making of the modern North Africans and "Middle or Near Easterners" has been ignored by historians to such an extent that most people are not even aware that such an era ever existed. ...Muslim Africans brought millions of European slaves over the centuries into the North African ports of Sale, Tangier, Algiers, Tunis, Tripoli, Fez and Marrakesh and the Northern Egyptian towns. ...It is also known that indigenous Bedouin used to come in to slave markets of the coastal cities of Northern Africa and Arabia by way of the desert to secure concubines who were often of European descent. "

"The African Heritage & Ethnohistory of the Moors (from" Golden Age of the Moors" - ed. Sertima)", by Dana Reynolds, p.93

The Tauregs are one example of dark skinned Berber who became bleached out and lighter as a result of purchasing European slaves and women, and then having children by them.

"Sir Walter Scott in his "Notes on Thomas the Rhymer," says that according to Spanish Chronicles the Christians had to pay tribute to the Moors in Christian maidens. ...Abdul-Aziz ibn Musa, says Freyre, not only wedded the widow of king Roderico but took many Christian virgins for his concubines.

"Nature Knows No Color Line", by J. A. Rogers, p.59-60

Let us return now to the Moabit Themin warriors and the founding of the "Almoravid" Dynasty.

"The Mobt-Themin formed seven orders of the northwestern desert and during the reign of the Umayyad dynasty. They (Senhaja Moabites) were already a powerful nation obeying hereditary kings which ruled in what came to be known as the Desert Empire. ...There came to the throne of this empire a black ruler of the name of Yahya Ibn Ibrahim. Being a muslim, he "tried to convert his subjects from their traditional African religion to Islam. Yahya and his subjects were not Arabs. They were indigenous African people."

"The Moor: Light of Europe's Dark Age"(Golden Age of the Moors - ed. Sertima)", by Wayne B. Chandler, p.171

To achieve this conversion of his people to Islam, in 1048 Yahya Ibn Ibrahim Abdicated his throne so that he may travel to Mecca. He returned along with a zeal to convert his people, the Sanhaja Berbers (or Lamtuna / veiled Berbers, Moabites) to Islam. He was assisted by a colleague and religious scholar named **Ibn Yasin**. Ibn Yasin and a group of Berbers formed a hermitage on an island in the Senegal River. When their numbers reached 1,000, they sallied forth. With Yahya, serving as general, he led the Islamic Conquest of Western Sudan and converted the Mandingo King to Islam. After conquering Western Sudan, and after their numbers had grown to 30,000 strong made up primarily of Sudanese, they then turned their attention northward to Morocco. Ibn Yasin led by first conquering Sijilmasa his hometown and then he succeeded in conquering Morocco.

In 1056, Yahya died. He was replaced by his brother Abu Bakr. , The next year saw the death of Ibn Yasin. Abu Bakr completed the conquest started by his brother Yahya and Ibn Yasin until the Moabite or Almoravid Moorish Empire extended from Senegal and West Africa to the northern tip of Morocco bordering on the Mediterranean Ocean. Most of the army involved in this Almoravid conquest were dark skinned woolly haired Sudanese, Senegalese, and Lamtuna-Sanhaja Berbers. They became the foundation of the "Black Guard", Bokhara who were instrumental in "El Mansour's" victories and later reorganized by Muley Ishamel after a "taleb" or teacher informed Muley Ishmael of their instrumental role in "El Mansour's" victories.

Zainab - Wise Woman Counselor / Co-founder of the Almoravid Dynasty

When Abu Bakr conquered Morocco, he married one of the former ruler's wives, the famous Zainab. She was known for her wisdom on account of her wise counsel, and was also known as "Zainab the magician." Abu Bakr had great love and respect for her. All was going well until disruption and rebellion broke out further south, his home. He was needed home and he left his cousin Yusuf Bin Tashfin in command. Abu Bakr, who loved Zainab so much, divorced her and married her to his cousin Yusuf Bin Tashfin, because he said "he could not contemplate her being left a widow should he not return. [The Moorish Empire by Budgett Meakin, p 52]

As a result of the command and prestige he gained from his marriage with Zainab extended his rule widely and wisely. After Abu Bakr was victorious in West Africa, he hastened back to the north to regain his command and rule there. But Yusuf Bin Tashfin, his cousin who he had left in command did not want to relinquish his command and rule. Following Zainab's wise counsel, he met his cousin Abu Bakr on horseback as an equal, and with a large army behind him. He sent forward to his cousin Abu Bakr presents which were specifically useful in the Sahara Desert region from whence Abu Bakr was coming from. There was a hint that he should stay there (southern Sahara) and not try to regain the northern part, of which he, Yusuf, was now ruler of. Abu Bakr accepted the gifts and the advice they suggested gracefully, and departed back to the southern Sahara, West Africa where he was later killed by an arrow in battle.

NOTE: I am presently trying to get in contact with Bro. Wesley Snipes, and/or Lawrence Fishbourne. Our Moorish history could fuel a whole new genre of movies and epic dramas. I tried once to give this information (on video tape) to Lawrence Fishbourne at the United Nations, but by the time I got to the stage, he had just left for another engagement. I then gave the video intended for him to Malik Yoba (of "New York Undercover"), but it has been years now, and I've never heard back from him. I did not think I would. He seemed disinterested. Wesley Snipes used to buy books from me on 125 St. in Harlem N.Y., and I know that if he had the information on our illustrious Moorish history, he would surely do a movie on it.

Thus Yusuf became the Amir of the Mahgrib, and he built the city which was later to become known as "Marrakesh" (Mura-Kush). He conquered Fez and consolidated his rule throughout Morocco. Yusef's army (the "Black Guard") extended his power throughout Morocco, and he was said to be the first who could well be called "Emperor of Morocco". Yusuf Bin Tashfin and his army, the so-called "Black Guard" or Bokhara (Mibt Themin) fame spread throughout the region.

Spain too, heard of the conqueror's fame, greatly enhanced by reports of the skill of his followers in the use of weapons of war—"from the sharp-edged sword, which, handled by them, cuts a horseman in twain, to the ponderous lance which goes through both horse and rider."

"The Moorish Empire", by Budgett Meakin, p.54

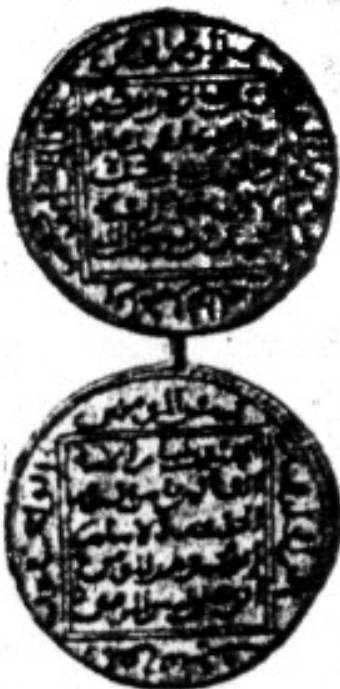
"The old Moorish work, Roudh-el-Kartos, discusses the entry of the Almoravids into Andalus [Spain], and it describes the Almoravid leader Yusuf Ibn Tashfin, as a "black"-skinned African."

"In Morocco", by Edith Wharton, p. 67-69

"In 1086, Yusuf ben Tachfin, who is described as "dark" and "wooly-haired", and was probably a Nigerian, brought in an army composed largely of "pure Negroes..."

"Nature Knows No Color Line", by J. A. Rogers, p.58-59

The rumor that Yusuf and his army was planning to invade Spain caused the Spaniards hearts to sink out of fear. Even the Moorish rulers feared his invasion and sent letters and costly presents to him begging him not to invade Spain. Thus they averted his invasion temporarily. But as the power of Alfonso VI of Spain grew, these same rulers in Spain then begged for him to come to their assistance. But the wise Yusuf acted as if he was disinterested and had too much to do at home. It was not until the Amir of Seville came in person to beseech him and gave him the keys of Algeciras that he consented to mount an invasion. Yusuf and Alfonso VI met hard at Sacralias. Yusuf offered Alfonso VI the choice to either convert to Islam, submit to tribute, or death, in a long and graceful epistle. They chose to die for their religion, and so they did. The "Black Army" under Yusuf carried all before them and defeated Alfonso VI, and their own chroniclers claim that of the Spanish Christians; 20,000-80,000 horsemen were slain, and 200,000 footmen, whereas the Moors only lost 3,000 total. Alfonso VI escaped to Toledo with only 100 horsemen. Heaps were made of the Spanish Officer's heads and 40,000 heads were sent to Morocco to adorn the gates of the cities.



DÎNÂR OF YÛSEF BIN
TÂŞHFÎN (GOLD)

Struck at Córdoba in 1103.
(From Codera)

Inscription. — "There is no god but God, and Mohammed is the messenger of God.

"The Ameer Yûsef bin Tashfin.

"And he who seeks religion outside Islâm, it shall not be accepted from him, and his recompense shall be with the banished."

"The Imâm, the slave of God, Prince of the Believers.

"In the name of God this dinâr was struck in Córdoba in the year six and ninety and four hundred."

"Although the greater part of Portugal was lost to the Moors in the next few years, before the century ended - in the time of our Henry I., when the earliest crusaders were appearing at Jerusalem - the Murabti [Moabti] were masters of the whole of Spain.

"The Moorish Empire", by
Budgett Meakin, p. 59

Moorish Coins and European Imitations

(Left) Coin Struck for Yusuf. Imitation "Maravedi" of Alfonso VIII. Almoravid is derived from the word "Moabite"

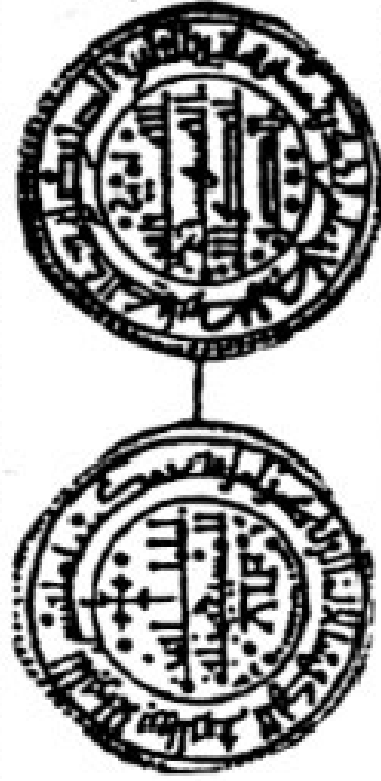
Noble Drew Ali taught that we are partially descended from the Moabites, who with the Canaanites crossed over Egypt into North and West Africa. This migration is recorded in history as the Hyksos invasion of Egypt. In the Arabic sources, these Hyksos were called the Amalekites. For more on this subject see issues 5-7 of the "Journal of the Moorish Paradigm". Below are some quotes from the Moorish scholar and brother Jose Pimienta-Bey, showing the connection between the "Almoravids" and the "Moabites".

* The Murábtí coins in the British Museum are 114 in number, forming one of the most complete sets in the national collection, as every prince but Ibráhm bin Tashfin, a child, is there represented. The coins are chiefly of gold, clearly stamped, and of a high standard, the average weight being 6.17 grammes. They

were struck at Agh-mát, Fez, Marrákesh, Sajilmása, Tañlált, and Tlemçen,³ as also in Valencia, Murcia, Almería, and Seville. It is from

a corruption of the name Murábtí, as applied to their coins,

that we have the word "Maravedi." The good value of the Murábtí dīnár was such, that it became current throughout the western world of those days, equal in value to, and rivalling, the Constantinopolitan *besant*. But the most curious



IMITATION "MARAVEDI" OF ALFONSO VIII. (Gold)

(From Cadix. Also in British Museum)

"It is significant to note that the term "Moabitarum" is very frequently used by medieval-era European writers to describe the "Moorish" inhabitants of northwest Africa or Mauretania.

Those who are familiar with both the Koran and the Bible would recognize the references "Moab"/"Moabite". The descendants of Moab, the Moabites, were an ancient people who occupied a significant portion of Palestine (See Gen: 36:35 & Exodus 15:15)." p. 187

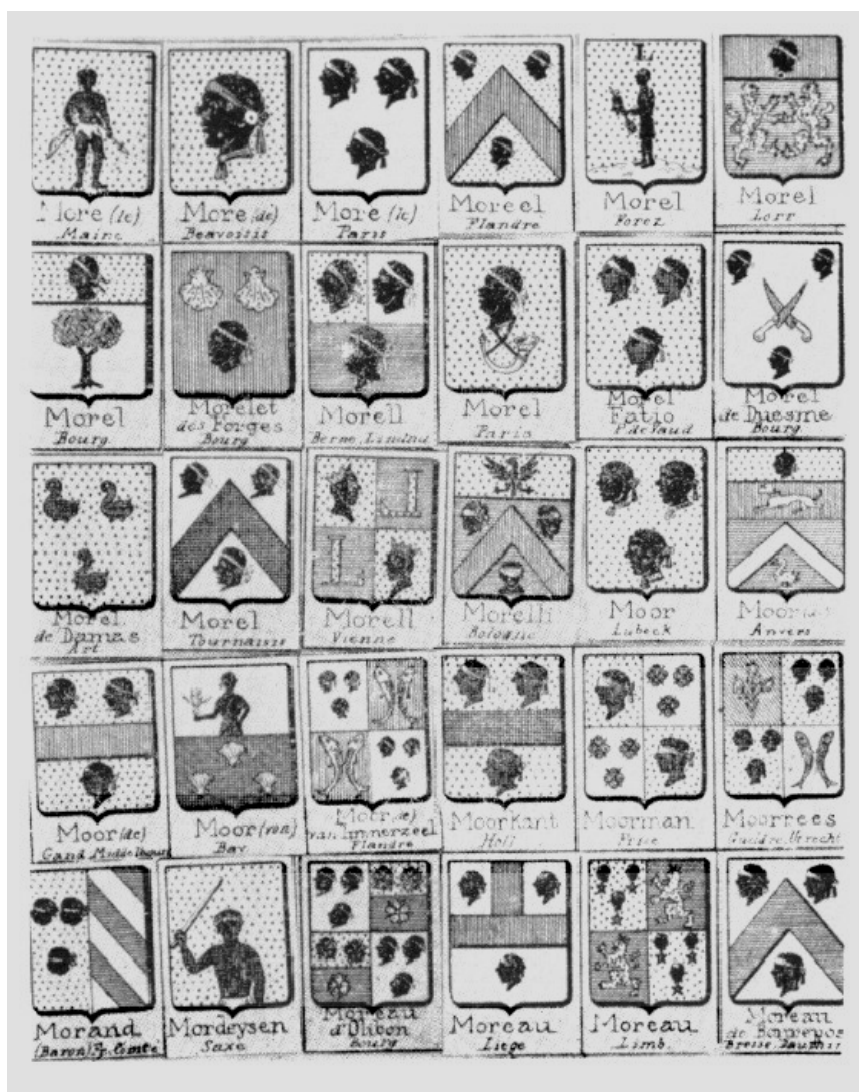
"It is interesting to point out that a Spanish synonym for Almoravid is Moabita, which again draws our attention to the Biblical people, and the evident phenotypic (and historic?) Correlation which the medieval Europeans made between the ancient people of the Bible and the Almoravid Africans. We might also recall another synonym for Almoravid: Murabit or Marabout which phonetically corresponds to Moabite/Moabitarum."

"Moorish Spain", by Jose V. Pimienta-Bey, p. 67-69 (from "Golden Age of the Moors", ed. Ivan V.Sertima

Coats of Arms of Noble Families in Europe with Moorish Ancestry

Many, if not most of the Noble families of Europe had some Moorish ancestry. It should also be noticed that the coat of arms of these noble families had Moorish heads and persons in their coats of arms, and also notice that their names either had the word Moor, Mor, Maur, and Mur in it in some form or another. Names such as; **Moorhead, Blackmore, Morrison, Murray, Maurice, Mor, Mohr, Morocco, Moritz, Moran, Maurois, Morini, Moreau, Morelli, Mormand, Moorman, Morenkoph, Swarthmore, etc.** Because of the high civilization of the Moors and the fact that they came into Europe as conquerors, it was an honor to have Moorish blood in your family tree.

Nature Knows No Color Line", by J. A. Rogers, p.84



Coats of Arms of Noble Families of Europe of Moorish Ancestry

"Nature Knows No Color Line", by J. A. Rogers, p.85



Types of the Natives of Tangiers.

Selected Quotes on Muley Ish- mael and the "Black Guard" who con- trolled the Moorish Empire

(Left) Moorish
Soldiers from
Tangiers

NOTE: Muley
Ishmael was the
grandfather of
Sidi Mohammad
who signed the
Moroccan Treaty
of 1787 with the
United States.
Sidi Mohammad
is also the Sultan
to whom George
Washington
wrote the letter
to (see issue #5)

**"Moulay Ismail
stands out among
the Alaouites
through the
grandness of the
scale on which he
acted. At Meknes,
which he made a**

new Imperial capital, he garrisoned a permanent army of some 140,000 negro troops, a legendary guard which he built up personally. ...The army kept order throughout the kingdom - Morocco is still today littered with their kasbahs - and they were able to raise taxes when required."

"The Rough Guide to Morocco", by Mark Ellingham and Shaun McVeigh, p.311

"...Ismail built a professional army estimated to have numbered 150,000 troops. ...From them a corps of black praetorians, the Bukhariyin, was picked to serve as the Sultan's personal guard."

"Morocco: A Country Study", ed. by Harold D. Nelson, p.37

"Civil war raged for thirty years after Ismail's death, until his grandson, Sidi Mohammed III (reigned 1757-90) succeeded in ending conflict within the dynasty..."

"Morocco: A Country Study", ed. by Harold D. Nelson, p. 38

"Moulay-Ismael, whose long reign (1673-1727) and extraordinary exploits make him already a legendary figure... Ismael had his Black Army, the hundred and fifty thousand disciplined legionaries who enabled him to enforce his rule over all the wild country from Algiers to Agadir.

The methods by which this army were raised and increased are worth recounting in Ezziani's words:

"A taleb of Marrakech having shown the Sultan a register containing the names of the negroes who had formed part of the army of El-Mansour, Moulay-Ismael ordered his agents to collect all that remained of these negroes and their children. ...He also sent to the tribes of the Beni-Hasen, and into the mountains, to purchase all the negroes to be found there. Thus all that were in the whole of Moghreb [Mahgrib] were assembled, from the cities and the countryside, till not one was left, slave or free.



These negroes were armed and clothed, and sent to Mechra Erremel (north of Meknez) where they were ordered to build themselves houses, plant gardens and remain till their children were ten years old. Then the Sultan caused all the children to be brought to him, both boys and girls. The boys were apprenticed to mason, carpenters, and other tradesmen; others were employed to make mortar.



The next year they were taught to drive mules, the third to make adobe for building; the fourth year they learned to ride horses bareback, the fifth they were taught to ride in the saddle while using firearms. At the age of sixteen these boys became soldiers. They were then married to the young negroes who had meanwhile been taught cooking and washing in the Sultan's palaces - except those who were pretty, and these were given a musical education, after which each one received a wedding-dress and a marriage settlement, and was handed over to her husband.

Moorish Sisters playing Music. They look like a beautiful apparition of Angels.

All the children of these couples were in due time destined for the Black Army, or for domestic service in the palaces. Every year the Sultan went to the camp at Erremel and brought back the children. The Black Army numbered one hundred and fifty thousand men of whom part were at Erremel, part at Meknez, and the rest in the Seventy-six forts which the Sultan built for them throughout his domain. May the Lord be merciful to his memory!"

"In Morocco", by Edith Wharton, p. 67-69

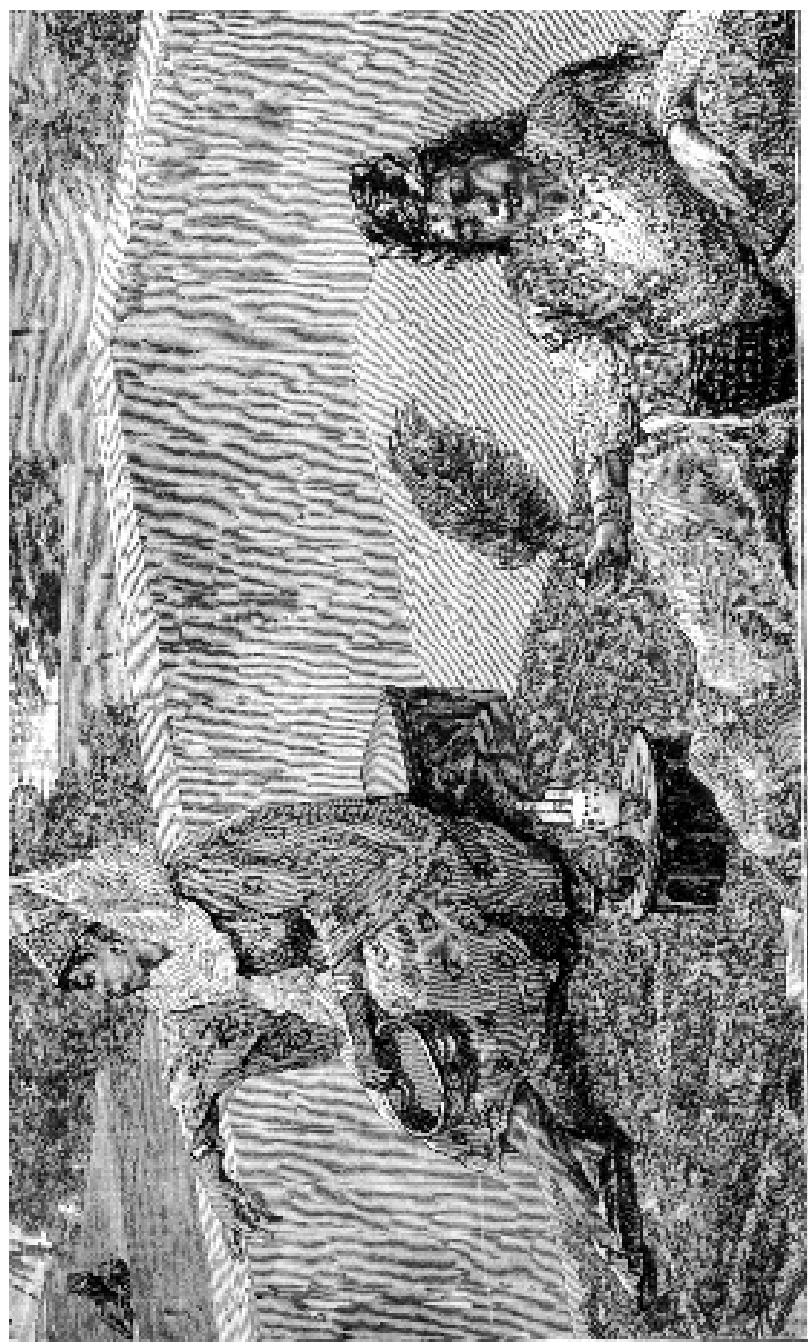
"It would be useless to attempt an estimate as to the actual strength of the Moorish army, since, with the exception of a few thousand under European instruction - har-raba, - there are none deserving of the name of "regulars," although some are to the manner born. Such are the Bokhara, or black guard, instituted centuries since with importations from the Sudan, strengthened and reorganized two hundred years ago by Mulai Ismail the Blood-thirsty, their name being derived from that of the celebrated author of the "Jama es-Sahih," which is carried with them into action as a talisman. In times past these hereditary warriors, as well as the kindred Udaia - who originated in a picked body-guard from various tribes - have set up and pulled down sultans at will, having played the parts, alternatively, of Mamelukes, Janis-saries, and the Praetorian Guard; but now the principal duty of both classes is to garrison certain towns. ...They are distinguished by wearing the shashiah, or genuine Fez cap, tall and pointed (see picture). The Bokharis, and those employed about the palace, are the only ones clothed by the State, which perhaps accounts for their being usually among the most classically dressed in Morocco. From among them, even more than from among the other fighting tribes, are filled some of the chief administrative offices. All of these are horse-soldiers, and with the exception of the Bokharis, provide and maintain their own mounts and arms, as also is the case with many of the special levies."

"The Moorish Empire", by Budgett Meakin, p. 212-213

Our Beautiful Moorish Sisters their Clothing & Style Gallery







ON THE TERRACES, YUC.

Universal Flux: Everything Must Change, Nothing Stays the Same

This next article is very important for those who hold onto old, outdated and outmoded ideas, religious notions, institutions, social norms, ways of life, superstitions, etc., even when these things are no longer applicable and fruitful when applied to present conditions and realities. These people are the real “idol worshipers”, who make idols out of these ideas, ways and notions, and worship them by trying to follow them exactly as they were first applied. We must study the past, and apply those things from the past which are useful, and either modify or disregard those things that don't exactly fit the present circumstances and realities. Many things that were developed and which were perfect in the place and time in which they were originally formed may not be able to be applied in the present day exactly how it was applied when they were originally formed, because the people, earth, space, etc., are not exactly the same. Please read the following article.

By James Glanz and Dennis Overbye / New York Times

An international team of astrophysicists has discovered that the basic laws of nature as understood today may be changing slightly as the universe ages, a finding that could rewrite physics textbooks and challenge fundamental assumptions about the workings of the cosmos.

The researchers used the world's largest single telescope to study the behavior of metallic atoms in gas clouds as far away from Earth as 12 billion light years.

The observations revealed patterns of light absorption that the team could not explain without assuming a change in a basic constant of nature involving the strength of the attraction between electrically charged particles.

If confirmed, the finding could mean that other constants regarded as immutable, like the speed of light, might also have changed over the history of the cosmos.

The work was conducted by scientists in the United States, Australia and Britain and was led by John K. Webb of the University of New South Wales in Sydney, Australia. It is to be published Aug. 27 in the field's most prestigious journal, Physical Review Letters.

Scientists who have examined the paper have not been able to find any obvious flaws. But because the consequences for science would be so far-reaching and because the differences from the expected measurements are so subtle, many scientists are expressing skepticism that the discovery will stand the test of time, and say they will wait for independent evidence before deciding whether the finding is true.

On the other hand, the finding would fit with some theorists' new views of the universe, particularly the idea that previously unknown dimensions might exist in the fabric of space. Even scientists on the project have been deliberately cautious in presenting their results. Describing the implications of what his team observed, Webb said, ``It's possible that there is a time evolution of the laws of physics."

``If it's correct, it's the result of a lifetime," Webb said. Rocky Kolb, an astrophysicist at the Fermi National Accelerator Laboratory who was not involved in the work, said the finding could not only force revisions in cosmology, or the science of how the universe began and evolved, but also add credence to an unproven theory of physics called string theory, which predicts that extra dimensions exist.

``The implication, if it is true, would just be so enormous that it's something people should look at and take seriously," Kolb said. ``This would upset the apple cart."

The magnitude of the change apparently observed by the group is minute, amounting to just 1 part in 100,000 in a number called the fine structure constant over 12 billion years. That constant, also referred to as alpha, is defined in terms of more familiar quantities like the speed of light and the strength of electronic attractions within atoms.

But even that small change would rock physics and cosmology, said Sheldon Glashow of Boston University, who received a Nobel Prize in physics in 1979. The importance of such a discovery, Glashow said, would rank ``10 on a scale of 1 to 10."

Considering the unexpected nature of the finding, both Glashow and Kolb said the chances were high that some more mundane explanation for the results would turn up.

John Bahcall, an astrophysicist at the Institute for Advanced Study in Princeton, N.J., said the complicated analysis that was required to infer the tiny changes from the observations could -- in principle, at least -- be obscuring possible errors.

“The effect does not scream out at you from the data,” Bahcall said. “You have to get down on all fours and claw through the details to see such a small effect.”

But others said the team had been very careful and that any unknown source of error would have to be extremely subtle to have been missed.

“If they were claiming anything less dramatic, probably most people would find their work very careful and believable,” said Massimo Stiavelli, an astrophysicist at the Space Telescope Science Institute in Baltimore.

“Exceptional results deserve extraordinary proof,” said Stiavelli, saying he was reserving judgment until further evidence became available.

Everything in the universe is in a state of “flux” or constant change. This statement is the one truth or true thing we can say about this universe. Although this true statement **is about** change, it is **“this”** true statement or truth which “changes not”. So all of those who have made veritable idols out of that which was brought to us in the past, know that you are “out of order”, and the ever changing universe itself will make manifest to you your error when you see that your works are neither fruitful nor successful.

“Know Thyself”: The Science of Blood Type and Diet

Many people are now becoming more aware of their diet. Some think that a strict vegetarian diet is the best diet for everyone. Those who follow the wisdom of “Know Thyself”, will study their

blood type in order to evolve for themselves the optimum diet. There are 4 major blood types. Each blood type evolved historically as the result of different circumstances, environments, life-styles, etc. The 4 major blood types are; O, A, B, AB. There are further subdivisions of these, but these are the 4 major / general classifications.

The following is a breakdown of the different blood types and the environments in which those blood types flourished. I don't 100% agree with all of the evolutionary theories, but I do see the truth of human adaptation via blood type to different ecological environments and life-styles.

The following breakdown comes from: *"Eat Right 4 Your Type"*, by Dr. Peter D'Adamo.

Type O - The Hunter

Type O, the oldest blood type, reflects humanity's emergence as hunter-gatherers. Still the most prevalent blood type, (44 percent of the American population), the Type O metabolic engine runs best on high-protein, low-carbohydrate fuel: small, frequent servings of meat (excluding pork), poultry and fish along with vegetables and fruit.

Food foes for Type Os include most grains (especially wheat), legumes, several vegetables in the Brassica family (cabbage, Brussels sprouts, cauliflower, mustard greens) and dairy products. Unavailable to Type Os' hunter ancestors, these foods contain lectins that cause agglutination reactions in the Type O body chemistry.

Tomatoes - which contain an especially potent lectin capable of agglutinating A, B and O blood types, and are therefore called a panhemagglutinin - should also be avoided. Tomato lectin has also been shown to lower the concentration of mucin in the gut, to bind to nerve tissue, and to bind to, thus locking open, a cellular mechanism that induces stomach acid production.

Vigorous aerobic exercise is the best form of stress release for Type Os who, in legacy from their hunter ancestors, have fast burning metabolisms that produce lots of energy. Studies show that when stressed, Type Os tend to secrete higher levels of the neurotransmitters adrenaline and norepinephrine than the

other blood types. They also have lower levels of an important enzyme called monoamine oxidase (MAO) than the other types. Vigorous aerobic exercise helps regulate and balance these stress chemicals.

Type Os who don't eat right increase their risks for:

Ulcers - geared for digesting meat, the Type O stomach produces lots of acid.

Inflammatory diseases, such as irritable bowel syndrome and arthritis - the agglutinating lectin in wheat triggers an inflammatory reaction in the Type O intestinal tract.

Obesity - lectins in wheat and corn mimic Type O insulin (when high, insulin preferentially puts sugar into fat cells).

Thyroid problems - Type Os' typically weak thyroid function can be further inhibited by lectins in cabbage, Brussels sprouts, cauliflower and mustard greens.

Type A - The Cultivator

Type A, the cultivator, was next to evolve as the vast herds began to thin, and humans were forced to settle and learn how to grow and preserve food. The Type A digestive system adapted to a diet of proteins derived primarily from plants and grains, along with fish from nearby lakes, rivers and seas.

Type A (40 percent of the American population) still thrives on a primarily vegetarian diet: soy products, beans and legumes, grains, vegetables, fruits and small portions of fish. Occasional consumption of poultry and fermented dairy products is also well tolerated.

Foods containing lectins that agglutinate Type As are those rarely encountered by their agrarian ancestors - meat and dairy products. Type As' low stomach acid, geared to digesting vegetables, is inadequate for these animal proteins.

Meat cannot be metabolized quickly, with the result that toxins are produced in the gut, inflaming the gut mucosa. Once the gut mucosa is injured, toxins and lectins can leak into general circulation and cause problems wherever they end up.

Poorly digested dairy foods provoke insulin reactions, and when insulin's job of ushering sugar into cells doesn't get done, metabolism slows, energy drops and unused calories are transferred to fat stores. For the reasons explained under Type O, tomatoes should also be avoided.

When stressed, Type As get nervous, anxious and irritable. Studies show they have much higher levels of the adrenal hormone cortisol than the other blood types. This may explain why this blood type has a higher incidence of heart disease than the other types. The risk of getting heart disease by virtue of being blood type A is only slightly lower than the increased risk associated with elevated cholesterol, and even higher than that associated with high homocysteine levels.

Continued on next page....

Heavy, competitive sports exhaust Type As' nervous energy. They do best with quieting, calming techniques, such as yoga, tai chi or meditation that ease tension, or non-confrontational, relaxing exercises like golf, hiking, low impact aerobics, swimming or bicycling.

Type As are prone to:

Cardiovascular disease - poor digestion of meat and saturated fats results in high circulating levels of triglycerides and cholesterol.

Cancer - the antigens on many tumor cells, especially breast cancer cells, are A-like, so are not recognized as foes by the Type A immune system.

Pernicious anemia - Type As, with their low stomach acid, have the most difficulty absorbing B12 (cobalamin), a necessary factor for the production of hemoglobin.

Type B - The Nomad

A balanced adaptation to life in high altitudes, nomadic existence and dairy herding, Type B (9 percent of the American population), was next on the scene. Type Bs do best on a varied diet including game meat (rabbit, venison), herd meat (lamb, mutton), eggs, low-fat dairy products, fish, some beans and legumes (kidney, lima, navy, red soy), some grains (millet, oats, rice, spelt), plus fruits and vegetables.

Foods that cause problems for Type B include:

Corn, buckwheat, lentils, peanuts, sesame seeds and wheat - all of which contain lectins that slow Type B metabolism, resulting in fatigue, fluid retention and hypoglycemia.

Chicken - which contains an agglutinating lectin that attacks the Type B bloodstream - can lead to strokes and immune disorders.

Some beans - lentils, garbanzos, pintos and black-eyed peas - whose lectins interfere with insulin production.

As explained under Type O, tomatoes agglutinate Types A, B and O, so they should also be avoided.

Less confrontational than Type Os, but more physically charged than Type As, balanced Type Bs need a mix of intense physical activity along with some relaxing forms of exercise - for example, three days a week of aerobics, tennis, martial arts, hiking, cycling, swimming, jogging or weight lifting, plus two days a week of golf, tai chi or yoga.

Type Bs are at higher risk to slow-growing viruses that attack the nervous system, eventually producing diseases such as MS and Lou Gehrig's disease. These viruses, which have a B-like appearance, are particularly dangerous for Type Bs whose immune systems don't see them as enemies. Chicken and corn, whose lectins may render Type Bs even more susceptible to these viruses, should be avoided.

Type AB - The Enigma

The new blood on the block, just 10 to 15 centuries old, Type AB is still very rare - somewhere between two percent and five percent of the American population - and may still be evolving, in response to what, we're not yet sure. We do know that Type AB combines most of the strengths and weaknesses of both Type A and Type B. Continued on next page...

If you are Type AB, your optimal diet is basically Type A fish and vegetarian fare with some cultured dairy products and lots of idiosyncratic food foes. You'll need to review the Eat Right 4 Your Type food lists and monitor your diet more than the other types.

Type ABs have inherited Type As' low stomach acid along with Type Bs' adaptation to meat. The result is that small servings of Type B meats are good (lamb, mutton, rabbit, turkey), but beef is too hard to digest, so it is stored as fat, and chicken irritates Type AB blood and digestive tracts. Tofu and seafood (Type A), fermented dairy products and eggs (Type B), are also well metabolized protein sources for Type AB.

Foods that pose problems for Type ABs:

Are a mixture of those foods Types A and B should avoid. Type B inheritance shows up in a negative reaction to kidney or lima beans, corn, buckwheat and sesame seeds, while Type A propensities make lentils, soy and peanuts good choices, but not lima, garbanzo or kidney beans. Type ABs are also more A-like in being able to tolerate wheat gluten, although wheat does tend to slow AB metabolism, leading to weight gain.

In a class by itself, Type AB is the only blood type seemingly immune to tomatoes, perhaps because the A and B antibodies seem to inhibit each other from binding to tomato lectin.

Type ABs have inherited the stress-pattern of Type As and react to the first stage of stress - the alarm stage - intellectually. Unregulated adrenal glands produce anxiety, irritability and hyperactivity, tiring out Type ABs and rendering them more susceptible to infections and unfriendly bacteria.

Beneficial exercises for Type AB are those that provide calm and focus such as tai chi, hatha yoga and aikido. Other Type A exercises beneficial for Type AB include golf, hiking, swimming, bicycling and low-impact aerobics.

Most Type AB disease susceptibilities are A-like. Type ABs are susceptible to infections, heart disease and various forms of cancer. Like Type A's, Type ABs, with their low stomach acid,

have a tendency toward pernicious anemia. They are also at risk for B-like viral diseases such as MS and Lou Gehrig's disease since their bodies do not produce anti-B antibodies.

No matter what your blood type, eating those foods that your body can digest and metabolize efficiently, and which do not provoke a defensive immune response makes a lot of sense. We all want a free-flowing metabolism that turns the foods we eat into energy instead of excess pounds. We all want to age with grace instead of degenerative disease..

NOTE: Of course other factors such as present environment, horoscope, etc., can modify and modulate these facts. All other factors should be factored with the above facts to arrive at the optimal diet. Use your intuition and common sense. It may also be good to keep a diet log to note the effects of specific foods.

Atlantis Off the Coast of Cuba 2,200 Feet Beneath the Sea

"Atlantis is to rise again"

Prophecy of Noble Drew Ali

The article below seems to confirm the fact that Atlantis is going to rise again, both literally and figuratively. We, the Moors, are the modern descendants of the ancient Atlanteans. National Geographic presently has claimed the exclusive rights to this story, and have begun diving this summer. We will keep you posted.

Cuba, May 24 - Reuters -- Once a hub for shipments of gold, silver and other plunder from New World to Old, the Caribbean island's waters likely hide billions of dollars' worth of treasure from hundreds of ships that sank after encountering reefs, storms or pirates.

But that is not all that tempts foreign companies, which, in a joint venture with President Fidel Castro's government, are beginning an unprecedented, systematic search of one of the world's most-fascinating, least-explored undersea regions. As well as gold-laden Spanish galleons, important secrets and insights into regional history, global environment trends, an-

cient geography and marine science also lurk in the depths.

"It's a new frontier," Soviet-born Canadian ocean engineer Paulina Zelitsky enthused as she pored over video images of hitherto-unseen seafloor taken by underwater robots. "We are the first people ever to see the bottom of Cuban waters over 50 meters," said Zelitsky, president of Canada-based Advanced Digital Communications. "It's so exciting. We are discovering the influence of currents on global climate, volcanoes, the history of formation of Caribbean islands, numerous historic wrecks and even possibly a sunken city built in the pre-classic period and populated by an advanced civilization similar to the early Teotihuacan culture of Yucatan." ADC, the heavyweight among four foreign exploration firms here, was testing its deep-water equipment off Havana Bay late last year when its ship, *Ulises*, found the century-old wreck of the battleship *Maine* while surveying the seabed. The ship blew up mysteriously in 1898, killing 260 American sailors and touching off the Spanish-American War. ADC has also been exploring a string of underwater volcanoes about 5,000 feet (1,500 meters) deep off Cuba's western tip, where millions of years ago a strip of land once joined the island to Mexico's Yucatan Peninsula.

SEARCHING FOR A LOST CITY

Most intriguingly, researchers using sonar equipment have discovered, at a depth of about 2,200 feet (700-800 meters), a huge land plateau with clear images of what appears to be urban development partly covered by sand. From above, the shapes resemble pyramids, roads and buildings. ADC is excited but reluctant to speculate until a joint investigation with the Cuban Academy of Sciences and the National Geographic Society takes place early this summer. "It is stunning. What we see in our high-resolution sonar images are limitless, rolling, white sand plains and, in the middle of this beautiful white sand, there are clear manmade large-size architectural designs. It looks like when you fly over an urban development in a plane and you see highways, tunnels and buildings," Zelitsky said.

"We don't know what it is, and we don't have the videotaped evidence of this yet, but we do not believe that nature is capable of producing planned symmetrical architecture, unless it is a miracle," she added in an interview at her office at Tarara, along the coast east of Havana.

Again, we will keep you posted on any further developments !

Appendix 1: Moorish Hospitality

Taken from "Mysterious Morocco: And How To Appreciate It" by H. J. B. Ward. Chapter IX: "Moorish Hospitality and Dishes", p. 75-81

We are travelling across an undulating country, and as the evening begins to draw in we determine to present a letter of introduction which we carry to Hamid Ould Sheik Backnish, Lord of Gedaadra. Two stately Moors, clad in white flowing Soulhams* with the hood thrown back so as to show the turban, advance as we dismount, and, holding out their hands, press their fingertips to ours. This done they kiss them, and place them on their left breast, a greeting which we imitate. These are the master of the house and his brother, and we confound ourselves in mutual compliments.

After entering the door in the wall I find myself in a square courtyard, two sides of which are formed by the house and two (set at a right angle) by the outer wall. Then through an archway and up stone steps to a square and windowless ante-room on the first floor, whence we issue into the guest-chamber.† This is a room narrow in proportion to its length, with a window at one end and a doorway at the other; the room is lofty (about 30 feet) and with wooden, beamed crossed ceiling. The walls are of painted plaster, surmounted by a carved and painted wooden frieze. The floors are of cement laid upon wooden rafters and covered with straw mats, on top of which are thrown gaily coloured hand-

woven carpets. I was well enough acquainted with Eastern customs to pause before entering to remove my riding boots and gaiters; Moors will often beg a European to retain his footgear when they know enough of Western habits,* but they no more expect to be taken at their word than does the Spaniard who makes you a present of everything you admire.

Having washed and made myself comfortable in the room, after seeing my portable table and chair set up, I ask for a bowl of milk, which is promptly brought me—fresh from the cow. Then one of my hosts comes to the door dragging by a lead a sheep.‡ This is a present, brought to be admired before it is taken away to be killed and cooked. I punch the animal in the ribs and try to look knowing instead of sheepish, expatiate on the excellence of the gift and the munificence of the giver, and—off goes the animal to the butcher. The Sheiks come in to join us at supper, seating themselves on cushions placed in a ring upon the floor, and we leave our chairs to join them. The

* The pains taken by an upper class Moor to make himself agreeable to a welcome guest are far in excess of that considered necessary by Europeans. He will question the traveller's attendants to find out his national habits or even his private idiosyncracies, and having found them will make use of his knowledge to put him at his ease.

† See illustration, page 254.

Appendix 1: Moorish Hospitality

Taken from "Mysterious Morocco: And How To Appreciate It" by H. J. B. Ward. Chapter IX: "Moorish Hospitality and Dishes", p. 75-81

social circle consists of the two brothers, their farm bailiff, my companion and myself. Two negro boy slaves bring in a tray with tea things, and the usual green tea, which now forms the national drink, is made. Three cups or glasses are *de rigueur* if you would observe the laws of hospitality, but so refreshing do I find it after my long day's journey that I imbibe seven before I finish. Bread baked in small loaves resembling large round scones is brought in, broken by the host into quarters and distributed. This is the well-known ceremonial of hospitality, known as "breaking bread." Then the slave-boys set two dishes in the midst of the circle. These are two large earthenware plattens set upon wooden trays and surmounted by conical coverings of plaited straw.* They contain wheat pastry with honey, sugar and butter, flavoured with spices, the whole intensely sweet and sticky. After this dish has been removed the boys bring round a brazen jug and ewer; † one pours water over our right hands whilst the other dries them with a towel. We employ only the right hand for eating, it is unlucky to use the left. Next comes our sheep (or part of her) cut up in small pieces, stewed, and

* See illustration, page 258.

† See illustration, page 259.

placed in a mound of Kooskoos.* After this another washing—then a course of water-melon cut up into slices; then another dish of Kooskoos, this time containing roasted fowl, also cut up so as to be more easily manipulated. Again we wash and again a water-melon is brought in, then appears a third Kooskoos containing liver and various salad vegetables. After again washing and eating water-melon the final wash was concluded with a rinsing of the mouth. I light a cigar, my companion passes round his cigarettes (French abominations) but only one of the Moors will smoke—the seductions of my Lady Nicotine seem not to appeal to the great bulk of the Moors with whom I have come in contact.†

[I have specially insisted on detailing the amount of washing that goes on in order to remove any imputation

* This Kooskoos (see page 258) consists of wheat nodules (from which is made in England various much-dreaded "patent breads," called by the Moors "Shnead"; it is carefully washed and steamed so that it resembles a piece of cotton-wool, and is then cut up into small short lengths, and mixed with a secretion of yellow-white small shot, and pressed into a firm cohesion and a softness all its own. The steamed meat is put into a hollow made in the top of the Kooskoos; olives, turnips and other vegetables crowning the pile. The start is made by breaking off pieces of bread and soaking them in gravy; the sop is then conveyed to the mouth.

† On the coast the vice of cigarette smoking has made progress, especially amongst the younger Moors, but if the Moor smokes anything it is usually tobacco of Hindustani (Indian hemp) which is for the most part harmless. The pipes consist of wooden stems with bone or horn mouth-pieces, and clay bowls which literally hold but a pinch of "Smoking Mixture." See illustration on page 253.

Appendix 1: Moorish Hospitality

Taken from "Mysterious Morocco: And How To Appreciate It" by H. J. B. Ward. Chapter IX: "Moorish Hospitality and Dishes", p. 75-81

of uncleanness in eating. Not only is this far from being the case, but "table manners" in Morocco are excellent and conducted with great regard to etiquette. My hosts were to the full as desirous of observing my method of eating as I was to see theirs; but table courtesy demands the turning away of the head as the hand goes to the mouth, and when I had spoons and forks brought in to show the European style of handling food, I had to specially request them to watch me as I used them before they would do so.]*

Before we retire to rest the Sheiks Baknish insist on my breakfasting with them the following morning, a proceeding which naturally results in our making a later start than we intended.

We "break fast" at 6 a.m.; the meal consists of a soup called *hassoua*, much resembling that known as cock-a-leckie. This is eaten by us all, sitting in a circle as at our supper party, and each dipping a wooden spoon into the bowl. Next follows mutton stewed in oil and butter with olives (delicious!). Finally comes green tea drunk milkless in the Moorish fashion, brewed with abundance of sugar and flavoured with mint.

* In discussing the question as to the relative advantages, from the point of view of cleanliness, of hands and spoon and fork, they pointed out that you can ensure the cleanliness of your hands for you wash them yourself; and the cleanliness of your utensils you have to rely upon servants, and they may wash them properly and they may not.

One of the Sheiks, in order to emphasize his esteem, mounts his horse and rides part of the distance with us. 'Tis a fitting finale to an admirable Eastern example of how to "welcome the coming and speed the parting guest."

100+ Extended Booklist

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3. Spanish Armada, by Winston Graham, Doubleday & Company, Inc., New York.
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5. The Sign and the Seal, by Graham Hancock, Simon & Schuster Inc., New York.
6. Long Before Columbus, by Hans Holzer, Bear & Company Publishing, New Mexico
7. The Mysterious Maya, by George E. Stuart and Gene S. Stuart, National Geographic Society.
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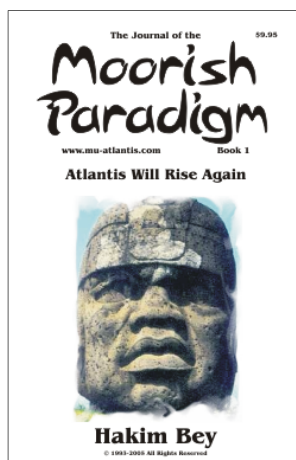
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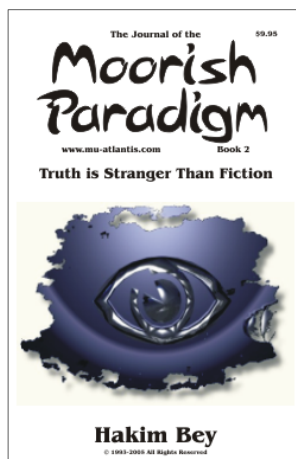
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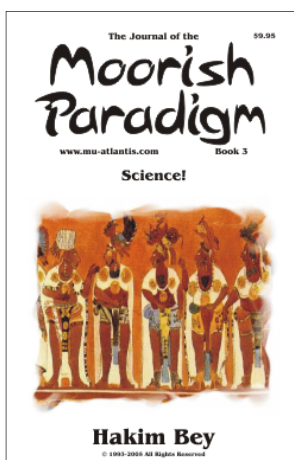
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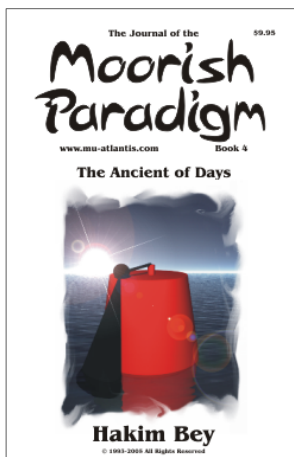
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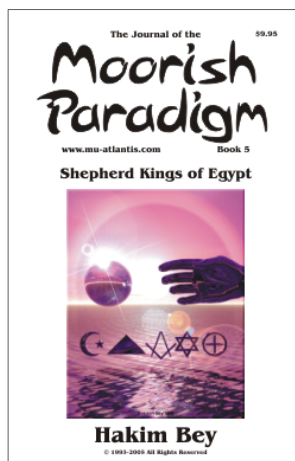
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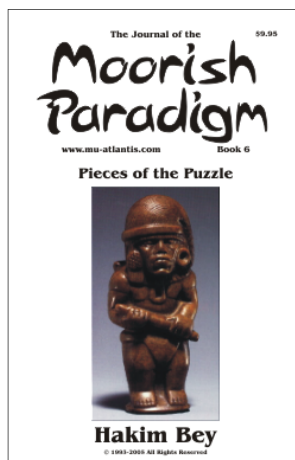
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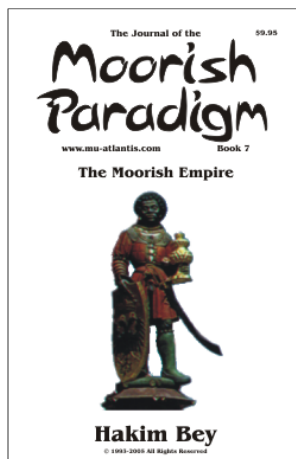
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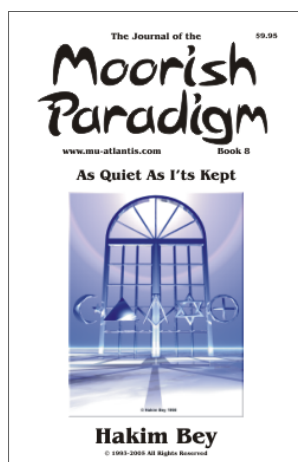
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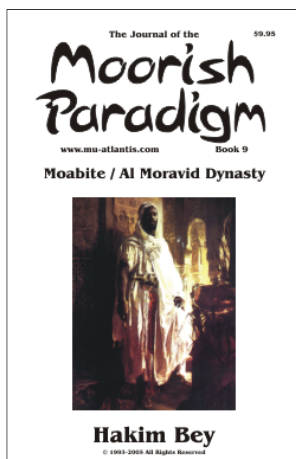
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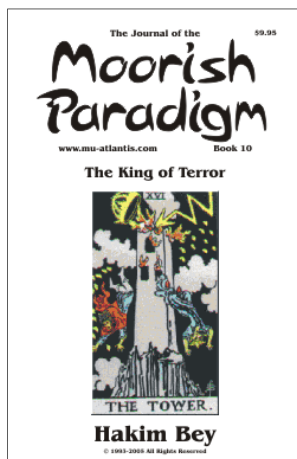
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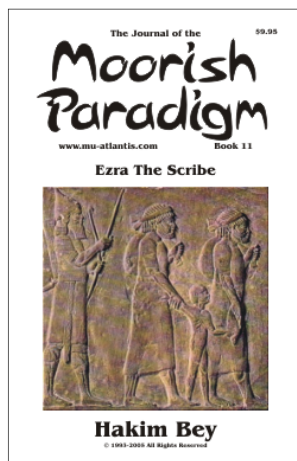
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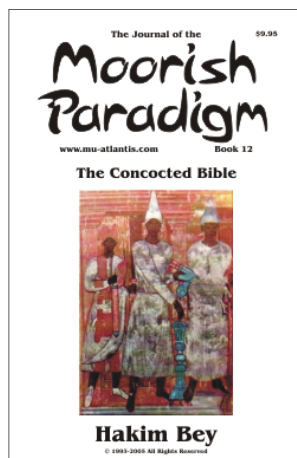
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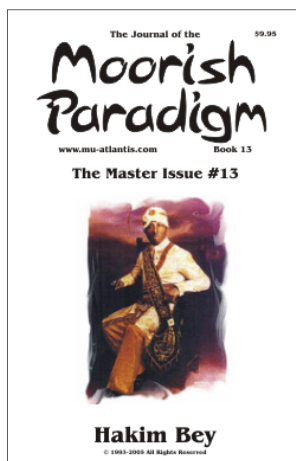
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