



The Maghrib Times



Breaking Free: Brother Freddie's Pursuit of Sovereignty



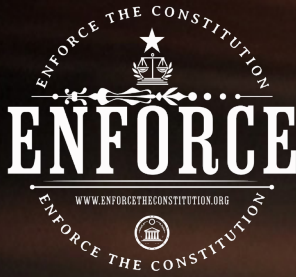


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Breaking Free: Brother Freddie's Pursuit of Sovereignty

By: Lee El

The words reverberated through my mind, a declaration of defiance and sovereignty:

“YOUR AUTHORITY IS NOT RECOGNIZED. I AM NOT UNDER YOUR CORPORATION COMPANY’S JURISDICTION. YOU’RE ON MY LAND...”

Spoken with unwavering clarity and power, Brother Freddie Maurice El delivered them like a lightning strike, electrifying the very air around him. Even now, I recall how the charged atmosphere spilled into my space as I sat at my desk, bracing myself for a conversation with a man whose story embodied resilience in its purest form.

Brother Freddie’s journey through Islamism, the intricate corridors of Consular Jurisdiction, and the maze-like language of connotative linguistics—often called legalese—was not just a personal odyssey but a masterclass in perseverance. His evolution forged a narrative that transcended individual struggle and became a beacon of empowerment. This month, Maghrib Times shines its spotlight on the complexities of law, and Brother Freddie’s story provides a lens into his lawful concepts.

His experiences stand as a testament to the transformative power of Knowing Thyself and the unyielding pursuit of Truth and Justice. Against the weight of formidable systems, be it *de facto* governments or the illusion of authority cloaked in law—Freddie emerged with wisdom etched in his words and deeds. His journey is not simply one of survival but of reclamation, a vivid reminder that self-awareness and knowledge can rewrite even the most oppressive narratives.

From the moment of our first virtual “palm press”—a symbolic meeting of minds akin to a handshake—Brother Freddie exuded a quiet, unshakable confidence. This was no mere performance; it was the kind of assurance forged in the fires of hardship and tempered by years of tireless study. As our conversation unfolded, I would come to understand just how deeply that confidence was rooted in his remarkable journey.

Through trial and perseverance, Brother Freddie discovered and embraced the guiding principles of Love, Truth, Peace, Freedom, and Justice. But what made his presence even more compelling was his ability to exercise and embody the profound gifts of Intuition and Insight. These qualities illuminated his path and allowed him to transform knowledge into wisdom, a feat that became evident in every word he spoke. His energy was magnetic—his story, transformative—a testament to the boundless potential of the human spirit.

The anticipation was palpable on both sides of the screen. Technical challenges in the brother’s area meant video recording was not an option, yet his presence was impossible to miss. It was not just his words, it was the powerful energy that emanated from them, filling



the virtual space with a sense of purpose and resilience. For those of you who listen to the podcast—if you have not already—you will undoubtedly feel it too, as his voice carries the weight of his experiences and the unwavering conviction of his beliefs.

As we delved deeper into the conversation, I admired how effortlessly Brother Freddie balanced an air of quiet confidence with an unyielding resolve. His poise never wavered, not even for a moment, as he recounted his transformative journey in vivid, unfiltered detail. Every word carried intention, and every story painted a picture only he could bring to life—a testament to the strength of his character and the depth of his journey.

With a meticulously measured cadence, his words possess an almost magnetic force, commanding your full attention and pulling you into the very essence of his message. Each sentence, deliberate and precise, weaves a tapestry of wisdom that leaves you utterly captivated. By the time he concludes, you will realize that the mental currency you have invested—your time, your focus, your presence—has yielded returns far richer than you ever imagined.

So, lean back, grab your popcorn, and prepare to embark on an unforgettable journey. This is not just a story, it is a hero’s saga, brimming with lessons that will stay with you long after the final word is spoken.

A Journey of Transformation and Self-Discovery

Brother Freddie’s journey began with a profound sense of discontent—one fueled by the end of the 20th century, societal

climate and the pervasive unrest faced by people of copper-colored tones across the Americas centered here at North America. “HAND UP DON’T SHOOT.” As Brother Freddie delved into the depths of his frustration, he revealed a profound disillusionment with the label “Black” and its detachment from a deeper understanding of who we truly are as a people. This moment of awakening became the catalyst for his transformative journey—a quest to uncover identity and truth beyond imposed definitions.

At the core of the controversy surrounding the term “Black” lies its heavy association with concepts like death, impurity, and negativity. More than just an adjective, it functions as a descriptor of a condition—a state of being—that many argue distorts the essence of identity. This complexity becomes even more evident upon examining the 1936 Webster’s Universal Dictionary. Curiously, the word **“black” is defined using the term itself**, violating a fundamental linguistic principle: **a word cannot be defined by itself**. Such circular reasoning, reminiscent of early school lessons where such an oversight would be deemed incorrect, raises compelling questions. How does language shape perception, and in turn, how does it influence identity?

This reflection on the power of words and their layered meanings invites us to reconsider not only the labels we use but also the historical and cultural frameworks that underpin them. Brother Freddie’s journey reminds us that language is not merely a tool for communication, it is a force that shapes reality, and understanding its impact is essential for reclaiming and redefining our sense of self.

Brother Freddie embarked on a profound journey, seeking Truth, self-love, and understanding of his place in the world. Dissatisfied with conventional teachings, he delved into various belief systems like Buddhism and Hinduism, yearning for meaning that transcended the external. Previously, unsettled by the notion that God existed outside of oneself, instinctively knowing otherwise, his quest for spiritual truth persisted.

It was a video by the Amir Taj Tarik Bey—brother, guide, and agitator—that truly captured Freddie’s imagination. The video introduced him to the concept of **“civiliter mortuus,”** a Latin term meaning “civilly dead” in English, which refers to a person deprived of their legal rights and usurped estate. Intrigued, Freddie immersed himself in hours of videos, taking meticulous notes to expand his understanding of civics and law. Through these teachings, Amir Taj Tarik Bey provided him, not with answers, but with tools of the mind to uncover the hidden truths himself. See, Chapter 5 of the Holy Koran

During our conversation, it became clear that Freddie’s journey extended beyond the law, it was equally about self-discovery. He emphasized the importance of personal growth guided by our five principles of Love, Truth, Peace, Freedom, and Justice—his “Cherubim and Seraphim” protecting, guiding, and leading him to victory, while in the dismal crypts. See, Chapter 1 of the Holy Koran—His story reflected the universal struggle to balance self-belief with humility, resonating deeply with the human spirit.

Trials Behind Bars Freddie’s path to liberation were fraught with trials, both external and internal. He grappled with his lower self

during a pivotal moment: the financial collapse of 2008. This crisis pushed him to the edge, leading to his “kidnapping” (arrest) and confinement behind the walls of what he described as a “prisoner war camp.” Through these tribulations, Freddie continued to confront and redefine himself, emerging with renewed purpose and understanding.

Freddie’s life took a dramatic turn in 2015 when he made a Promise to Protect his Queens Domicile. Armed with a note and a souvenir hand grenade, what he referred to as “The Note Game,” eventually lead to his arrest. Back then, Brother Freddie did this not knowing that federal reserve notes are not lawful money.

This marked the beginning of nearly eight years of imprisonment—a challenging period that ultimately became a crucible for his profound transformation.

Instead of succumbing to despair, Freddie embraced his confinement as an opportunity for personal growth. With limited resources, he dedicated himself to studying law and civics. He described nights spent pouring over treaty texts and constitutional amendments, methodically unraveling the system that sought to confine him. Each page he studied deepened his understanding and strengthened his resolve.

Even after his release, Freddie faced the heartbreaking separation from his sons. Yet, he turned these trials into fuel, channeling his pain into his relentless pursuit of knowledge. He began teaching himself and others the vital significance of nationality and identity, using these lessons as tools for empowerment and justice.

Overcoming Inner and External Battles A particularly compelling part of Freddie’s story lies in his battle against his own doubts. With guidance from Amir Taj Tarik Bey’s teachings and support from the Consul General Lamont Maurice El, Freddie challenged the authority/ jurisdiction of de facto courts and embraced the confidence that his worth was not dictated by external systems. Armed with unwavering self-belief, he immersed himself in study, meditation, and preparation for the ultimate test: standing in his power and challenging the jurisdiction.

By 2022, Freddie had developed a sophisticated understanding of treaties and consular jurisdiction. A transformative meeting with Consul General and his deep dive into the Consular Notification and Access Manual marked a pivotal moment. He invoked his treaty rights with remarkable precision, compelling the courts to release him—an unprecedented triumph in his sovereignty journey.

Freddie’s Constitutional Perspective During our conversation, Freddie shared profound insights into the evolution of governance. He contrasted the Continental Congress with the de facto Congress that emerged after 1861, shedding light on historical shifts and their impact on constitutional interpretation. He passionately emphasized the reserved sovereign powers of the 10th Amendment, and the guaranteed republican form of government enshrined in the 4th Amendment, advocating for a return to foundational constitutional principles.

Central to Freddie’s legal framework was the **Treaty of Peace and Friendship of 1836 between the Moroccan Empire and**

the United States of North America, which he regarded as a cornerstone of consular jurisdiction and our protections as Moorish American Nationals. To Freddie, this treaty symbolized the enduring principles of sovereignty and the urgent need to reconnect with the foundational tenets of governance. Through his journey, Freddie not only reclaimed his freedom but also inspired others to embark on their paths toward self-discovery and empowerment.

The Maghrib Times Spotlight

As I sat with Freddie and listened to his extraordinary journey, I felt moved by his ability to transform adversity into profound wisdom. His story is a powerful testament to the enduring strength of knowledge, determination, and self-reflection in overcoming even the most daunting systemic barriers.

For those eager to explore Freddie's remarkable path in greater depth, I encourage you to tune in to the Maghrib Times podcast. In our conversation, Freddie and I delve into these transformative experiences with even greater insight, unveiling the profound truths he has discovered along the way.

As our dialogue drew to a close, Brother Freddie's deep gratitude for the lessons learned on his journey was evident. His story transcends the realm of personal triumph—it is a rallying cry for those striving for sovereignty through education, self-awareness, and unrelenting persistence. Sharing this narrative was a privilege, and I hope it inspires others to tap into the boundless potential within themselves.

This is the tale of a man who redefined his life through the relentless pursuit of truth, knowledge, and constitutional sovereignty. Freddie's journey serves as a beacon of hope, echoing far beyond its legal implications. It reminds us that, armed with the right tools and unwavering resolve, we can challenge even the most formidable systems to carve out our destinies.

Remember, many are called but few are chosen, and this movement is not for everybody, but it is for everyone. So mote it be!





World View

By: Atoyah El, Darrell L. Bey and Reed Bey

The Reconstruction Era: A Betrayal of Moorish Sovereignty

A Reframing of Reconstruction

The Reconstruction Act of 1867 has forever changed the historical narrative of Moors at North America. Following the American Civil War (1861-1865), it has traditionally been portrayed in mainstream historical narratives as a progressive period of rebuilding and reform. Standard textbooks often depict it as a time when the then federal government made genuine attempts to integrate formerly enslaved people into society through new (un)constitutional amendments and civil rights legislation. However, this perspective requires critical reexamination. For the Moors—those historically labeled as Negroes, Coloreds, Blacks and African Americans—this period represented not liberation but rather a calculated betrayal. This article argues that Reconstruction was, in fact, a coordinated effort by BOTH Northern and Southern interests to systematically erase Moorish sovereignty and identity, suppress thriving self-sufficient communities, and solidify the illusion of a so-called racial hierarchy that would persist for generations. By examining the implementation of the Reconstruction Act of 1867, the illegitimacy of the 14th Amendment, the systematic destruction of Moorish prosperity, and the violent “Redemption” period, we can begin to dismantle the myths surrounding this pivotal historical era.

The 1867 Reconstruction Act: The Denationalization and Disenfranchisement of Moors

The Reconstruction Act of 1867 divided the former Confederate states (except Tennessee) into five military districts. Each district was placed under the command of a Union general, effectively imposing military occupation on the South. The occupation had dual motives: to punish the Southern states for their rebellion and

to force their compliance with new federal mandates, particularly the 14th Amendment. This amendment, with its implementation under the threat of continued military occupation, essentially using coercion rather than lawful processes, falsely promised citizenship to formerly enslaved people. This forced ratification is evidence of the deceptiveness around the amendment’s supposed legitimacy.

For sovereign Moors, the 14th Amendment represented not an advancement but a demotion in lawful status. Their distinct national and cultural identity was erased, replaced with an assumed citizenship that remained subject to state-level restrictions and offered minimal federal protection. The amendment effectively severed their connection to their historical rights under international treaties (1836 Treaty of Peace and Friendship between the United States and Moroccan Empire), subsuming them into a false racial category (black) rather than recognizing their status as members of a distinct nation (Moors). Similarly, formerly enslaved Moors seeking to reintegrate into society found that the promised citizenship came with significant limitations. The amendment’s wording—making them corporate “citizens” or wards of both the U.S. and the state at which they resided—proved to be disastrous. The very amendment that was believed to guarantee citizenship had been constructed in a way that allowed for the systematic denial of the most basic human rights. This outcome shows that the amendment was purposely designed not to elevate the status of Moors, but to contain and control it within new legal, not lawful, parameters.

The Systematic Destruction of Moorish Prosperity

Prior to and during early Reconstruction, Moorish communities had demonstrated remarkable capacity for self-organization and economic development. Independent “Freedmen’s Towns” emerged across the South, featuring self-governed communities with their own schools, churches, businesses, and mutual aid societies. Examples included Mound Bayou in Mississippi, Greenwood in Tulsa, and Freedmen’s Town in Houston. However, federal promises of material support, most famously the “40 Acres and a Mule” provision ordered by General William T. Sherman (Special Field Order No. 15 in January of 1865), were quickly revoked after President Lincoln’s assassination. By September of the same year, President Andrew Johnson had ordered most of this land taken away, once again, from the Moorish heirs and returned to colonizers.

Without access to land or capital, most formerly enslaved people were forced into exploitative economic arrangements such as sharecropping and tenant farming. These systems created cycles of debt and dependency that would persist for generations, effectively preventing economic advancement while providing a steady supply of cheap labor for Southern agriculture. Northern industrialists invested heavily in Southern railroads, mining, and

textile production following the war, all industries that relied on exploitative labor practices. More disturbing still were the targeted destructions of successful Moorish communities. When Moorish citizens did manage to establish prosperous enclaves, they frequently became targets for violence. For example, at South Carolina, Moorish communities of the Sea Islands, particularly those around Charleston and at St. Helena Island, faced brutal attacks that dismantled their emerging economic independence. These communities, which had begun to establish thriving agricultural and fishing economies during Reconstruction, were systematically targeted by nominal white supremacist groups seeking to prevent their economic empowerment. These were not isolated incidents but part of a pattern of systematic suppression of Moorish economic independence.

Redemption, Terror, and the Black Codes

The period known as “Redemption” marked the violent reassertion of white Southern political control following the withdrawal of federal troops. The targeting of successful Moorish communities was driven not simply by abstract racial hatred but by concrete economic resentment and competition. In the economically devastated post-war South, the visible success of certain Moorish individuals and communities provoked intense hostility, particularly among poor Caucasian farmers and laborers who found themselves in direct economic competition with newly freed Moors. These Caucasian farmers, many of whom had never owned Moorish slaves nor acquired any elite status, had been indoctrinated with the belief in white supremacy erroneously being their birthright—the one thing that elevated them above the bottom of the social hierarchy regardless of their economic circumstances. The sight of Moorish landowners, businesspeople, and politicians achieving success shattered this psychological comfort and provoked a crisis of identity.

This class-based resentment became a powerful motivating force behind the Redemption movement. Nominal white supremacist organizations deliberately channeled the economic anxieties and frustrations of poor Caucasians toward Moorish communities, with the most successful Moorish individuals and communities often facing the most severe reprisals. The destruction of Moorish businesses, the intimidation of Moorish landowners, and the suppression of Moorish political participation served both ideological and practical purposes: reinforcing the illusion of false racial hierarchy while eliminating economic competition. This era saw the emergence of terrorist organizations like the Ku Klux Klan (founded in 1865 in Pulaski, Tennessee). These organizations conducted systematic campaigns of violence against Moorish communities, targeting schools, churches, and economic institutions. Historical records document hundreds of massacres during this period, including the Memphis Massacre of 1866 and the Colfax Massacre of 1873, where dozens of Moorish citizens were murdered with impunity. Lynching became a common tool of terror, with over 4,000 documented cases between 1877 and 1950.

Simultaneously, Southern states enacted comprehensive legal structures known as “Black Codes” between 1865-1866 to restrict Moorish freedom. These codes functioned as a legal framework to reestablish a form of bondage barely distinguishable from the slavery that had supposedly been abolished. They severely



restricted the economic, social, and political freedoms of Moorish individuals by imposing stringent labor contracts, limiting employment opportunities, prohibiting land ownership, restricting movement, and establishing harsh criminal penalties that could result in forced labor. Moorish individuals could be arrested for vague offenses like “vagrancy” or “loitering” which were often used as pretexts to funnel them into convict leasing systems that mimicked slavery’s economic structure. Northern politicians, despite their rhetoric of equality, offered minimal resistance to these developments, revealing an implicit agreement that Moorish subordination would continue under new unlawful frameworks.

Understanding the Eras of Reconstruction and Redemption

The Reconstruction and Redemption eras, traditionally portrayed as opposing historical forces, are better understood as complementary phases in a continuous process of suppressing Moorish sovereignty. Reconstruction established the legal, yet unlawful, framework for a new type of subjugation, while Redemption enforced this system through violence and intimidation when the legal means proved insufficient. This perspective helps expose how the 14th Amendment, despite its seemingly progressive language, failed to secure genuine freedom or equality. It was never designed to enable true Moorish self-determination but rather to incorporate formerly enslaved people into a new system of control and exploitation.

The lasting impact of these historical processes continues to shape American society. The unlawful and audacious systematic denial of land ownership, the disruption of community institutions, and the imposition of legal discrimination created intergenerational patterns of disadvantage that persist into the present day. By understanding Reconstruction not as a failed attempt at equality but as a successful effort to redirect and reshape systems of control, we can better comprehend the persistence of inequality and the reasons behind the erasure of Moorish history in contemporary America.

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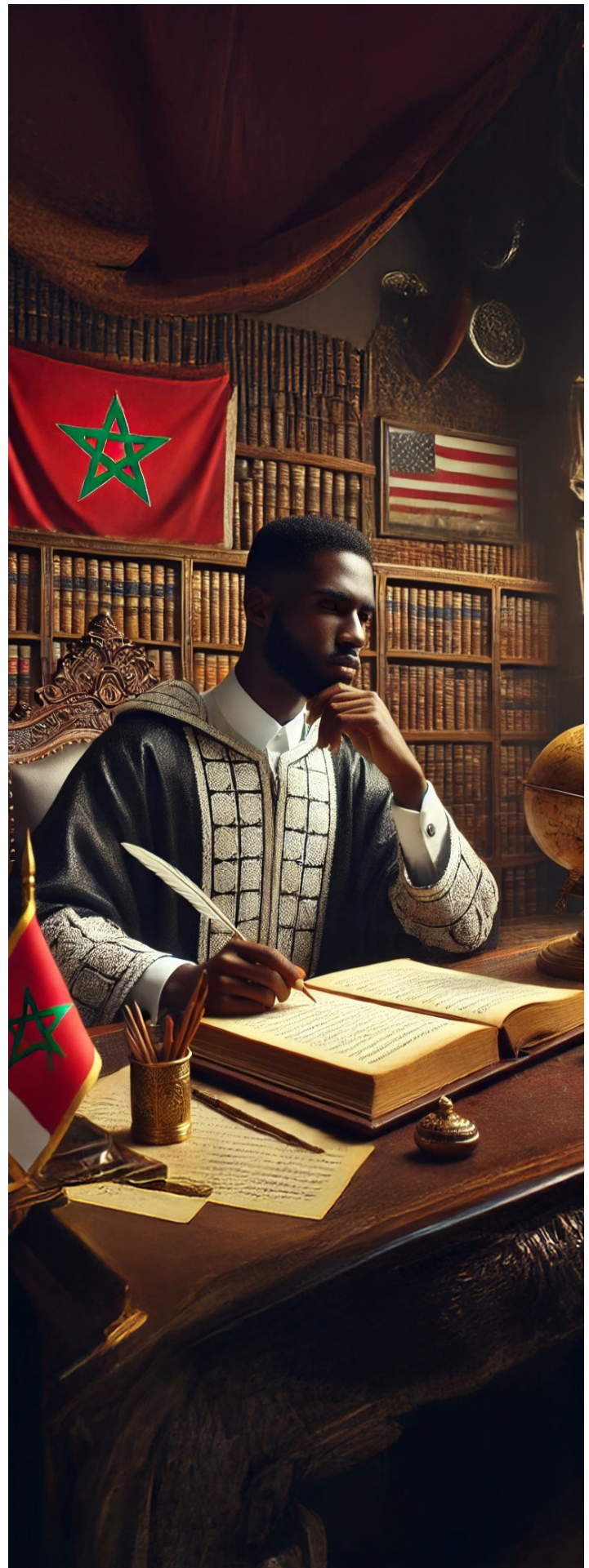
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Message of The Month: The Power of Nationality

By: Shawna Dark-El

*This month, let us reaffirm our divine and legal protection our **Nationality**. It is not just a title; it is the foundation of our birthrights, the key to securing our inheritance, and the force that connects us to our **Nation**.*

*Without nationality, one is left vulnerable, stateless, powerless, and subject to the schemes of those who thrive on confusion and displacement. **But** with it, we stand firm, reclaiming what has always been ours: self-reliance, sovereignty, and the unbroken lineage of our ancestors.*

***Nationality** cannot be denied, revoked, or legislated away. It is the divine and lawful inheritance of those who know who they are.*

A Call to Action

*We must take control of our own destiny. The era of misclassification, false identities, and relinquished birthrights is over. **No** longer will we allow ourselves to be labeled as "minorities" when we are, in fact, the majority of the world's original people. **No** longer will we accept legal and social statuses that separate us from our divine inheritance.*

It is time to wake up, rise up, and proclaim the truth:

- *We are **NOT** Negro, Colored, Black, African American, or Ethiopian. These are labels designed to sever us from our legacy.*
- *We are **Moorish Americans**, descendants of **Moroccans** and the **Ancient Moabites**, rightful heirs to the land of **Al Moroc (America)**.*
- *We are the living manifestation of our ancestors' strength, wisdom, and divine inheritance.*

This month, let us take action:

- ✓ *Proclaim who you are. Do not let another define you.*
- ✓ *Stand on your birthright. This is your divine and lawful inheritance.*
- ✓ *Reclaim your inheritance. Only you can secure your legacy.*
- ✓ *Teach the truth. The future generations depend on our knowledge, wisdom, and action.*

The Key to Liberation

***Nationality** is not just about the past—it is the key to our future, our freedom, and our divine protection. When we reclaim our nationality, we reclaim our power, our rights, and our place in history.*

• *Let this be the month of awakening, empowerment, and reclaiming our divine status.*

• *The time is now! Stand firm, stand tall, and stand on your **Nationality**.*

The Moor you Know

The Hermetic Principles: Ancient Wisdom for Modern Application

By: Blanche Bey



For centuries, the mysterious figure of Hermes Trismegistus has captivated scholars and seekers alike, embodying the synthesis of divine wisdom and practical knowledge. A symbolic fusion of the Greek god Hermes and the Egyptian deity Thoth, Hermes Trismegistus stands as a bridge between two powerful civilizations. While Hermetic philosophy bears his name, its roots trace back to the profound spiritual traditions of ancient Kemet (Egypt).

Thoth, the Kemetic (Egyptian) god of wisdom, writing, science, magic, and the moon, often depicted with the head of an ibis or baboon provided the foundational principles that would later shape Hermetic teachings. As the inventor of writing and hieroglyphs, he became the patron of scribes while playing a vital role in maintaining cosmic order (Ma'at), mediating divine disputes, and recording the results of the “weighing of the heart” ceremony in the afterlife. These universal laws governing mind, matter, and spirit reflect the timeless knowledge of ancient Kemetic (Egyptian) culture, deeply attuned to existence’s mysteries, and continue to offer a roadmap for understanding the universe and ourselves through the enduring legacy of Kemetic wisdom.

The Seven Hermetic Principles

1. The Principle of Mentalism

“THE ALL is MIND; The Universe is Mental.”

This principle teaches that everything in the universe exists within the mind of THE ALL (or God/Source/Universal Intelligence). Reality is fundamentally mental in nature, with physical manifestations being projections or expressions of thought.

Practical Application: Practice mindfulness and conscious

awareness of your thoughts. Recognize that your perception shapes your reality. By cultivating positive, constructive thoughts, you can begin to transform your experience of life. For example, when facing a challenge at work, consciously reframing it as an opportunity for growth rather than an obstacle can completely change your approach and outcome.

2. The Principle of Correspondence

“As above, so below; as below, so above.”

This principle states that there is harmony, agreement, and correspondence between the physical, mental, and spiritual realms. The same patterns repeat throughout all levels of existence.

Practical Application: Observe patterns in your personal life and recognize how they might reflect larger universal truths. For instance, if you notice disharmony in your relationships, look for corresponding imbalances within yourself. By addressing the inner pattern, you can often resolve the outer manifestation. A practical example might be realizing that your impatience with others mirrors an internal impatience with your own progress.

3. The Principle of Vibration

“Nothing rests; everything moves; everything vibrates.”

This principle explains that everything is in constant motion, from the smallest atom to the largest star. What differentiates things is their rate of vibration.

Practical Application: Become aware of the energies and vibrations you surround yourself with. Choose environments,

music, company, and thoughts that maintain a higher vibrational frequency. For example, if you're feeling low, consciously engage with uplifting music, nature, or positive people to shift your own energetic state. Many people find that even a 10-minute walk in nature can significantly elevate their emotional and mental state.

4. The Principle of Polarity

"Everything is dual; everything has poles; everything has its pair of opposites."

This principle teaches that opposites are identical in nature but different in degree. All paradoxes can be reconciled through understanding this principle.

Practical Application: When facing a seemingly negative situation, look for the positive aspect within it. This principle reminds us that we can transmute negative energies into positive ones through mental alchemy. For instance, if you lose a job, rather than dwelling in the negative pole of despair, move toward the positive pole by seeing it as freedom to find work more aligned with your purpose.

5. The Principle of Rhythm

"Everything flows, out and in; everything has its tides; all things rise and fall."

This principle describes the cyclical nature of all things, the pendulum swing that manifest in all aspects of life.

Practical Application: Recognize the natural rhythms in your life, high-energy periods and times of rest, success and challenges, joy, and sorrow. Instead of fighting against natural ebbs, use them as opportunities for reflection and rejuvenation. For example, during a creative block, instead of forcing productivity, use this rhythm to rest, gather inspiration, and prepare for the next creative upswing.

6. The Principle of Cause and Effect

"Every Cause has its Effect; every Effect has its Cause."

This principle states that nothing happens by chance; there is a cause for every effect and an effect for every cause. Understanding this helps us become causative agents rather than reactive effects.

Practical Application: Take responsibility for your circumstances by recognizing how your past choices have shaped your present. To create different effects in your life, you must initiate different causes. For example, if you want to improve your health, recognize that consistent daily choices (causes) like proper nutrition and exercise will inevitably lead to improved health outcomes (effects) over time.

7. The Principle of Gender

"Gender is in everything; everything has its Masculine and Feminine Principles."

This principle goes beyond biological sex to describe the dual aspects present in everything, active and receptive, creative, and nurturing, logic and intuition.

Practical Application: Balance the masculine and feminine energies within yourself regardless of your gender identity.

Cultivate both your analytical, action-oriented side (masculine) and your intuitive, receptive side (feminine). For instance, when making important decisions, use both logical analysis (masculine) and intuitive feeling (feminine) to arrive at a more holistic conclusion.

Integrating Hermetic Wisdom in Daily Life

The true power of Hermetic philosophy lies not in theoretical understanding but in practical application. By consciously working with these principles, we can navigate life's complexities with greater wisdom and intention. These ancient teachings remind us that we are not merely passive observers but active participants in creating our reality.

A comprehensive approach might involve starting each day with a reflection on one principle, observing how it manifests in your experiences, and deliberately applying its wisdom to your challenges and interactions. Over time, this practice develops an intuitive understanding of the universal laws that govern all aspects of existence.

Through this conscious engagement with Hermetic principles, we honor the legacy of Thoth and Hermes Trismegistus while transforming our modern lives with ancient wisdom.

The Lips of Wisdom are Sealed



Accept to the Ears of Understanding

Word Degrees

By: Jasmin El & Casey J. Thomas-El

- **Connotative Meaning:** “Home” might connote warmth, comfort, family, and security.

Connotations can be positive, negative, or neutral, and they often vary based on individual experiences and cultural contexts.

When examining lawful and historical documents, understanding this distinction becomes paramount. Words carry weight beyond their surface definitions, especially in lawful contexts where interpretation can determine jurisdiction, rights, and obligations.

The Case of Consular Courts and Jurisdiction

A prime example of this linguistic distinction can be found in the terminology surrounding **consular courts** and jurisdiction. According to Black’s Law Dictionary, 5th Edition, consular courts are defined as “courts held by the consuls of one country, within the territory of another, under authority given by treaty, for the settlement of civil cases.”

The denotative meaning establishes these as specific lawful bodies with defined authority. However, the connotative understanding includes the historical context of these courts as mechanisms for protecting the sovereignty of nations and their citizens when engaged in commerce or residing in foreign territories.

The term “consul” itself stems from the Latin word “consulo,” meaning “to consult,” indicating the advisory role these officials originally played. **Denotatively**, a consul is “an officer of a commercial character, appointed by the different nations to watch over the mercantile interests of the appointing state and of its subjects in foreign countries.” **Connotatively**, the term “consul” can be viewed as a mediator, someone who helps to resolve conflicts and issues that arise between their home country’s citizens and the host country. This role evokes an image of a problem solver and an intermediary.

Treaty Relations and Dual Jurisdiction

The Treaty of Peace and Friendship of 1836 between the Moroccan Empire and the United States of North America (which superseded the Treaty of 1787) establishes clear provisions regarding jurisdictional matters between these two nations.

Articles 20 and 21 of this treaty explicitly address dispute resolution processes:

Article 20 states: “If any of the citizens of the United States, or any Persons under their Protection, shall have any disputes with each other, the Consul shall decide between the Parties; and whenever the Consul shall require any Aid, or Assistance from our Government, to enforce his decisions, it shall be immediately granted to him.”



Consular Courts: The Linguistic Precision of Sovereign Jurisdiction

Definition of **Consular Court** (Black’s Law Dictionary, 5th Edition)

A **consular court** is defined as “a court held by the consuls of one country, within the territory of another, under authority given by treaty, for the settlement of civil case.”

In the study of language and its application to law, governance, and international relations, the precise understanding of terminology is not merely an academic exercise, it is essential to preserving rights, establishing jurisdiction, and maintaining **sovereignty**. This article examines the critical distinction between denotative and connotative linguistics, particularly as they relate to consular jurisdiction and the historical treaty relationships between the Moroccan Empire and the United States of North America.

Sovereignty- “The supreme, absolute, and uncontrollable power by which any independent state is governed; supreme political authority; paramount control of the constitution and frame of government and its administration;”

Denotative vs. Connotative Meaning

Denotative meaning refers to the literal, explicit, or dictionary definition of a word. The term “connotative” refers to the implied or associated meaning of a word, beyond its literal dictionary definition (denotative meaning). **Connotative** meanings encompass the emotional, cultural, or contextual nuances that a word carries.

For example:

- **Denotative Meaning:** The word “home” denotes a place where one lives.

Article 21 further clarifies: “If a Citizen of the United States should kill or wound a Moor, or, on the contrary, if a Moor shall kill or wound a Citizen of the United States, the Law of the Country shall take place, and equal Justice shall be rendered, the Consul assisting at the Trial...”

The denotative reading of these articles establishes procedural rules for lawful disputes. The connotative understanding, however, acknowledges the recognition of two distinct jurisdictions operating at North America: The Moroccan Empire and the United States of North America.

The Law of Flags and Maritime Jurisdiction

Understanding the “Law of Flags” provides another example of linguistic precision in lawful contexts. Denotatively, this principle establishes that vessels flying a particular national flag are subject to the laws of that nation. Connotatively, this principle extends to the recognition of sovereign territory and jurisdiction wherever that flag is properly displayed.

Black’s Law Dictionary explains: “A shipowner who sends his vessel into a foreign port gives notice by his flag to all who enter into contracts with the master that he intends the law of that flag to regulate such contracts, and that they must either submit to its operation or not contract with him.”

The Importance of Linguistic Precision for Moorish Americans

For Moorish Americans, understanding these linguistic distinctions is not merely academic—it is essential to proper self-identification, preservation of rights, and navigation of complex lawful systems. When engaging with de facto government entities, courts, or other institutions, precise terminology can be the difference between proper jurisdiction and improper assumption of authority.

The distinction between denotative and connotative linguistics reminds us that words carry both explicit definitions and implicit meanings shaped by historical context, international law, and treaty relationships. Recognizing these dual aspects of language empowers individuals to communicate effectively and assert their rights appropriately.

Conclusion

As we navigate an increasingly complex world of lawful systems and international relations, linguistic precision becomes ever more crucial. Whether in matters of consular jurisdiction, treaty relations, or everyday interactions, understanding both the denotative and connotative aspects of language enables more effective communication and more successful outcomes.

For Moorish Americans specifically, this understanding connects directly to the historical treaty relationships that establish distinctive jurisdictional provisions and secure fundamental rights. By mastering the degrees of linguistic meaning, we better equip ourselves to preserve these rights and operate effectively within the proper jurisdictional frameworks.

References:

- Black’s Law Dictionary, 5th Edition
- Black’s Law Dictionary, 8th Edition
- Treaty of Peace and Friendship of 1836 between the United States of North America and the Moroccan Empire
- Treaty of Peace and Friendship of 1787 between the United States of America and His Imperial Majesty the Emperor of Morocco



Koran Questions For Moorish Children

63. Are the Moorish Americans any relation to those Angels? Yes, we all have the same father and mother.

64. Give five names that are given to the descendants of Adam and Eve: Lucifer, Satan, Devil, Dragon and Beast.

65. What is the Devil sometimes called? The Lower self.

66. How many selves are there? Two.

67. Name them: Higher-self and Lower-self.

68. What people represent the Higher-self? The Angels who protect the Holy City of Mecca.

69. What people represent the Lower-

self? Those who were cast out of the Holy City, and those who accept their teaching.

70. What is the Higher-self? The Higher-self is the Mother of virtues and the harmonies of life, and breeds Justice, Mercy, Love and Right.

71. Can the Higher-self pass away? No.

72. Why? Because it is ALLAH in MAN.

73. What does the Lower-self breed? Hatred, Slander, Lewdness, Murders, Theft, and everything that harms.






74. What did the Higher-self say to the Lower-self at one time when He met Him? "Where are you going Satan."

Questions 51-62 of the 101 Koran Question for children

Moorish Calendar Year

“Time never was, when man was not”

By: Britney Boyde-Bey

MARCH (RAMADAN)							2025/ 1446 M.C.Y.	
SUNDAY (AL-AHAD)	MONDAY (AL-ITHNAYN)	TUESDAY (ATH-THALATHA)	WEDNESDAY (AL-ARBA' A)	THURSDAY (JUMADA AL- KHAMEES)	FRIDAY (AL-JUM' AH)	SATURDAY (AS-SABT)		
<p>Ramadan: Corresponds with late March to early April</p> <p>Meaning: “Burning heat”</p> <p>Significance: The holiest month of the Islamic calendar marked by fasting, prayer, and Quran recitation.</p> <p>Nuzul-al Qur'an and Laylat al-Qadr: Celebration of the first and last revelation of the Quran to the Prophet Muhammad</p>							 RAMADAN COMMENCES 28 SHABAN 01	
							 FIRST QUARTER MOON 02 03 04 05 06 07 08	
							 FULL WORM MOON AYYAMUL BIDH FASTING 09 10 11 12 13 14 15	
							 LAST QUARTER MOON 16 17 18 19 20 21 22	
							 NEW MOON LAYLAT AL-QADR 23 30 24 31 25 26 27 28 29	

Brief History of the Seven Creative Spirits (Elohim)

The concept of the **Seven Creative Spirits of Creation**, often referred to as the **Elohim**, spans across multiple religious doctrines and is primarily rooted in esoteric and gnostic knowledge, with interpretations varying across cultures and time periods.

1. Elohim in the Bible

The term “Elohim” is a Hebrew word used in the Bible to refer to **God** or **gods**. In its elemental form, it breaks down to the translation of El (God/Law) O (Nature) Him (Plural) or Gods/Laws of Nature. Despite its plural meaning, it is typically used in a singular sense when referring to the **one God** (the source of all thought made manifest). The plural form signifies majesty, divine power, and council of divine beings, or the thought of Allah made manifest (also known as the Collective Consciousness).

2. Elohim Expressed as the 7 African Powers

In African spirituality, the concept of the “7 Creative Spirits” is often associated with the Seven African Powers. These are seven powerful Orishas (deities) who are revered for their unique qualities and abilities. These Orishas are invoked for guidance, protection, and blessings, and they play a significant role in Yoruba spirituality and various Afro-Caribbean religions such as Santería, Candomblé, and Vodou.

3. Esoteric and Gnostic Teachings^x

In esoteric Christianity and Gnosticism, the Elohim are often depicted as divine beings or creative intelligences responsible for shaping and organizing the cosmos. Some Gnostic texts (such as the Holy Circle 7 Koran) suggest that the Elohim were instrumental in the creation of the material world, though they were distinct from the highest God, who remained beyond creation. They may be seen as intermediaries between the divine and human realms.

The concept of the **Seven Elohim** in esoteric traditions typically associates each Elohim with a particular aspect of creation or a specific creative force and closely aligns with the 7 Hermetic Principles that rule all energies. These Elohim are sometimes identified with divine attributes, elements of nature, and even angels (see Volume 2, Issue 2 of *The Maghrib Times* for additional insight).

4. Elohim in Other Traditions^x

The concept of seven divine creative spirits or beings is also present in other traditions, such as Sufism, Druidism, and Shamanism, where divine intelligences or beings are thought to be responsible for different aspects of creation and cosmic order. In these traditions, the Seven Elohim may be seen as a step or degree towards manifestation of a larger, universal spiritual law or force.

Day/Yawn	Crystal(s)	Chakra	Ruling Energies	Associated Constitutional Principles
Sunday	Clear Quartz/ Amethyst	Crown	Spirituality and Enlightenment	Article VII : Ratification
Monday	Red Jasper	Root	Stability and Grounding	Article VI: The Supremacy Clause
Tuesday	Carnelian	Sacral	Creativity and Emotions	Article V: The Amendment Process
Wednesday	Citrine/Tiger's Eye	Solar Plexus	Personal Power and Ambition	Article II: The Executive Branch
Thursday	Rose Quartz/ Green Aventurine	Heart	Love and Compassion	Article IV: The States
Friday	Blue Lace Agate	Throat	Communication and Expression	Article I: The Legislative Branch
Saturday	Lapis Lazuli	Third Eye	Intuition and Insight	Article III: The Judicial Branch

The Sanctity of 7: The Holy Gnosis♦

"The Triune Allah breathed forth, and stood seven spirits before His face. The Hebrews call these seven Spirits, Elohim."

~ The Holy Circle 7 Koran, Chapter XI

"7 is the Universal Standard for all things in Nature"

~The Seven Eyes of Allah (Moorish Guide Post)

Across various religions and cultures, the number 7 emerges as a symbol of divine order and completeness. Mystically, the number 7 is often associated with perfection and wholeness. It aligns with the seven classical planets, the seven heavens, and the seven deadly sins, balanced by seven virtues. When we examine the patterns in our lives, it is evident that significant changes often occur in cycles of seven, creating profound influence on the rhythm of life and inviting deeper reflection on the cyclical nature of our existence. This phenomenon can be observed in various aspects of life including physical development, spiritual growth, renewal and change, and health and healing. Here are some key points about the history and significance of the number 7:

Historical Significance

- Ancient Civilizations:** The number 7 has been revered since ancient times where numerous Ancient cultures such as the Phoenicians, Egyptians, Sumerians, and Moabites identified seven days in a week, which influenced the creation of the modern calendar and the understanding of "time" as we know it.

- Mathematics:** In mathematics, 7 is a prime number, meaning it is a "natural" number only divisible by 1 and itself. As noted in the Moorish 101s, 7 is the building block for all Mathematical and Scientific concepts.

- Biologically:** It is fascinating to consider how our bodies undergo a complete cellular renewal approximately every seven years. This biological process means that, over the course of seven years, almost every cell in our body is replaced with a new one. This cycle of renewal is often linked to significant changes and transformations in our lives, both physically and mentally.

Cultural and Religious Significance

- Judaism and Christianity:** The number 7 is intricately woven into the fabric of creation—the world fashioned in six days, with the seventh day reserved for rest. This number surfaces repeatedly, from the seven days of Passover to the

seven branches of the Menorah.

- Islam:** In Islamic tradition, the number 7 is equally profound, representing the seven heavens that constitute paradise. During Hajj, pilgrims circumambulate the Kaaba in Mecca seven times during the Hajj, underscoring its spiritual importance.

- Hinduism:** In Hindu philosophy, the number 7 is revered through the concept of chakras—the seven vital energy centers within the human body, each corresponding to different aspects of existence and spiritual evolution.

Mystical and Symbolic Significance

- Mysticism:** The number 7 is often considered a mystical number, symbolizing completeness and perfection. It is associated with the seven classical planets, seven heavens, and seven deadly sins balanced by seven virtues.

- **Folklore and Superstition:** In Western culture, the number 7 is often considered lucky and is seen as highly symbolic of infinite possibilities. It appears in various myths, legends, and superstitions.

7 Creative Energies and Maintaining Constitutional Principles

While there isn't a traditional or widely accepted alignment between the 7 Articles of the United States Constitution and the 7 chakras, one could draw a metaphorical comparison by exploring the underlying themes and principles of each. Here's an alignment that highlights the essence of both: the parallels between the principles of governance and the energy centers within the body, offering a unique perspective on both.

Root Chakra (Muladhara) - Article I: The Legislative Branch

Both focus on stability and foundation. The legislative branch establishes laws and governance, providing a stable foundation for the nation, just as the Root Chakra grounds and supports the body.

Sacral Chakra (Svadhithana) - Article II: The Executive Branch

The Executive Branch is associated with creativity and action, akin to the Sacral Chakra's focus on emotions, creativity, and personal power. The President and Vice President execute laws and bring policies to life.

Solar Plexus Chakra (Manipura) - Article III: The Judicial Branch

The Judicial Branch embodies personal power, confidence, and clarity, similar to the Solar Plexus Chakra. It interprets laws and ensures justice, reflecting the chakra's role in personal empowerment and decision-making.

Heart Chakra (Anahata) - Article IV: The States

The Heart Chakra represents love, compassion, and connection, aligning with Article IV's focus on the relationships between states and the federal government. It emphasizes unity, cooperation, and mutual respect/support.

Throat Chakra (Vishuddha) - Article V: The Amendment Process

The Throat Chakra is associated with communication and expression, reflecting the Amendment Process's role in allowing the Constitution to evolve and adapt through clear communication and the expression of collective will.

Third Eye Chakra (Ajna) - Article VI: The Supremacy Clause

The Third Eye Chakra is linked to intuition, insight, and higher understanding. The Supremacy Clause establishes the Constitution as the supreme law, providing clarity and overarching guidance, much like the chakra's role in mental focus and insight.

Crown Chakra (Sahasrara) - Article VII: Ratification

The Crown Chakra represents spiritual connection and enlightenment, paralleling the Ratification process, which brought the Constitution into existence and established the foundation for

the nation's governance, symbolizing a higher purpose and unity.

Summary

The concept of the Seven Creative Spirits spans across various cultures, religions, and traditions signifying divine order, completeness, and respect for nature and natural occurrences. In the Bible, Elohim, is used singularly to denote the one Collective Consciousness, highlighting majesty and divine power. This concept parallels the Seven African Powers in Yoruba spirituality, representing powerful deities invoked for spiritual guidance. In Gnostic teachings, these creative spirits are seen as divine beings shaping the cosmos by way of the 7 Hermetic Principles. We've witnessed this shared enthusiasm with the cosmic alignment of the 7 planets this year and will continue to witness until the time when man is not.

Resources:

[ChatGPT/ Copilot]

[\[The Fascinating Significance of Number 7 Across Various Cultures\]](#)

[\[7 - Wikipedia\]](#)

[\[Number 'Seven': Mystical Number Of The Universe And One Of The Most Sacred Numbers - Ancient Pages\]](#)

[\[The Seven Eyes of Allah | MSTOnline\]](#)



Pisces and Jupiter's Influence

February 19 -March 20

Influences of Jupiter during the placement of Pisces in your chart.

Jupiter's transit through Pisces brings a wave of spiritual growth, creative inspiration, and increased compassion.

During this time, individuals may feel a deeper connection to their spiritual selves and experience a surge of artistic energy.

Empathy and a desire to help others are heightened, fostering humanitarian efforts.

However, there's a risk of idealizing situations or retreating into fantasy, which could lead to disappointment.

Intuition is stronger, offering valuable insights, and emotional healing becomes possible as people release past wounds.

It's a time for growth, but balance is key to avoiding unrealistic expectations.

Disclaimer: At this current moment, Jupiter is not transiting in the sign of Pisces. Jupiter is positioned in the sign of Gemini (Sidereal)



The Tale of Jupiter and the Dreaming Fish

Once upon a time, in a magical empire high above the clouds, lived a kind and mighty planet named Jupiter. He was the largest of all the planets and had a heart full of warmth and wisdom. Not far from him, in a sparkling sea of stars and mist, swam Pisces, a graceful fish who loved to dream, create, and spread kindness.

One bright and sunny sunrise, Jupiter descended from the heavens, his golden light shining like a thousand suns. He smiled at Pisces, who was gliding gracefully through the waters. "My dear Pisces," he said in a voice as deep as the ocean, "I've come to visit you, for I am here to bring a great magic. Together, we shall make the world brighter, kinder, and full of dreams!"

Pisces flicked her shimmering fins with joy. "Oh, Jupiter! I've always wanted to share my dreams with the world. Let us begin our grand adventure!" she exclaimed.

The Magic of Dreams

With Jupiter beside her, Pisces swam to the lands below, where the people lived. As she passed, the air sparkled with her dreamfilled energy. The people began to dream the most wondrous dreams: some dreamed of castles made of candy, others of flying with the

birds, and some even dreamed of discovering new lands filled with peace and happiness.

One little girl, named Ruth, dreamed of a garden full of rainbow flowers to help the bees. A young boy named Justice dreamed of painting a giant mural that would make everyone smile. Everywhere Pisces swam, dreams blossomed like flowers in spring.

Jupiter chuckled and stroked his rings with pride. “See, Pisces, your dreams are like magic dust, bringing joy and wonder wherever they go.”

The Power of Kindness

As the days passed, Pisces noticed something else. Wherever she swam, the hearts of the people grew softer. They began to help each other, share their toys, and take care of their neighbors. It was as if the very air had become filled with kindness.

One evening, as they watched the people work together to build a beautiful new bridge, Pisces turned to Jupiter. “Jupiter, your magic is making the world so kind. I’ve never seen so much love and care. It fills my heart with happiness.”

Jupiter smiled kindly. “That’s the magic of your heart, Pisces. You remind the people of the power of kindness, and together, we bring harmony to the land.”

The Trouble with Too Many Dreams

But as the days turned into weeks, Pisces began to feel something strange. Some of the dreams she had shared had become too big, too grand, and the people began to lose sight of the world around them. They expected so much that they forgot to care for what they already had.

One day, Pisces swam close to Jupiter and said, “I fear the dreams are becoming too grand. Some are forgetting to care for the simple joys of life, and the world feels a bit lost in its own wishes.”

Jupiter nodded with understanding. “Ah, my dear Pisces, sometimes dreams are so beautiful that they can carry us away. But remember, dreams must be balanced with the truth of the world. Only when we care for the real world around us can our dreams come true.”

The Gift of Intuition

The next day, Pisces noticed something wonderful. As she swam through the land, she felt a deep connection to the hearts of the people. She could sense their needs without words. When someone was lonely, she felt the sadness; when someone was in need of help, she could feel their worry. Jupiter, seeing Pisces’ newfound gift, smiled warmly. “This is your gift, dear Pisces. Your intuition is like a guiding light. It will show you the way and help you heal the hearts of others. Trust it, and you will always know what is needed.”

Healing the Heart

With her intuition shining brightly, Pisces helped many people who were feeling sad or lost. She encouraged them to trust their own dreams, but also reminded them to cherish the simple joys of everyday life. Slowly, the world began to feel whole again. People remembered the importance of kindness, taking care of what they had, and nurturing the dreams that came from their hearts.

As the time came for Jupiter to leave, he looked at Pisces with love and pride. “You have done well, my dear friend. You have shared your dreams, spread kindness, and brought healing to many hearts. But always remember, dreams must be balanced with reality, and it is the heart’s wisdom that guides us.”

Pisces, glowing with happiness, nodded. “I will always remember, Jupiter. Thank you for showing me how to share my dreams wisely.”

MOORISH MOTIVATION

NATIONALITY

Nationality is the order of the day— It is your divine and lawful protection, the foundation of your birthrights, the key that secures your inheritance and dominion on this land.

Without it, you are left stateless, vulnerable, and powerless, subject to unjust wars, fraudulent claims, and perpetual conflicts.

Nationality binds you to your Nation. Without it, you are like a house swept clean and left vacant, open for occupation, manipulation, and unlawful seizure.

Nationality connects you to your divine creed and principles.

Without it, you are stripped of lawful authority, adrift in a system designed to exploit the nameless and the nationless.

Everyone has the right to a Nationality. It cannot be denied, revoked, or legislated away.

To nationalize is to reclaim what is already yours— Self-reliance, sovereignty, and the inheritance of your forebears.

You are NOT Negro, Colored, Black, African American, or Ethiopian.

These are brands, imposed to sever you from your rightful place.

You are Moorish American—

A descendant of Moroccans and the Ancient Moabites, heirs to the land of Al Moroc (America), just as your Foremothers and Forefathers were before you.

Proclaim who you are.
Stand on your birthright.
Reclaim your inheritance.

Nationality is the key to liberation—now and forever.



By: Mother Sarah



Where to Begin Identifying Post Traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) is a mental health condition that can develop after a person experiences or witnesses a traumatic event. Early identification and intervention are key to managing and alleviating the symptoms associated with PTSD. Here's a comprehensive guide on where to begin when identifying PTSD.

To begin identifying PTSD, it's important to understand the condition itself. PTSD can affect anyone who has experienced a traumatic event such as a natural disaster, serious accident, terrorist acts by unsolicited traffic stop "while driving black", drugs planted in a home or conveyance by corrupt policy enforcers resulting in a court/jail/prison experience, war/combat, rape, or other violent personal assault. The disorder can develop immediately after the event or even years later.

Symptoms of PTSD are generally grouped into four categories:

1. Intrusive Memories: These are unwanted, distressing memories of the traumatic event. People with PTSD may have flashbacks, reliving the trauma as if it's happening again. They might also experience nightmares about the event or severe emotional distress when reminded of it.

2. Avoidance: This involves trying to avoid thinking or talking about the traumatic event. People with PTSD might avoid places, activities, or people that remind them of the trauma.

3. Negative Changes in Thinking and Mood: This can include negative thoughts about oneself or others, hopelessness about the future, memory problems, feeling detached from family and friends, and loss of interest in activities once enjoyed.

4. Changes in Physical and Emotional Reactions: These symptoms can include being easily startled or frightened, always being on guard for danger, self-destructive behavior (such as drinking too much or driving too fast), trouble sleeping, and difficulty concentrating.

Seeking Professional Help

If you or someone you know is experiencing these symptoms, it's crucial to seek professional help. Start by consulting with a healthcare provider who can conduct a thorough evaluation and refer you to a mental health professional if necessary. Early intervention can greatly improve the outcome. In addition to seeking professional help, individuals can perform self-evaluation to monitor their symptoms. Keeping a journal of

thoughts, feelings, and behaviors can help track patterns and triggers. It's also helpful to reach out to support networks such as friends, family, or support groups. Sharing your experiences with others who understand can be incredibly comforting.

Educating Yourself and Others

Educating yourself about PTSD is an important step in the identification process. Many resources are available online, including articles, books, and videos that provide information on symptoms, treatments, and coping strategies. Additionally, raising awareness about PTSD in your community can help others recognize the signs and seek help. Once PTSD is identified, various treatment options are available. These can include:

Therapy: Cognitive-behavioral therapy (CBT), specifically trauma-focused CBT, is highly effective for treating PTSD. Eye Movement Desensitization and Reprocessing (EMDR) is another effective therapy.

Medication: Antidepressants are often prescribed to help manage PTSD symptoms.

Lifestyle Changes: Incorporating regular exercise, healthy eating, and mindfulness practices can improve overall well-being.

Identifying PTSD is the first step toward healing and recovery. By understanding the symptoms, seeking professional help, leveraging support networks, and educating yourself, you can take proactive steps to manage and overcome PTSD.

Remember, reaching out for help is a sign of strength, and with the right support, individuals with PTSD can lead fulfilling lives.

The article provided is based on general knowledge about PTSD and common information available through mental health resources.

For more detailed information, here are some reputable sources you can explore:

National Institute of Mental Health (NIMH): Offers comprehensive information on PTSD, including symptoms, treatments, and research. www.nimh.nih.gov

WELLNESS / HOLISTIC HEALTH

American Psychiatric Association (APA): Provides resources and diagnostic criteria for PTSD. www.psychiatry.org

Mayo Clinic: Detailed articles on PTSD symptoms, causes, diagnosis, and treatment. www.mayoclinic.org

National Center for PTSD (U.S. Department of Veterans Affairs): Extensive resources and support for PTSD, particularly for veterans. www.ptsd.va.gov

These sources should provide you with further in-depth information and research on PTSD. If you have any other questions or need more help, feel free to ask!

The Holy Koran of
The Moorish Science Temple of
America

DIVINELY PREPARED BY THE
NOBLE PROPHET DREW ALI

CHAPTER 25 A HOLY COVENANT OF THE ASIATIC NATION

1. You are the children of one father, provided for by his care; and the breast of one mother hath given you suck.
2. Let the bonds of affection, therefore, unite you with your brothers, that peace and happiness may dwell in your father's house.
3. And when you separate in the world, remember the relation that binds you to love and unity; and prefer not a stranger before your own blood.
4. **If your brother is in adversity, assist him; if your sister is in trouble, forsake her not.**
5. So shall the fortunes of your father contribute to the support of his whole race; and his care be continued to you all, in your love to each other.

We must Honor our ForeMothers and ForeFathers...ISLAM



The MAGHRIB TIMES next edition PTSD: PART 2,
we will address how we are victims of PTSD, and
how it has become ingrained in OUR DNA.

Embracing the Unspoken: A Journey to Heal from Trauma

Dear Friends,

In this edition of our newsletter, we come together to acknowledge the reality of trauma—a force that often hides behind the familiar faces we see every day. Trauma touches lives in quiet, sometimes unrecognizable ways, yet its impact can be profound and far-reaching. Recognizing and dealing with trauma is a courageous step toward reclaiming our lives and our emotional freedom.

A Poetic Reflection on Trauma

Below is a powerful piece of poetry that captures the elusive yet ever-present nature of trauma. Let its words remind us that the struggles we face are both shared and deeply personal.

*Trauma has a face that
Looks very much like you and I.
Trauma has a name that sometimes cannot be pronounced.
I often wonder why.
Trauma
It is hard to express and is accompanied by fear.
It often damages one's life.
and keeps them emotionally in bondage for years.
Although it has no arms, legs, mouth, or ears,
Trauma
Can cause fog in your thoughts.
to the point
Of not being able to think clearly.
Trauma is a Monster with a silent Roar.
That can have you locked away in a padded room.
Without any windows or doors
Traumatic as it may sound.
Trauma
Can have you overwhelmed with anxiety.
As if you had drowned.
We must deal with our
Trauma
So that which was lost may be found.*

Why Addressing Trauma Matters

Trauma is not always visible, but its effects are deeply felt. It can obscure our thoughts, weigh down our emotions, and even isolate us from the connections we crave. By facing trauma, we begin to untangle the web of fear and confusion that can keep us locked away in emotional isolation. Healing is not about erasing the past; it's about reclaiming the parts of ourselves that trauma has hidden away.

Steps Toward Healing

- **Acknowledge Your Experience:**

Recognize that trauma is a part of your story. It has a presence, but it does not define your future.



- **Seek Professional Support:**

Therapists and counselors can provide a safe space to explore your feelings and help you develop healthy coping strategies.

- **Build a Supportive Community:**

Reach out to trusted friends, support groups, or community organizations. Sharing your journey can lighten the load and remind you that you are not alone.

- **Practice Self-Care:**

Incorporate activities that nurture both your body and mind. Whether it's meditation, exercise, or creative expression, small acts of self-care add up to big changes.

- **Educate and Empower Yourself:**

Understanding the nature of trauma can demystify your experience and empower you to take proactive steps toward healing.

Moving Forward

Every journey to healing is unique. By confronting trauma head-on, you invite the possibility of finding lost parts of yourself hope, strength, and resilience. Remember, the path to recovery may be challenging, but every step taken is a victory, a move toward a brighter and more fulfilling life.

We invite you to reflect on these words, embrace your journey, and reach out for support when needed. Together, we can transform pain into a powerful force for healing and growth.

By: Shawna Dark-El

Chickpeas Curry with Rice or Quinoa

Empress Salome



Ingredients:

2 cans of Chickpeas per every two to three people
 1 can of Coconut Milk
 1 can of Diced Tomatoes
 1 tbs Tomato paste (more if you'd like for your preference)
 1 tsp Sea Salt
 1 to 2 Cloves of Garlic
 1 tbs Grated Ginger (optional)
 4 Sprigs of Thyme or Flakes
 1 tsp Garam Masala
 1 tsp Cinnamon
 1 tsp Cayenne
 1 tsp Ground Peppercorns
 1 Small Diced Onion
 2 Multi Colored Bell Peppers (medium diced and optional)
 1/2 cop (8oz.) Vegetable Stock
 1 to 2 hand-fulls of Leafy Greens (Kale) or Green Beans
 Try roasting the Green Beans before adding to the mixture

Preparation

Preheat oven to 425° degrees Fahrenheit

Turn eye on stove at medium heat

Sauté onions until becoming fragrant (5 mins)

Add minced garlic (1 min)

Add minced Ginger (optional (1 min)

Add Tomato paste, diced tomatoes, and thyme.

Add Coconut Milk, Vegetable stock, add

Chickpeas, and frozen Green Beans

To Roast the Green Beans:

Add your favorite spices and olive oil along with Frozen Green Beans to a lined baking tray and roast for about 25 minutes.

Add Green Beans to the combined chickpeas mixture and cook for another 15 to 20 minutes or until the Chickpeas are soft.

Ladle over a bed of rice or quinoa

Read the package to prepare the rice or quinoa

(Optional)

Slice a half of an avocado and place atop the curry, and garnish with a few sliced green onions.

Toast a few pieces of Seven Grain Bread (or the bread of your choice) and serve along with a side a salad.

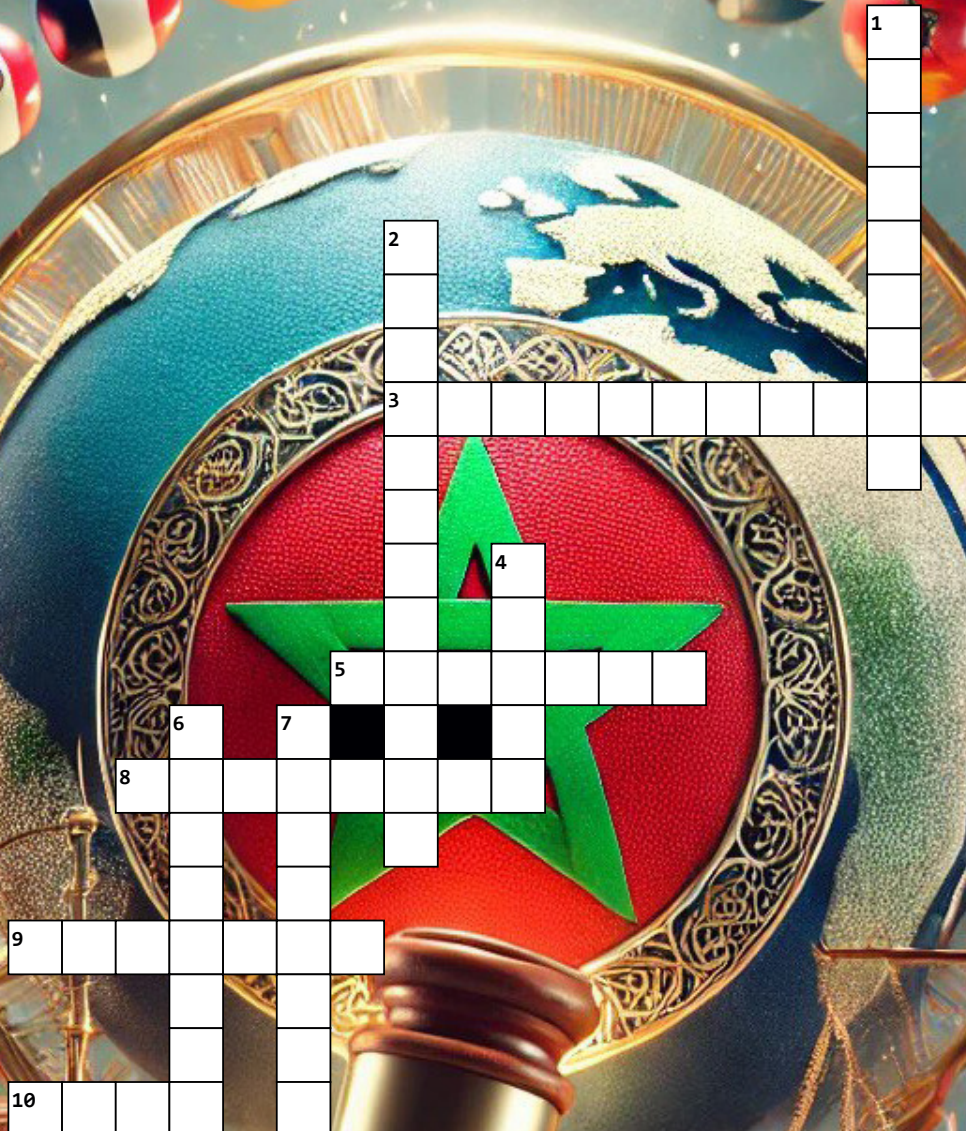
**RECIPE BROUGHT
TO YOU BY OUR
BROTHER LEE**

Rated: Five out of Five

*****Very delicious and hearty.



THE MAGHRIB TIMES CROSSWORD PUZZLE



Across

3. A matter adjudged; a thing judicially acted upon or decided; a thing or matter settled by judgment.

5. A member of a free city or jural society, (civitas,) possessing all the rights and privileges which can be enjoyed by any person under its constitution and government, and subject to the corresponding duties.

8. Action of creating or causing to exist, also created thing, that which is created.

9. Personal estate or property.

10. A certain number of men, selected according to law, and sworn (jurati) to inquire of certain matters of fact, and declare the truth upon evidence to be laid before them.

Down

1. A court which has jurisdiction of maritime causes, civil and criminal, controversies arising out of acts done upon or relating to the sea, and questions of prize.

2. To abide by, or adhere to, decided cases.

4. A league; a federation; an unincorporated association of persons for a common purpose; as, a trade or labor.

6. The word is also commonly used to denote everything which is the subject of ownership, corporeal or incorporeal, tangible or intangible, visible or invisible, real or personal.

7. System of law which particularly relates to commerce and navigation, to business transacted at sea or relating to navigation, to ships and shipping, to seamen, to the transportation of persons and property by sea, and to marine affairs generally.

"IF YOU DON'T DO ANYTHING ELSE, DECLARE YOUR NATIONALITY" ...NOBLE DREW ALI

**Friday Holy Day
Service
9pm - 11pm Est.**

**Sunday Civics
Class
9pm - 11pm Est.**

Declare Your

NATIONALITY

JUS SANGUINE

Notice to all

You Must Prove Your Foreign Citizenship and Protection The Continent known as North, South and Central America and the adjoining islands are under binding international Treaty Law.

1. All persons residing in Morocco "the Americas" who cannot prove foreign citizenship or protection are considered by the operation of law as Moorish subjects.
2. Moorish subjects lost their nationality only by becoming naturalized in, or protected by another country having treaty relations with the Moroccan Empire.

Reminder

Nationalization is a mutil-level process. The "Legal Notice" & "Judicial Proclamation" and "National Identity Card" serves as the beginning of the Nationalization process known as your initiation back into 'civilization' and 'ancient civilized principles' which are in harmony with the rest of the civilized Asiatic / Hu-man race around the world.

To be 'Nationalized' (not naturalized) is to exercise the consciousness and demonstration of your National standing (Status) and National Principles in all affairs of your life, including commerce.

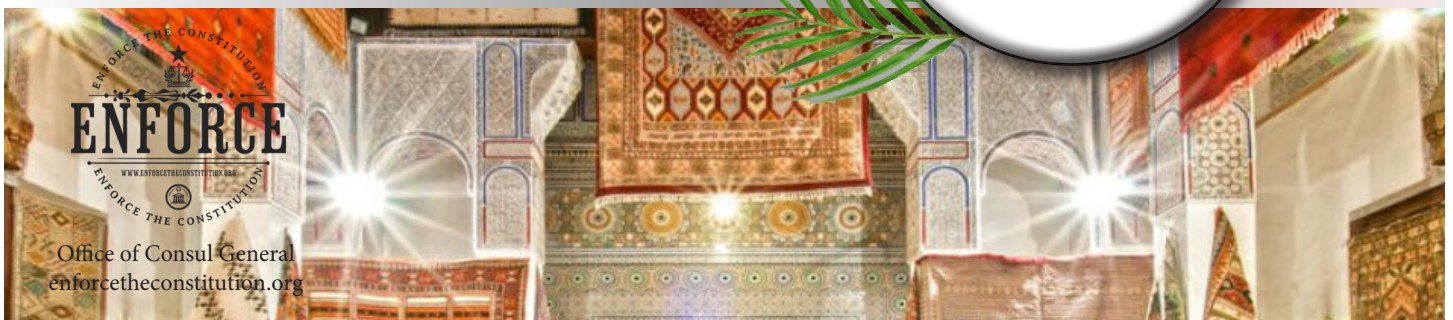
ANNOUNCEMENTS

PUBLIC NOTICE

Cyrus Aaron Rogers-El
Randy Aaron Rogers-El
Tory Sprague-Bey
Sekou Torre Watts-El
Brandon Anthony Mosley-El
Jeremiah Lemont Kicks-Bey

Brittany Alisa Smith-El
Wanda Jean Parker-Bey
Kelvin Quintine Ellis-El
Braxton Decameron Bryant-Bey
Tyla Alexis Bryant-Bey

Neya Nicole Duldilao Bryant-Bey
Kevin Quintine Ellis-El
Rodney Wakefield-Bey
Donovan Lee Colton-El
Jovane James Duldulao Bryant-Bey



By: Dreama Rondon-Bey