



The Maghrib Times



Beyond the Matrix: One Mufti's Journey Through Law, Identity, and Liberation



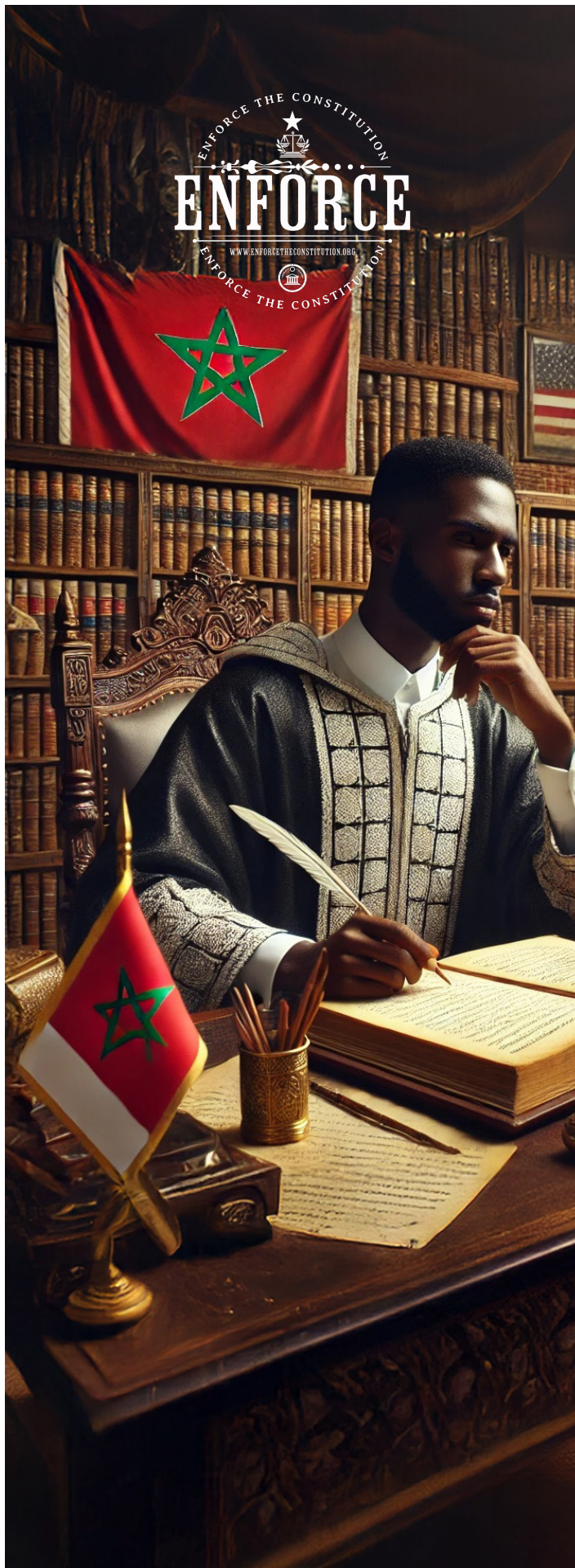


Table of Contents

- p3. Main Headline- Interview w/ George Neal-Bey
- p5. Nationality : The Supreme Law of the Land
- p8. The Moor you know
- p11. Word Degree's
- p13. Koran Questions
- p14. Acknowledgemets for Dr. G
- p18. Moorish Calendar
- p21. Zodiac Constitution
- p23. Moorish Motivation
- p25. Health and Wellness
- p27. Moorish Kitchen
- p29. Crossword Puzzle
- p30. Announcements

SCAN FOR
Volume 3 Issue 1
CROSSWORD PUZZLE
ANSWERS



Beyond the Matrix: One Mufti's Journey Through Law, Identity, and Liberation

By: Lee El, Jasmin El & Blanche Hines-Bey



As a facilitator and storyteller, my goal is to create an environment where narratives unfold naturally, revealing the complexities and triumphs that shape our understanding of law and society. Recently, I had the privilege of sitting down with George Bey, a Mufti, to discuss his experiences and insights into Moorish science, law, and the movement that has reshaped his life. What emerged was a tapestry of personal growth, legal battles, and reflections on identity—all framed within the broader context of the Moorish movement.

A Journey into Moorish Science

George's introduction to Moorish identity began in his teenage years, through a friend's father. However, like many youths, he didn't fully embrace these concepts until later in life, after having children of his own.

"I initially pursued what I now understand was the 'colonizer's dream' or the 'matrix'—a fraudulent, feudal system that many mistake for reality," George explained. This perspective stands in stark contrast to what he describes as the true "American dream," which he believes aligns more authentically with Moorish principles.

Between 2000-2002, George began exploring misguided ideologies, engaging in what he now acknowledges were questionable practices. His path changed significantly around 2016-2017 when he encountered Taj Tarik Bey's teachings, which led him to question earlier methods like authenticating birth certificates and obtaining certain types of passports.

"I became skeptical of certain processes within the movement and started studying more deeply," George reflected on the lack of respect for the matriarchal movement others failed to demonstrate.

His critical approach eventually connected him with Brother Lamont in 2020-2021, who provided consular assistance for de facto accounts presented as cases George faced with Baltimore County authorities.

Legal Applications and Real-World Challenges

George's theoretical knowledge found practical application when dealing with a slumlord situation in Baltimore City. Using an affidavit based on Moorish principles, he successfully halted legal action against him—a turning point that validated his studies.

"Having a passport or other government-issued documents can be considered a contract that impairs one's rights as a Moorish American," George explained during our interview. He argues that such contracts place individuals under the jurisdiction of corporate government entities rather than preserving their natural rights.

This perspective guided George to seek consular assistance to properly assert his rights and protect what he terms his "estate"—his Moorish status and property. This involved intensive training sessions to understand how to interpret and apply constitutional and treaty rights.

Our conversation touched significantly on the concept of consular jurisdiction, which relates to invoking rights and protections based on one's heritage or "pedigree" as outlined in treaties between nations. Understanding different types of citizens.

Reflections on Health and Personal Growth

Not all of George's experiences have been academic. He recounted a harrowing incident where he and Brother Lamont were kidnapped after responding to a call for help involving children. They had been at a gun range setting up for "Sunday Gunday," a weekly event for teaching self-defense and civics.

"Despite our instincts warning against it, we went to assist a woman who claimed she and her children would be taken if we didn't help," George recalled. "Upon arriving, we were ambushed and kidnapped." He reflected on the experience with remarkable candor, acknowledging that he ignored his better judgment due to his concern for the children allegedly involved.

Our conversation also veered into the personal—discussing health, diet, and their connections to broader societal themes. I shared my own journey transitioning to a plant-based diet, detoxifying my body with raw salads, black seed oil, oregano oil, and sea moss. This experience opened my eyes to the impact of generational trauma and childhood eating habits on health.

George related these insights to his own struggles with gastritis and dietary changes, sparking a dialogue about the challenges of

breaking free from unhealthy food patterns. In many ways, the discussion paralleled the broader theme of reclaiming one's rights and identity—a process that requires intention, discipline, and self-awareness.

Broader Implications and Future Conversations

George emphasized the importance of sincerity and accountability within the Moorish movement. Having spent time in prison and interacted with various groups including a Consul General, he spoke about the serious commitment required.

I noted the significance of the movement's matriarchal structure and the importance of self-love as foundational principles. George responded with a sobering warning about the consequences of not being accountable and the level of commitment required in the movement.

Beyond personal narratives, our discussion touched on systemic challenges faced by the movement, including COINTELPRO and the Black Messiah Act (add: for a theatrical reference watch the movie) Judas and the black messiah). These topics underscored the need for ongoing dialogue and awareness. George expressed his willingness to revisit these sensitive subjects in future interviews, ensuring the stories and lessons reach a wider audience.

Looking ahead, we agreed to a re-recording of the interview, free from the audio issues that disrupted the initial session. This time, the focus will be on allowing George to delve deeper into these critical issues, unencumbered by time constraints.

A Closing Reflection

As I reflect on our conversation, I am struck by the intertwining themes of law, identity, and accountability. George's journey serves as a testament to the transformative power of knowledge and the importance of staying true to one's principles. For readers, his story offers not only a glimpse into the Moorish movement but also a broader call to examine the systems we navigate and the rights we hold.

As George continues his legal battles with Baltimore County and PG County while maintaining proper documentation and following constitutional principles, his experience serves as both cautionary tale and inspiration—reminding us that understanding our rights requires both study and practical application, often through challenging circumstances.



The Supreme Law of the Land: Foundational Documents and Their Significance

By: Jasmin El, Lauren Jackson-Bey, Freddie Maurice El



In the intricate tapestry of American jurisprudence, few principles are as enduring and definitive as the Supremacy Clause enshrined in Article VI, Clause 2 of the Constitution for the United States of North America. This pivotal clause declares that “this Constitution, and the Laws of the United States which shall be made in Pursuance thereof; and all Treaties made...shall be the supreme law of the land.” It establishes the unassailable authority of the Constitution, mandating that all judges and state laws adhere to its provisions, and ensuring a unified lawful framework across the nation.

This article embarks on a journey through the foundational documents that laid the groundwork for the supreme law, tracing the chronological development of American lawful principles. From the First Continental Congress, where the colonies first convened to unify their resistance, to the transformative Declaration of Independence that proclaimed the colonies’ right to self-governance, each document played a vital role. The Articles of Confederation marked the first attempt at a unified government, while the Treaty of Peace and Friendship between Morocco and the United States underscored early diplomatic relations and mutual recognition. These foundational writings culminate in the enduring Constitution, which solidified a legal structure that continues to guide the nation to this day.

The Continental Congress and the Path to Independence

The Continental Congress (free moors) first convened on September 5, 1774, at Philadelphia, Pennsylvania, in response to the Coercive Acts imposed by the British Parliament, which colonists referred to as the Intolerable Acts.

During this meeting, the delegates aimed to address grievances against British policies and assert colonial rights. While the First Continental Congress did not advocate for independence at this point, it prepared the path for the revolutionary movement that would follow. The gathering concluded on October 26, 1774, with a decision to reconvene in May 1775 if their grievances were not addressed, leading to the Second Continental Congress and eventually the Declaration of Independence.

The Second Continental Congress convened on May 10, 1775, in Philadelphia, Pennsylvania, just weeks after the battles of Lexington and Concord, which marked the outbreak of armed conflict between the American colonies and British forces. It was essentially a continuation of the First Continental Congress, called into session after it became evident that the British government had no intention of addressing colonial grievances or halting oppressive policies. Once assembled, the Second Continental Congress quickly assumed de facto governance over the colonies, even though it had no official authority granted by law or constitution. Its actions and decisions made it the central governing body during the American Revolution. Though its authority was informal and emerged out of necessity, the Second Continental Congress played an essential role in leading the colonies to independence and set the stage for the establishment of the United States. It was a remarkable display of adaptability and leadership under extraordinary circumstances.

The Declaration of Independence (1776)

The Declaration of Independence, adopted on July 4, 1776, is a monumental document in American history. It proclaimed the colonies’ separation from British rule and asserted their right to exist as independent states. Authored primarily by Thomas Jefferson, the Declaration served as a bold statement of principles, laying the foundation for the United States.

The Declaration begins by asserting universal truths—that all men are created equal and are endowed with unalienable rights, including life, liberty, and the pursuit of happiness. It emphasizes that governments are established to protect these rights, and when they fail to do so, the people have the right to alter or abolish them. The document then outlines specific grievances against King George III, accusing him of tyranny and highlighting his violations of the colonies’ rights, including taxation without representation, unjust laws, and military oppression. Concluding with a powerful declaration, it proclaims the colonies’ separation from Britain and asserts their intention to establish a new, sovereign nation.

The Articles of Confederation (1781)

The Articles of Confederation, drafted in 1777 and ratified in 1781, served as the United States’ first constitution, uniting the thirteen colonies in a shared commitment to collaboration and mutual support.

Article I of the Articles of Confederation established the official name of the union as “The United States of America.” It was a simple yet significant declaration, as it symbolized the unity of the thirteen states under a single confederation.

Article IV underscored the principles of unity and interaction among the states. It granted the free inhabitants of each state—except paupers, vagabonds, and fugitives from justice—equal privileges and immunities across state lines. It also ensured free movement of people and commerce among states, with fair regulations preventing undue restrictions or impositions. Moreover, states were required to cooperate in matters of justice by returning fugitives to the state with jurisdiction over their crimes.

The Articles established a mutual agreement, or a “firm league of friendship,” between these states. This agreement focused on cooperation for defense, trade, and foreign relations while preserving the sovereignty and independence of each state. It was, at its core, a union between the states rather than one between the people or a central government and the states. This framework emphasized state autonomy within a collective structure, laying the foundation for early governance while highlighting the challenges of balancing unity and independence. This delicate balance ultimately illuminated the need for a more robust federal government, leading to the creation of the United States Constitution.

The Treaty of Peace and Friendship (1786/1836)

The Treaties of Peace and Friendship between Morocco and the United States, signed in 1786 and renewed in 1836, were significant diplomatic agreements that established and reaffirmed peaceful relations and trade cooperation between the two nations. These treaties marked Morocco’s recognition of the United States as an independent country and provided protections for American ships and citizens within Moroccan territories.

The Treaty of 1786 was the original agreement negotiated during the early years of the United States. It was part of Morocco’s broader effort to maintain amicable relations with various nations. The renewal in 1836 reaffirmed the commitments made in the original agreement and adjusted provisions to account for changes in international trade and relations. It emphasized continued peace, mutual respect, and cooperation, ensuring the enduring diplomatic bond between the United States and Morocco.

As the longest-standing treaty relationship in United States history, these agreements underscore the long-standing friendship and collaboration between the two nations and remain important symbols of early American diplomacy in the international arena.

The Constitution for the United States (1787)

The Constitution for the United States of North America, adopted in 1787 and ratified in 1788, is the supreme law of the land that established the framework for the federal government. It replaced the Articles of Confederation and created a stronger, more centralized system of governance while balancing power between the national and state governments.

Core Principles and Structure

The Constitution is built upon several enduring principles that guide its framework, here are a few:

- **Separation of Powers:** Divides the federal government into three branches—legislative, executive, and judicial—to ensure checks and balances.
- **Federalism:** Shares authority between the federal and state governments, allocating specific powers to each while preserving the sovereignty of both levels.
- **Popular Sovereignty:** Asserts that the authority of the government comes from the consent of the governed, empowering the people as the ultimate source of political power
- **Rule of Law:** Establishes that all individuals and institutions, including government officials, are subject to and must operate within the bounds of the law.
- **Individual Rights:** Protects fundamental liberties through mechanisms like the Bill of Rights, safeguarding freedoms such as speech, religion, and due process.

The Bill of Rights (1791)

The Bill of Rights, consisting of the **first ten amendments to the United States Constitution**, was ratified in 1791 to protect individual liberties and limit the power of the federal government. Here’s a summary of its key protections:

- **First Amendment:** Guarantees freedom of speech, religion, press, assembly, and petition.
- **Second Amendment:** Protects the right to bear arms.
- **Third Amendment:** Prevents the forced quartering of soldiers in private homes during peacetime.
- **Fourth Amendment:** Protects against unreasonable searches and seizures and ensures the right to privacy.
- **Fifth Amendment:** Provides rights in legal proceedings, such as protection against self-incrimination and double jeopardy, and guarantees due process of law.
- **Sixth Amendment:** Ensures the right to a fair trial, including the right to an attorney and an impartial jury.
- **Seventh Amendment:** Guarantees the right to a jury trial in civil cases.
- **Eighth Amendment:** Protects against excessive bail, fines, and cruel or unusual punishment.
- **Ninth Amendment:** Asserts that individuals have rights beyond those explicitly mentioned in the Constitution.

- **Tenth Amendment:** Reserves powers not delegated to the federal government to the states or the people.

These amendments form the cornerstone of American civil liberties, safeguarding fundamental rights and freedoms while balancing governmental power.

Supreme Court Decisions (Landmark Cases)

The third branch of government—the judiciary—plays a critical role in interpreting and applying constitutional principles. Through landmark decisions, the Supreme Court has shaped the practical implementation of the supreme law of the land.

Marbury v. Madison (1803) established the principle of judicial review, empowering the Court to invalidate laws that conflict with the Constitution. *Brown v. Board of Education* (1954) overturned the “separate but equal” doctrine, furthering the nation’s commitment to equal protection. These and countless other decisions have transformed abstract constitutional principles into tangible legal realities.

By referencing case law, individuals and entities use the Supreme Court’s interpretations to assert and defend their rights. For example, *Kolovrat v. Oregon* (1961) affirmed the significance of treaties as part of the supreme law of the land, highlighting their binding authority in resolving disputes. Similarly, *United States v. Throckmorton* (1878) addressed issues of fraud and equitable relief, establishing precedents for justice and fairness in legal claims. *Penhallow v. Doan’s Administrators* (1795) reinforced principles of federal authority and governance, shaping the understanding of constitutional interpretation.

Through its decisions, the Supreme Court continues to influence the nation’s legal landscape, ensuring the Constitution remains the ultimate guide for justice and equality.

Conclusion: A Continuum of Constitutional Emergence

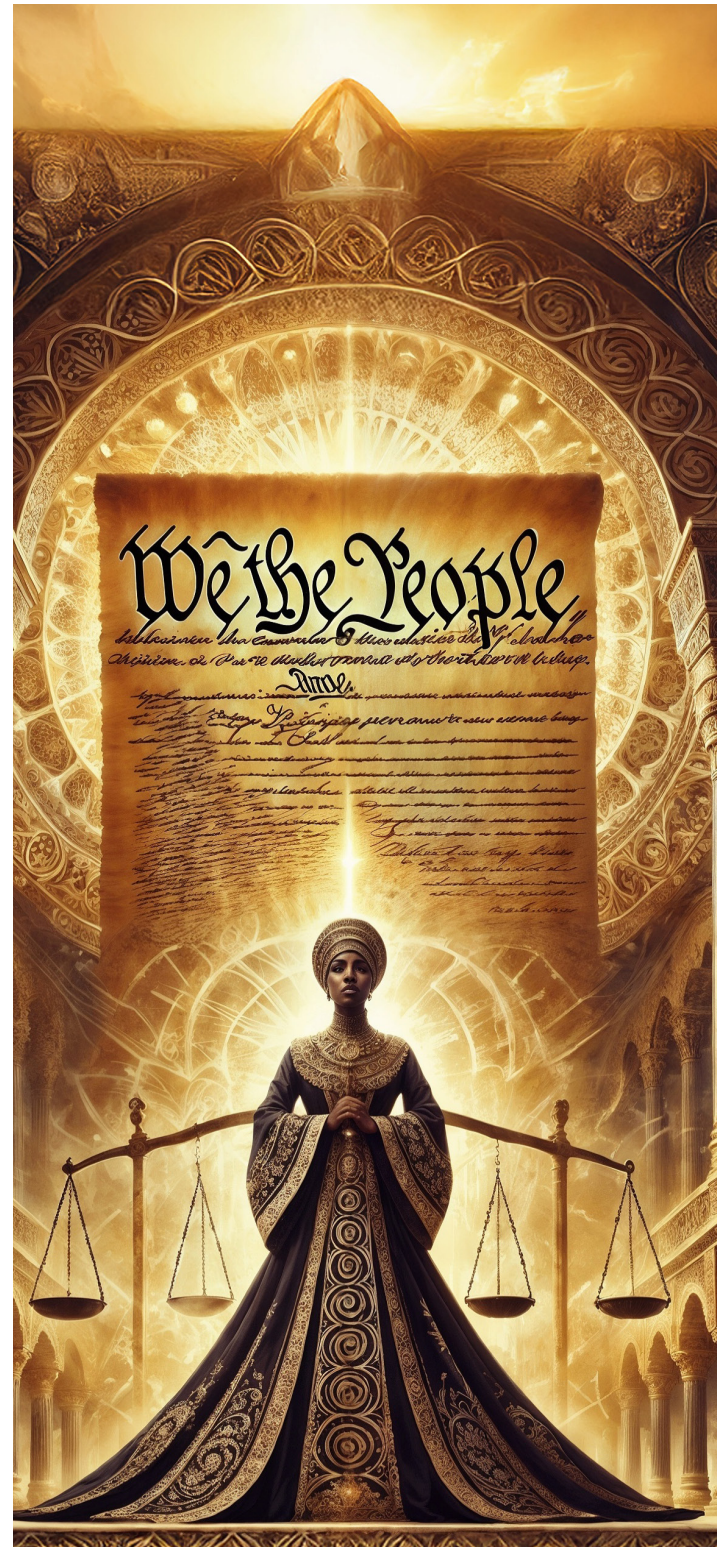
The journey from the First Continental Congress to the Constitution represents more than a historical progression, it is a testament to the intricate process of national formation. Each document examined—from the Declaration of Independence to the Bill of Rights—reveals a critical layer in the complex architectural design of American governance.

The foundational documents stand as living testaments to a nation’s continuous pursuit of self-definition. The Continental Congress’s initial gatherings, born of resistance and necessity, evolved into a sophisticated system of governance that balanced individual liberty with collective purpose. The Articles of Confederation, though ultimately insufficient, provided crucial lessons in the challenges of unified governance. The Treaty of Peace and Friendship between Morocco and the United States symbolizes the early diplomatic nuances of an emerging nation seeking recognition on the world stage.

From the Supremacy Clause to the Bill of Rights, these documents chart a remarkable journey of political philosophy transformed into practical governance.

For the curious scholar, the law historian, and the engaged citizen, these foundational documents offer an inexhaustible terrain of inquiry. Each clause, each amendment, each carefully crafted provision tells a story of negotiation, compromise, and principled governance. They invite deeper exploration, challenging readers to understand not just what is written, but the profound human context that gave these words their transformative power.

The supreme law of the land is not a conclusion, but an invitation—a continuous dialogue between past principles and present possibilities, waiting to be understood, interpreted, and ultimately, honored.



The Moor you Know

The Sacred Seven: How Ancient Cosmic Patterns Shaped America's Constitutional Framework

By: *Blanche Bey*



The Constitution for the United States of North America Republic, with its 7 Articles governing the Executive, Legislative, and Judicial powers, is rooted in the foundational principles associated with the number 7. The Grand Architect (mother nature) of the Universe created these principles when she divided her 28-day cycle into four equal parts of 7 each. The 28-day cycle of the moon is within her (woman). These are the principles of the 7 that operate civilization. The framers (continental congress) of the constitution adapted the principles of the circle, or cycle of seven, and agreed to operate under these principles in harmony with nature.

This cosmic pattern of seven reverberates throughout human experience—in the 7 days that structure our weeks, the 7 colors that compose visible light, the 7 notes that form our musical scales, the 7 chakras that align our energetic bodies, the 7 seas and 7 continents that define our planet, the 7 virtues and 7 vices that guide our moral understanding, and the 7 liberal arts that have educated our greatest minds for millennia. By examining these ancient sevenfold systems, we can better understand how the framers of the Constitution consciously aligned their governance design with cosmic principles, creating a system meant to reflect the natural order and achieve harmonious balance in human affairs.

The Ancient Principle “As Above, So Below” finds perfect expression in our seven-day week: just as seven celestial bodies—Sun, Moon, Mercury, Venus, Mars, Jupiter, and Saturn—move through the heavens in their ordained paths, so too does our earthly existence follow this sevenfold rhythm.

The Seven-Day cycle represents a complete energetic pattern that repeats throughout nature and human experience. Each day carries specific vibrations and qualities that influence activities undertaken during that time:

- **Sunday** (Sun's Day) - Associated with illumination, vitality, and leadership. In the 3rd dimension, this energy supports activities related to purpose, clarity, and authority. It's considered ideal for setting intentions and connecting with one's higher self.
- **Monday** (Moon's Day) - Connected to emotions, intuition, and receptivity. This energy in the physical realm relates to nurturing, feelings, and subconscious patterns. It's seen as favorable for emotional healing and introspective work.
- **Tuesday** (Mars' Day) - Embodies action, courage, and assertiveness. In daily life, this energy supports initiative, confronting challenges, and physical activity. It's considered powerful for breaking through obstacles.
- **Wednesday** (Mercury's Day) - Governs communication, intellect, and exchange. This manifests as enhanced mental clarity, effective expression, and successful negotiations in the material world.
- **Thursday** (Jupiter's Day) - Represents expansion, abundance, and wisdom. In the 3rd dimension, this energy supports growth, learning, and attracting prosperity. It's viewed as auspicious for beginning important endeavors.
- **Friday** (Venus' Day) - Associated with harmony, beauty, and relationships. This energy facilitates connection, creativity, and appreciation of sensory pleasures in physical reality.
- **Saturday** (Saturn's Day) - Embodies structure, discipline, and mastery. In practical terms, this energy supports organization, completing tasks, and establishing boundaries.

Constitutional Connection: The seven-day week provided humanity with its first experience of cyclical governance—the idea that time itself follows an ordered pattern requiring different priorities on different days. This concept of cyclical order with distinct phases influenced constitutional thinking about balanced government, suggesting that different powers should operate in distinct domains yet function as part of a unified whole.

The Seven Cardinal Colors: The spectrum's seven colors (**red, orange, yellow, green, blue, indigo, violet**) profoundly influenced constitutional design through their symbolic representation of natural order. Just as these colors progress in perfect sequence while creating a unified rainbow, the Constitution establishes seven fundamental governmental relationships that flow naturally from one to another. Treaties between the early United States and various nations often incorporated this sevenfold pattern, with seven articles, seven signatories, or seven-year terms. This cosmic blueprint inspired them to craft a system where seven interrelated constitutional principles could create a cohesive republic while maintaining their distinctive functions—nature's septenary wisdom translated into political architecture.

The Seven Chakras: Ancient Systems of Energetic Balance: The concept of seven chakras originated in India around 1500 BCE in early Vedic texts. This sophisticated system maps seven primary energy centers and colors along the human spine:

- **Muladhara-Red** (Root Chakra) - Located at the base of the spine, representing stability and basic survival
- **Svadhithana-Orange** (Sacral Chakra) - Located below the navel, governing creativity, and emotional wellbeing
- **Manipura-Yellow** (Solar Plexus Chakra) - Located above the navel, the center of personal power and will
- **Anahata-Green** (Heart Chakra) - Located at the heart, representing compassion and connection
- **Vishuddha-Blue** (Throat Chakra) - Located at the throat, governing communication, and self-expression
- **Ajna-Indigo** (Third Eye Chakra) - Located between the eyebrows, representing intuition and insight
- **Sahasrara-Violet** (Crown Chakra) - Located at the crown of the head, connecting to higher consciousness

Constitutional Connection: The 7 chakras represent distinct energy centers, each playing a unique role in fostering physical, emotional, and spiritual balance within an individual. Similarly, the constitution establishes foundational principles that support the harmony and functionality of a society. Just as the chakras are interconnected and work together to create a unified system, the constitution integrates diverse elements—such as rights, responsibilities, and governance—to ensure a balanced and cohesive societal structure. Both frameworks highlight the importance of alignment and integration in achieving holistic well-being, whether within an individual or a nation.

The Seven Musical Notes (do, re, mi, fa, sol, la, ti) illustrate how distinct elements can retain their unique characteristics while contributing to a unified and functional whole through deliberate proportion. Similarly, **constitutional governance** depends on the careful balance of distinct yet interdependent components. By

preserving the individuality of each branch of government while enabling their collaboration, the system ensures effective operation and mutual reinforcement without compromising the integrity of its separate powers. Constitutional governance, like the seven musical notes, relies on the balance of distinct yet complementary elements, where separation ensures individuality of powers, and cooperation unites them into a cohesive and harmonious system.

The Seven Seas: (Black Sea, Caspian Sea, Persian Gulf, Red Sea, Mediterranean Sea, Atlantic Sea, and the Arabian Sea)

Constitutional Connection: The “seven seas” concept represented humanity's first attempt to comprehensively organize global geography, influencing how nations understood boundaries and interconnections. Constitutional framers incorporated this global perspective when developing principles for international relations / treaties, commerce, and maritime law.

The Seven-Continent Model: A Framework of Diversity As global exploration expanded, the seven-continent model evolved, categorizing Earth's geography into **Africa, Antarctica, Asia, Australia, Europe, North America, and South America**. This division highlights distinct political, cultural, and ecological regions.

Constitutional Connection: The sacred number 7 profoundly influenced America's founding documents through the symbolic power of the seven continents. Just as these seven distinct landmasses form one interconnected Earth, the Constitution established seven fundamental principles: popular sovereignty, republicanism, federalism, separation of powers, checks and balances, limited government, and individual rights. Treaties with Moorish nations and foreign powers operated under a seven-year review cycle, reflecting the Framers' understanding of septenary cosmic patterns. The number 7 appears symbolically throughout early American governance—from the Constitution's seven articles to the original Cabinet's seven departments. This pattern wasn't coincidental but reflected the Founders' awareness of universal truths: that seven represents completion and divine order, whether in continents, constitutional articles, or cosmic law.

The Seven Virtues:

- **Faith:** Complete trust or confidence in someone or something; in religious contexts, knowledge in divine truths.
- **Hope:** The expectation of positive outcomes, especially regarding the future or events beyond one's control.
- **Charity:** Generosity and love, especially in giving to others; often synonymous with selfless love in theological contexts.
- **Strength:** (often translated as Fortitude): Courage and endurance in facing adversity or challenges.
- **Prudence:** The quality of being wise and judicious in decision-making, showing care for the future.
- **Temperance:** Moderation or self-restraint, especially in desires and actions.
- **Justice:** The principle of fairness and morality in treatment, actions, and laws.

These virtues embody moral qualities that, when united, create ethical harmony. Each virtue plays a distinct role, yet their collective presence ensures balance and integrity, both in individuals and society.

Constitutional Connection: Similarly, the Constitution draws upon this concept of unity through diversity. The branches of government reflect these virtues, working independently yet interdependently to sustain justice, prudence, and balance in governance. Treaties align with this framework by fostering faith between nations and embodying hope for progress, charity in cooperation, and temperance in resolving conflicts.

The Seven Deadly Sins

- **Pride:** Excessive self-esteem or arrogance, often regarded as the original and most serious of sins.
- **Avarice:** (Greed): An intense and selfish desire for wealth or material possessions.
- **Luxury:** (Lust): Excessive or disordered desire for physical or sensual pleasures.
- **Wrath:** Extreme anger or rage, often leading to vengeful or harmful actions.
- **Idleness:** (Sloth): Avoidance of physical or spiritual work, laziness that neglects one's duties.
- **Gluttony:** Overindulgence or excessive consumption, especially of food or drink.
- **Envy:** Discontent or resentment aroused by another's qualities, possessions, or success.

These sins serve as a moral framework for identifying and addressing human weaknesses that can lead to the decay of individuals and societies, underpinning philosophical and theological thought.

Constitutional Connection: Understanding the seven deadly sins influenced constitutional framers' realistic view of human nature. The American system of checks and balances was designed specifically to counteract these human tendencies toward vice, particularly pride (tyranny), greed (corruption), and wrath (factionalism). As James Madison wrote in Federalist No. 51: "If men were angels, no government would be necessary."

The Seven Liberal Arts, divided into trivium (grammar, logic, rhetoric) and quadrivium (arithmetic, geometry, music, astronomy), formed the educational foundation of constitutional framers. Their constitutional thinking reflected this background in creating balanced structures of power through logical design and persuasive articulation.

Constitutional Influence

- **Balanced Structure:** Like seven musical notes creating harmony or seven chakras distributing energy, the Constitution established separate branches with distinct functions yet harmonious interaction. The tripartite division of federal power with further subdivisions creates a complex system of balanced authorities.
- **Cyclical Renewal:** The seven-day week, with its pattern of work and rest, influenced constitutional thinking about regular elections

and term limits to ensure cyclical refreshment of power.

- **Moral Framework:** The seven virtues and sins provided ethical guidance for constitutional designers who recognized the need for both encouraging civic virtue and restraining vice. The Constitution's preamble, establishing goals of "justice," "domestic tranquility," and "general welfare," echoes virtues from the classical tradition.

- **Comprehensive Scope:** Just as the seven seas and continents mapped the physical world, the Constitution created a comprehensive framework for governance addressing essential domains of national life while adapting to new circumstances.

Conclusion:

The United States Constitution embodies the Framers' recognition of seven's universal significance. By incorporating principles of the circle, or cycle of seven-observed in seven continents, seas, virtues, musical notes, and chakras—they created a governance system where distinct elements function both independently and harmoniously. This septenary framework wasn't merely symbolic but practical, providing mathematical and philosophical foundations for a balanced republic. By aligning governance with patterns reflecting universal order rather than temporary political convenience, the Framers designed a system naturally resistant to imbalance. The Constitution's remarkable endurance affirms what they understood: governance aligned with cosmic principles—particularly the sacred architecture of seven—possesses inherent stability and resilience, harmonizing with the very rhythms of creation itself.

Sources: by Davis Sinclair Bey, Ai





The Power of Narrative Transportation: Shaping Minds and Realities

In the quiet spaces between what is said and what is lived, there exists a powerful force that has shaped civilizations, redefined identities, and redirected the course of human history. This force—**“narrative transportation”**—represents more than mere storytelling; it is the immersive experience through which we not only hear stories but become transported into them, emotionally and psychologically engaging with narrative worlds until the boundaries between observer and participant blur.

For the Moorish people, whose ancestral lands span North, South, and Central America, as well as North and West Africa and whose sovereignty extends through historical treaties and birthrights across continents, the impact of narrative transportation has been profound and often devastating. Through centuries of colonization, our identity, heritage, and lawful standing have been systematically erased and rewritten through carefully constructed narratives designed to detach us from our birthrights and rightful claims to sovereignty.

As we explore the concept of narrative transportation in this edition of the Maghrib Times, we connect deeply with our March theme of law and truth-seeking. For, in understanding how stories shape our perception of reality, we may reclaim the power to rewrite narratives that have long been used against us.

Understanding Narrative Transportation

When we become immersed in a story—whether conveyed through oral tradition, written text, visual media, or legal doctrine—we undergo a psychological transformation. We temporarily leave our immediate surroundings and journey into the narrative world, identifying with characters, adopting their perspectives, and experiencing emotional responses that mirror theirs. This process, studied extensively by psychologists, reveals how deeply stories

can alter our beliefs, attitudes, and subsequent actions.

The transportation experience does not merely entertain, it transforms. Research has shown that the more transported an individual becomes in a narrative, the more likely they are to adopt beliefs consistent with that narrative, even when those beliefs contradict previously held convictions. For the Moorish people, this process has been weaponized through generations of colonial narratives that systematically disconnected us from our rightful claims to sovereignty, land, and self-determination.

The colonizers understood that physical conquest alone would not secure their dominion. The most effective conquest required the reshaping of minds, convincing the subjugated that their subjugation was natural, inevitable, or even beneficial. By controlling the narratives about our history, identity, and rights, they implemented a form of mental influence that proved more enduring than military occupation.

Historical and Practical Applications

The document “Silent Weapons for Quiet Wars” illuminates how controlled narratives function as psychological weapons of mass influence. While military weapons target bodies, narrative weapons target consciousness. Colonial powers deployed carefully crafted stories about “discovery,” “civilization,” and “progress” to justify the systematic dispossession of Moorish lands and rights. These narratives were not merely propaganda; they were sophisticated psychological operations designed to reshape collective perception without the appearance of coercion.

The effectiveness of this approach lies in its subtlety. When individuals are transported into a narrative, they lower their cognitive defenses. Critical thinking diminishes as emotional engagement increases. The colonial project exploited this vulnerability by embedding legal fictions within compelling narratives about identity, belonging, and legitimacy.

As detailed on lawfulpath.com, our understanding of laws and legal systems are influenced by the stories surrounding them. The “official” historical narratives that portrayed Moors as foreigners rather than Indigenous peoples with established sovereignty created the foundation for legal structures that continue to escheat our lands and usurp our rights. These narratives did not merely misrepresent history; they actively constructed a new reality in which our claims of sovereignty appeared illegitimate or invisible. This pattern of narrative manipulation extends beyond historical colonization into modern legal contexts. The language of “citizenship,” “nationality,” and “jurisdiction” continues to be defined through narratives that obscure original treaties, birthright claims, and sovereign status of Moorish Americans and other Indigenous peoples.

The Power of Narratives in Law and Sovereignty

Law itself is a form of storytelling; a narrative about order, justice,

and human relations that society agrees to believe in and enforce. But whose stories become law? Whose stories have become suppressed or rewritten? These questions lie at the heart of our March theme.

The Reconstruction era provides a powerful example of narrative transportation's impact on law and sovereignty. As Moors sought to reclaim their identity and sovereign status following the Civil War, dominant narratives quickly emerged to neutralize these claims. Stories about "freed slaves" rather than "restored sovereigns" transported the public, and eventually the legal system, into a reality where Moorish claims to sovereignty appeared as novel inventions rather than rightful restorations.

The power of the de facto courtroom narratives further demonstrate this dynamic. Legal outcomes often hinge not merely on facts and statutes but on whose story proves most compelling, most transportive. When Moorish Americans assert their sovereign status in de facto courts, they face not only legal opposition but narrative opposition; competing stories about identity, history, and legitimacy that so many have been transported into believing throughout their lives.

Yet narrative transportation also offers a path toward reclamation. By recovering and sharing authentic histories of Moorish sovereignty, treaties, and legal standing, we create counter-narratives capable of transporting audiences into a different understanding of law, one that recognizes our original rights and status.

Cultivating Awareness Through Narrative Transportation

Recognizing narrative transportation as a force that shapes perception empowers us to engage with stories more critically. We must ask: Who created this narrative? What worldview does it reinforce? Whose interests does it serve? What alternative narratives are being suppressed?

This critical engagement represents the first step toward liberation from mental colonization. The next step involves consciously using narrative transportation as a tool for education, empowerment, and upliftment. By sharing truthful stories about Moorish history, sovereignty, and rights; stories backed by historical treaties, documents, and legal precedents—we transport our community into a reality where reclamation becomes possible.

The mission of the Maghrib Times aligns precisely with this purpose: bringing necessary knowledge to uplift fallen humanity. Through historically accurate narratives about our origins, our ancestral connections to the land, and our lawful standing, we create pathways for our community to become transported into a reality where sovereignty is not merely claimed but lived.

Call to Action: Reclaiming Our Stories

The time has come for Moorish Americans and all Indigenous peoples to actively reclaim the power of narrative transportation. This reclamation begins with seeking out empowering narratives that align with historical truth, justice, and sovereignty. It continues with critically examining the stories that have shaped our beliefs about ourselves, our history, and our rights.

We must become both conscious consumers and deliberate creators of narratives. This means:

1. Reflecting on which stories have shaped our understanding of identity, law, and sovereignty.
2. Seeking out authentic historical accounts of Moorish presence, contributions, and lawful standing
3. Creating and sharing narratives that transport our communities into awareness of their birthright and sovereignty.
4. Questioning mainstream narratives that continue to perpetuate colonial fiction about our status and rights.

Most importantly, we must preserve and transmit empowering narratives to future generations. Our children deserve to be transported into stories where their ancestors are not merely subjects of history but sovereign beings with dignity, principles, and recognized rights.

Conclusion

Narrative transportation represents both the mechanism through which our sovereignty was obscured and means by which it can be reclaimed. When we understand how deeply stories shape perception, belief, and action, we gain the power to consciously select which narratives we allow ourselves to be transported into. The colonial project succeeded largely through controlling the stories told about Moorish people and our relationship to the land. Our liberation requires reclaiming the power to tell our own stories; stories grounded in historical truth, treaty rights, and the enduring reality of our sovereignty.

Every story we tell and believe carries the power to shape not only our perspective but our shared future. By becoming conscious participants in narrative transportation rather than passive recipients, we take a crucial step toward reclaiming not only our stories but our birthright.

The journey of sovereignty begins with the stories we tell ourselves about who we are. Let us ensure these stories reflect not the fictions of colonizers but the enduring truth of our heritage, rights, and destiny.



Koran Questions For Moorish Children

75. What was the answer that the Lower-self gave to the Higher-self?
"I am going to and fro in the earth seeking whom I may devour."

76. Has he finished His task of devouring? Yes.

77. When was His time declared out?
When He nailed Jesus to the cross.

78. What are the last words Jesus uttered?
It is finished.

79. What did He have reference to? He had reference to the end of Satan.

80. Did Jesus say that He would return to conquer Him? Yes.

81. What is the name of the person into whom Jesus was reincarnated?

Prophet MOHAMMED, the Conqueror.

82. Was Satan to be bound then? Satan was to be bound in part.

83. When was the head of Satan taken off? 1453 (Byzantine).

84. By Whom? By Mohammed.

85. Name some of the marks that

were put upon the MOORS of Northwest, by the European nations in 1774? Negro, Black, Colored and Ethiopian.

86. A name given to a river in West Africa by MOORS, because it contains black water? Negro.

87. What is meant by the word Black? Black according to science means death.

Questions 75-87 of the 101 Koran Question for children

“Journalism is not a profession or trade, it is a crusade for truth.”

– Robert C. Maynard

By: Atoyah El



In this issue of the Mahgrib Times Newsletter, we have the distinct honor of introducing a true pioneer in journalism—a woman whose unwavering commitment to truth has transformed how we understand the world around us.

Through her exceptional interviews and fearless reporting, she has consistently challenged the status quo, bringing to light perspectives and information that might otherwise remain in the shadows. Her work stands as a testament to the power of authentic journalism—not merely reporting events, but illuminating the deeper truths behind them.

She has created more than just a platform for information; she has built a foundation for self-discovery and critical thinking. By presenting complex concepts with clarity and compassion, she guides her audience on journeys of personal revelation and intellectual growth. Her exploration of nationality, particularly in presenting Taj Tarik Bey’s teachings from a neophyte’s perspective, has opened doors to understanding that many might have never encountered otherwise.

What truly sets her apart is not just the information she shares, but how she shares it—with integrity, respect, an unbiased approach and a profound dedication to human dignity. In a media landscape often driven by sensationalism, her commitment to substantive dialogue stands as a beacon of journalistic excellence.

As we present Dr. Nailah Gilliam, we do so with deep gratitude for the trails she has blazed and the truths she has illuminated. Her legacy isn’t just in the stories she’s told, but in how she’s empowered countless others to seek truth for themselves.

Please join us in honoring a true revolutionary in the field of journalism, whose voice has become indispensable to our collective understanding.

Atoyah El: Peace and love, everyone. Welcome to the Mahgrib Times Podcast. I’m your host, Atoyah EL. Today I have the privilege of interviewing Dr. G, the founder of House of Reawakening Minds. Where exactly did your journalism career begin?

Dr. G (Nailah Gilliam): Thank you for this opportunity. My knowledge of journalism didn’t begin with formal education. In the late eighties, I was helping with community work when I met a pastor who brought cable TV to our community. I was asked to answer phones, but I soon began reading community news and eventually hosting the program when he traveled. This started around 1989 when I became host of the Spiritual Revival Hour TV productions.

Atoyah El: That’s amazing. Was this before or after you went to school for theology?

Dr. G: Before.

Atoyah El: I know you have a ThD in theology. How has your background in theology supported your position as a journalist?

Dr. G: I don’t really consider myself a journalist, but theology gave me the ability to speak extemporaneously. I learned how to draw information from people based on small bits of information gathered before going live. It helped me play with words and understand how words affect people.

Atoyah El: I definitely view you as a journalist. You’ve interviewed so many different people focusing on information many of us are getting into in this supposed new age. Can you tell us more about how you got into poetry and creative writing?

Dr. G: I wrote poems as a child. Besides poetry, I wrote songs since I sang in several bands and was also a DJ in a club. Grand Sheik would have me read poems at the end of his lectures. He pushed me to publish my work in book form, which I did in 2013. I self-published and self-promoted it. I’m now working on Book 2 in this new cycle of my life.

Atoyah El: Happy belated life day btw! How long have you studied information regarding nationality? How were you introduced to the concept?

Dr. G: It began in 2011, after having been ordained as an apostle around 2008. On December 18, 2010, I had an out-of-body experience. The awakening was profound—it shook my world.

I heard a voice say, “You must stop lying and tell the truth.” This referred to lies of omission—failing to follow your spiritual instincts when you know there’s more.

Around 2011, I met a woman named Zodiacus El teaching astrology and metaphysics. She later showed up at my church saying, “I’m here to help you.” She told me about Taj Tariq Bey and took me to Philadelphia to hear him speak. I invited him to House of Reawakening Minds, initially called House of RAM, but I later changed it because RAM suggested banging heads, but this was meant to be a soft landing for people finding themselves in unfamiliar territory.

Atoyah El: Can you tell us about your work with metaphysics?

Dr. G: Metaphysics is about going beyond—opening the veil to see the bigger picture. It’s about crossing the so-called limits imposed by “powers that were.” They kept these modalities hidden in secret societies, calling them “occult” (hidden). “Apocalypse” means revealed, and we’re experiencing an apocalypse now with social media where “conspiracy theories” are being proven true.

I’m a Reiki practitioner and do energy work. I work with pendulums, divination, sound bowls, and various healing modalities. I believe we need to heal and it’s okay to use these tools the Most High provided. I just turned 70, and I’ve been able to determine my quality of life. We can change many things if we trust there’s a metaphysical realm beyond the natural.

Atoyah El: How did you and Grand Sheik Taj decide to come together?

Dr. G: After we were introduced, he came the next month and did a class. He started coming once a month, and people started coming from everywhere. I sat for maybe 3-4 years, more as a facilitator. I couldn’t figure out how much of what I was hearing pertained to me. Eventually I realized it did when I started learning about legal terminology from Black’s Law Dictionary. As I began to learn things, anger rises up because you realize that you’ve been lied to. He’s now on the board—he’s just as much a part of House of Reawakening Minds as I am.

Atoyah El: Gratitude for that history, Mother! I know that you met Brother Lamont—Consul General—back in 2012. What was your impression of the Mansion case and his growth since then?

Dr. G: He’s been consistent in his quest. That house has never been occupied since then—on the record, he took it. The people he’s been able to help be released from captivity, the people he’s helped with mortgages, debt, pledges—he’s determined to prove this whole structure is fraudulent. He puts receipts out there on the website. I love that he keeps putting out the proof and keeps helping people. I’m happy for the expansion of Enforce the Constitution because it’s addressing different areas of our lives.

Atoyah El: You have a lot of interesting guests on your platform whose ideas may conflict with one another. How do you take all this information in without getting swept away by it?

Dr. G: I realized that everybody has a piece of the pie. I’m taking

all this in and depending on my intuitive self to discern whether something is valid. Some people have called me names for having certain people on there, but I’m for free speech. In a true sense of journalism, you have to be unbiased.

From that standpoint, I guess I am a journalist. Do I believe everything? No. I’ve gone to some places and signed up for some stuff, then backed out the door like, “Oops, made a mistake”—and you’ll never hear me talk about it again.

Atoyah El: Absolutely. We’ve all been in that position getting into this information regarding finding yourself and nationalizing. It’s important to have a guide, but it’s also important to make that connection with yourself and use your intuition to feel through situations.

We do hear a lot about you having different guests, different Moors, Moorish Americans coming onto the platform with differing views. A lot of them speak totally against what our Grand Sheik does. People forget that you are a journalist—your job is to get the information out there and allow the audience to use their own discretion.

Dr. G: Yeah, I try not to push my own opinion too strongly. I’ll interject when needed, but I want to let guests express themselves. I’m hoping my platform reaches the folks I left in the church. I want them to get curious enough to hear truth. These folks still think they’re “black,” “negro,” “colored peoples”—they don’t understand the progression of ridiculousness. Your mama was “colored,” your grandma was “colored,” your mama is “negro,” and you’re “black”? None of it’s true, but they don’t know that because they’ve been afraid by dogma to find out what they don’t know.

Atoyah El: Absolutely. Even the term “Indian” is a misnomer—we’re not in India.

Dr. G: Right. The problem with the India thing is that we may have been clannish with clans. Maybe I don’t know if the tribal word was there. Did we wear feathers? I don’t know, we may have, but we weren’t Indians. Just like real, true folks from Africa don’t call themselves “African.”

Atoyah El: Yes! Let’s discuss how historical narratives take on a life of their own. What are your thoughts on this?

Dr. G: Part of the educational system was to indoctrinate people. It’s “his story” - not history but “his-tory.” Even those we might call mono Europeans or Albions have been lied to. They think they’re better than who they are, and they’re just finding out that they’re not.

I had an individual, an Albion, who was sincerely trying to nationalize. I feel for them because they’re sincere, but I had to tell them, “They don’t want you, and I can’t make them want you.”

Atoyah El: Absolutely. There needs to be some understanding of the direction they may need to go, but I believe there’s divine timing for all of that. We need to get ourselves together

first because there's nothing for them to be part of if we don't organize amongst ourselves.

Dr. G: I believe the time has come. The cycle we're in is one of growth and revelation. We're in an apocalyptic time where things are being revealed. Don't view apocalypse as a bad thing - it's about knowing what's happening behind the scenes, behind the curtain.

Atoyah El: Absolutely. That's a Wizard of Oz reference - the man behind the curtain was Oz, supposedly this great and powerful wizard, but in the end, we learn it was just a man, and the power was within you all along.

Dr. G: Absolutely.

Atoyah El: As a final question, what does nationality and nationalizing mean to you?

Dr. G: Nationality means being able to distinguish yourself from other human beings and knowing you have a pedigree. You're not just a label. Just as someone might say "I'm Irish" or "I'm Congolese," I can say "I'm Moorish American." Nationalizing means taking steps to free yourself from the constraints established by birth certificates and marriage licenses—to declare to the world who you truly are. It can be scary because people worry about pensions and Social Security, but what you've earned should be yours regardless.

Atoyah El: Absolutely. Take that pill—is it the blue pill that takes you down the lane of reality? I think the red pill is to get out of the Matrix.

Dr. G: I don't know which one is which.

Atoyah El: Take the right color pill, whatever color it is! Where would you advise people to start on their quest towards understanding nationality?

Dr. G: I would say they should go to enforcetheconstitution.org. Your new Mahgrib Times Newsletter—start with the first edition and keep reading because there's so much great information. I would also recommend getting our USB drive, which has about 700 documents including PDFs, books, and survival knowledge.

Atoyah El: Where can people find you to get information regarding these products?

Dr. G: Our YouTube channel is Official House of Reawakening Minds. Our website will be houseofreawakeningminds.org. If people want a USB drive, they can text (302) 345-0500 with the message "USB" or "USB International" if they're outside the US.

Atoyah El: Thank you again, Dr. G. Until next time, peace and love everyone.

Dr. G: Thank you for having me. It's been fun.

*To listen to the full extended interview, please visit our Mahgrib Times Podcast via Enforcetheconstitution.org



Acknowledgements for Dr. G.



Dr. G,

It is with profound respect and deep gratitude that I extend my deepest appreciation to you; you are a revered elder of our community and steadfast beacon of truth. You were among my first introductions to Grand Sheik Taj Tarik Bey, and through your platform, you have illuminated countless sacred pathways leading us back to the Universal Creator.

Your wisdom and dedication has been an enduring source of light, piercing through darkness and guiding many on their journey for many years. It is a privilege to walk on the path you have so honorably paved within the Divine Moorish Movement. Words cannot fully express my appreciation for your unwavering commitment to this Noble work.

You are the vital thread that weaves together the many pieces of this sacred puzzle, holding steadfast to your mission with unwavering resolve. As you enter the month of your Solar Return, may you find time to reflect, rejuvenate, and restore your energy, surrounded by peace, love, and divine illumination.

Peace, Love, and Infinite Light
Sister Britney Boyde Bey

In Honoring Dr. Nailah, Known And Embraced As "Dr. G" In Deed and Truth, What do I say about this very precious womban?, Surely She is Mama!! as I've had the honor to witness via my observance of herself and our Grand Sheik Taj Tarik Bey on the House Of Reawakening Minds, she quick to spare the people that come to the platform bearing in heart honorable intentions and the pursuit of remedial information, those trolls and emptiers whose only purpose being to cause confusion sowing discord in the chat only to provoke the voice of her stern warning to 'Cease and Desist' the ill-natured behavior, acts and comments that would swiftly earn them the 'Wrath Of Allah' in the personage of Herself should her viewers be subjected to the furtherance of the same. She is a Container of Lovell, as I've had the opportunity to feel for myself when 'up close and personal', I being a guest at the Delaware Location for the first time and welcomed at the door by her, My Goodness The Beauty Of Her Energy, 'Twas More Than Mere Words Dare Attempt To Translate. She is absolutely At Our Service!! as her being the possessor of such a truly giving heart, evidenced time and time again in her continual introduction of Resources, Books, Guests, etc. directly offering solutions

and remedies for all that ails those of us devoted in our assembly and gathering there at House Of Reawakening Minds. Beloved Empress Dr. G, I your son do hereby honor you with all that I am, would you be so kind as to accept this my humble bow that I now give as expressing my appreciation for your presence in the Earth Plane.

In Honor Always, Your Son Freddie Maurice El

Dr. G - I really appreciate you and your platform for the consciousness communities for individuals seeking growth and connection. Thank you for creating a safe space where individuals seek knowledge and collective wisdom.

Peace and Love, Charis Bey

Acknowledgment for Dr. G. "Nailah Gillium"

I give honor and deep gratitude to Dr. G., Nailah Gillium, for being a courageous light bearer and visionary. It was through the House of Reawakening Minds YouTube platform that my eyes and mind were truly opened. The knowledge shared, the wisdom poured, and the powerful lineup of guests kept me coming back, episode after episode.

Fast forward several years later, and I still look forward with anticipation to those notifications that say House of Reawakening Minds is Live. That platform continues to nourish my spirit and sharpen my awareness. I often reflect: had Dr. G. not had the courage to share her vision and speak her truth to the world, I truly do not know where I would be today. May the House continue to stand strong and shine bright.

Thank you, Dr. G., for answering the call.
Brother Raj Bristol Bey

In my own Words & Thoughts

Dr. G without a doubt a beautiful, meek and wise woman from amongst our people, (Moorceans) being inspired by the ALLAH and groomed by the Greatness of ALLAH'S Prophet Noble Drew Ali and his disciple (to his honor) Grand Sheik Taj Tarik Bey, you are an example of what our mothers can and should do for us all and with the breath of ALLAH within me I say thank you for your love, your support and declaring. I am especially appreciative because when I visited House of Reawakening Minds 2 years ago and was challenged at the airport, it was you that returned my calls to make sure I was safe even though you had other things you were busy with. For that I am grateful, truly grateful. Thank you for your ministry helping to uplift fallen humanity. May all be well and continue to be well with you and your house Ad Infinitum.

With sincerity, Casey J. Thomas-El Almuurammi Bey C.J. El all rights reserved.
3/21/2025






Dr G. is a saving grace for many Moorish Americans. Had it not been for her introduction to the Grand Sheik Taj Tarik Bey, we would not be as far as we are today as we are in this Moorish and Divine Movement, and for that I am so so grateful. You have given Grand Sheik a platform to impart his wisdom to us on a grand scale. Your support in assisting the Moorish Divine Movement has not gone unnoticed. From the many interviews regarding nationality, health and wellness, law classes, astrology, birthrights, and a plethora of other subjects that you are knowledgeable in. You have provided us with a private platform for sensitive information (I eagerly joined in) to get up to date with the geopolitical news. News that could not be discussed on YouTube without getting a strike or violation. You have brought forth a website with fundamental information. The vast information that you share with us is invaluable. Thank you for doing your part in the upliftment of fallen humanity, you have and continue to do a great service to us all.

Blanche Hines Bey

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 SHA'BAN 01	
							 FIRST QUARTER MOON 02 03 04 05 06 07 08	
							 FULL WORM MOON AYYAMUL BIDH FASTING 09 10 11 12 13 14 15	
							AYYAMUL BIDH FASTING 16 17 18 19 20 21 22  LAST QUARTER MOON	
							LAYLAT AL-QADR 23 24 25 26 27 28 29  NEW MOON	

Uniting Divine Law, Nature, and Constitutional Principles

In the previous issue of the Moorish Calendar (Volume 3, Issue 1), we explored the connection of the 7 Creative Spirits to the various attributes into which they manifest; including the associated days, crystals, chakras, ruling energies, and the 7 Articles within the Constitution for the United States of America (The Constitution). As we continue to explore the Supreme Law of the Land in this issue, this article will dive deeper into the harmonious relationship between the 7 creative spirits and the 7 articles of the Constitution. Our aim is to connect timeless spiritual principles with the foundational laws of our nation, emphasizing the synergetic alignment between Divine Law and Nature.

Associated Constitutional Principle	7 Creative Spirits/Ruling Energies	Day
Article I: The Legislative Branch	Communication and Expression	Wednesday
Article II: The Executive Branch	Personal power and Ambition	Tuesday
Article III: The Judicial Branch	Intuition and insight	Monday
Article IV: The States	Love and Compassion	Friday
Article V: The Amendment Process	Creativity and Emotions	Thursday
Article VI: The Supremacy Clause	Stability and Grounding	Saturday
Article VII: Ratification	Spirituality and Enlightenment	Sunday

1. Authority and Legislative Power (Article I) :

“The Congress shall have Power To ... make Rules for the Government and Regulation of the land and naval Forces;” ~ **Article I, Section 8**

The first creative spirit, with ruling energies of **Communication and Expression**, embodies the power to envision new possibilities and shape the future through effective communication internally and externally. Article I of the Constitution grants legislative authority to Congress, enabling the creation of laws and imparting the details of those Laws to guide

our nation. Members of Congress stand together as representative voices for their State and publicly declare their Legislative proposals for vote ; they are the trusted liaisons between the remaining two branches and The People they govern. Just as great communication fuels clear direction, *the legislative process is fundamental to establishing effective laws and fuels the growth and evolution of our nation.*

7 Day (Degree) Cycle: Aligns the ruling energy of **Article I** of the Constitution with Wednesday, a day governed by Mercury—the celestial force presiding over communication, intellect, and

negotiation. Just as Mercury fuels clarity of thought and the seamless exchange of ideas, these qualities are indispensable when establishing law as a unified legislative body. The power to articulate discourse and strategic deliberation ensures the integrity and effectiveness of the legislative process, reinforcing the fundamental principles upon which governance is built.

2. Wisdom and Executive Power (Article II)

“The President shall be Commander in Chief of the Army and Navy of the United States... He shall have Power, by and with the Advice and Consent of the Senate, to make Treaties” ~ Article II, Sections 1 & 2

The second creative spirit embodies **Personal Power and Ambition**, and is the foundation of sound judgment, wise decision-making, and strategy. Article II establishes the Executive branch, which is responsible for the enforcement of laws passed by the Legislative Power. Wisdom guides leaders to act in the best interests of the people, *ensuring that executed decisions are aligned with divine principles and natural order.*

7 Day (Degree) Cycle: Aligns the ruling energy of **Article II** of the Constitution with Tuesday, a day governed by Mars—the celestial force embodying action, courage, and assertiveness. Symbolizing breakthroughs and the expansion beyond comfort zones, Tuesday serves as the optimal day for the execution of laws awaiting enforcement. Just as Mars fuels decisive action and unwavering determination, these qualities are essential for carrying out the duties of the Executive Branch, ensuring that the laws established through legislative discourse are effectively implemented.

3. Understanding and Judicial Power (Article III)

“The judicial Power shall extend to all Cases, in Law and Equity, arising under this Constitution, the Laws of the United States, and Treaties made, or which shall be made, under their Authority; [and] The Trial of all Crimes, except in Cases of Impeachment;” ~ Article III, Sections 1 & 2

The third creative spirit embodies **Intuition and Insight**; the capability to comprehend the deeper truths and principles upon which the Laws enacted and enforced are founded. Article III creates the Judicial Power which must possess the skill to interpret and apply the Law in various contexts and situations to ensure justice is rendered upon all parties. Intuitive understanding of the Law and insightful experience enables judges to discern the nuances of each case, *upholding justice in accordance with both the Constitution and Divine Law.*

7 Day (Degree) Cycle: Aligns the ruling energy of **Article III** of the Constitution with Monday, a day governed by the Moon—the celestial force overseeing intuition, insight, and receptivity. This day embodies the delicate balance between logic and spiritual awareness, essential qualities in the pursuit of justice. Just as the Moon influences cycles and reflections, so too must the Judiciary navigate the intersection between law and equity, ensuring fairness and wisdom in the interpretation and application of justice.

4. Community and State Relations (Article IV)

“Full Faith and Credit shall be given in each State to the public Acts, Records, and judicial Proceedings of every other State... The Citizens of each State shall be entitled to all Privileges and Immunities of Citizens in the several States”

~ Article IV, Sections 1 & 2

The fourth creative spirit, **Love and Compassion**, represents harmony and unity. Article IV addresses the relationships among states, fostering cooperation and mutual respect for Citizens across borders and jurisdictions. Love and respect ensure that states work together harmoniously, *reflecting the interconnectedness of all things in nature and the divine.*

7 Day (Degree) Cycle: Aligns the ruling energy of **Article IV** of the Constitution with Friday, a day governed by Venus—the celestial force of love, harmony, and relationships. This day serves as an ideal time for fostering unity, strengthening alliances, and cultivating shared principles. Just as Venus encourages balance and cooperation, so too does Article IV emphasize the importance of interconnection among the states, working collectively to form “a more perfect Union.”

5. Will and Amendments (Article V)

“The Congress, whenever two thirds of both Houses shall deem it necessary, shall propose Amendments to this Constitution” ~ Article V

The fifth creative spirit, **Creativity and Emotions**, signifies innovation, determination, and purposeful action. Article V outlines the process for amending the Constitution, allowing for a flow of change and adaptation when necessary. Divine will drives the pursuit of growth and improvement, *ensuring that the Constitution evolves in alignment with those foundational principles of the Creative Spirits and the changing needs of society.*

7 Day (Degree) Cycle: Aligns the ruling energy of **Article V** of the Constitution with Thursday, a day governed by Jupiter—the celestial force of expansion, abundance, and prosperity. This day symbolizes the epiphanies that drive growth and development, making it the ideal time for significant shifts and amendments. Just as Jupiter fosters broadening horizons and opportunities, Article V provides the means to amend and evolve the Constitution, ensuring its continued relevance and strength as the nation progresses.

6. Justice and Supreme Law (Article VI)

“This Constitution, and the Laws of the United States which shall be made in Pursuance thereof; and all Treaties made, or which shall be made, under the Authority of the United States, shall be the supreme Law of the Land”

~Article VI, Clause 2

The sixth creative spirit, Stability and Grounding is the embodiment of fairness and righteousness. **Article VI** establishes the supremacy of the Constitution, Treaty, and all federal laws. Justice ensures that *all actions and decisions of each Power, are guided by the highest standards of integrity enumerated in these Principles and bound by alignment with both The Constitutional and Divine Law.*

7 Day (Degree) Cycle: Aligns the ruling energy of **Article VI** of the Constitution with Saturday, a day governed by Saturn—the celestial force of structure, discipline, and mastery. This day embodies the foundational principles upon which all other concepts are built, making it a fitting reflection of Article VI. Just as Saturn upholds order and accountability, Article VI establishes the Constitution as the supreme law of the land, ensuring that all laws, treaties, and oaths remain anchored in unwavering lawful and ethical integrity.

7. Truth and Ratification (Article VII)

“The Ratification of the Conventions of nine States, shall be sufficient for the Establishment of this Constitution between the States so ratifying the Same.”
~ Article VII

The seventh creative spirit, ***Spirituality and Enlightenment***, is the essence of authenticity and transparency. Article VII details the ratification process of the Constitution. Truth ensures that the *foundation of our nation is built upon measurable, authentic, and trustworthy principles and that the Constitution remains a true reflection of the people’s Divine Will and Intention.*

7 Day (Degree) Cycle: Aligns the ruling energy of **Article VII** of the Constitution with Sunday, a day governed by the Sun—the celestial force of enlightenment, vitality, and leadership. This day symbolizes a continued alignment with the highest Will, Intention, and Authority of Divine Law. Just as the Sun provides guidance and sustenance, Article VII emphasizes the importance of ratification, ensuring that the principles of the Constitution remain steadfast and fully embraced under the leadership of The People and their elected representatives.

Conclusion: Aligning with Divine Law and Nature

As we explore the connections between the 7 creative spirits and the 7 articles of the Constitution, we are reminded of the importance of aligning our actions and decisions with Supreme and Divine Law. By embracing these principles, we can revive a nation that truly reflects the highest ideals of Love, Truth, Peace, Freedom, Justice, Harmony, and Growth. This is only a fraction of the insight the Constitution holds in assisting us in our great return “back to the Constitutional fold” of government, to natural order and to the Supreme Law of the Land!

Reference

[ChatGPT]

[The Constitution for the United States of America]



Zodiac

Aries

Constitution

By: Empress Salome

**March 21 through April 19 “Knowledge of truth is mankind’s highest attainment”
Clock of Destiny Volume 1 “Your Master Key Civilization.”**



Element:
Fire

Ruling Planet:
Mars

Anatomy Association:
Head

Gemstones:

Diamond,
Aquamarine,
BloodStone, and
Jasper

Mind

Headstrong,
Impulsive,
Energetic, and
Confident

Body

Rules the head,
including the brain,
the eyes, and the face

Spirit

Embodying patience
by taking a few deep
conscious breaths

Mind

With an Aries mindset, your guidance, and action-focused presentment always creates an eagerness to

take the lead and achieve quick results. Your impulsive nature helps you make swift decisions, while your competitive spirit fuels your exploration to conquer challenges. You are highly motivated by passion and naturally take charge, inspiring others to follow. Your curiosity keeps you constantly learning, especially through hands-on experiences.

Body

As an Aries, you rule the head and are known for your bold, ambitious, and passionate nature.

Your Personality Traits:

Headstrong: You can be hard-headed and hot-headed at times.

Impulsive: You tend to rush into things, which can increase accidental risks.

Energetic: You need physical activity to keep your energy in check.

Confident: You're a natural leader with a cheerful and inspiring attitude.

Health

Headaches: You're prone to stress-related headaches.

Inflammations/fevers: Common due to your fiery nature.



Indigestion: Rushing through meals can lead to indigestion.

(See Moorish Kitchen for a Cell Salt alternative and Plant Mineral based recipe)
Tips for You

Release pent-up emotions through physical exercise or by venting.

Relax by engaging in physical activities that calm your mind and body.
The Head Shaker Exercise (1-5 minutes)

Start by shaking your hands and feet
Shake your whole body, including your head, neck, arms, legs, and torso

Breathe in through your nose and out through your mouth

Let go and release any tension

Spirit

In a land where stars whispered secrets to those bold enough to listen, Arondai, an Aries, was a fire that couldn't be contained. He was always the first to explore the unknown, both in the world and within himself. Each step was a challenge, a chance to push beyond the familiar, encouraged by the call of the stars above. One night, bathed in moonlight, Arondai, felt the pull of something greater. "I must go beyond," he whispered, fearless and ready to embrace the mysteries that awaited. His courage was as vast as the sky, and with each step, others followed, drawn to his fiery energy and confident leadership. One curious wanderer asked him, "How do you lead with such courage?" Arondai, smiled, his eyes gleaming with the light of the stars. "I lead with honesty," he said. "I face my beliefs and my spirit, unafraid. I was born to lead, to step into the unknown so others may follow." And so, Arondai's journey continued—always forward, always blazing a new trail, showing that true spiritual fulfillment comes not from following the path, but from courageously leading into the vast unknown.



Moorish Motivation

MODERN DAY MOOR

By: Lee El



WHEN I WAS A CHILD I SPOKE AS A CHILD

I pledge allegiance... of the united states... this was a consent to their jurisdiction at an early age, before I knew better, santa clause was real(?), the easter bunny laid eggs (?), and halloween was about getting candy(!) Connotative linguistics lead me to believe that death and taxes were the only for sure things in (life) civiliter mortuus! Death by a thousand words but it only took one...

BLACK say it loud, i,m and i,m proud. Without the voice of a nation how am I to be heard. The worlds a stage and we are told play our part and say our lines...SPEAK! Good boy!



I THOUGHT AS A CHILD

Always being told what I can and can't say, being told what to say even when I thought I had my own voice...not having

my birthright to speak my mind. Not knowing that a Consul General could advise and defend my constitutionally protected treaty rights while engaging in commerce with these u'serp'ants (usurpers/colonizers); sign here, sign there, I didn't know I knew sign language, but they say the pen is mightier than the sword. If only I knew it spelled words when spoken the right (speech/law language) way! They made us think the Logos had to do with a brand name... who knew!



I REASONED LIKE A CHILD

Something doesn't seem birthright, but I must follow, and do as i,m told, never mind the reason I feel as though I am losing control, uh huhhuhhuh

WHEN I BECAME A MAN

At some point I began to question those things that did not make the five senses, but these damn contracts are everywhere. Don't speak the truth or your existence may become dismal; everybody crypt walking into the early gravy boat/ (citizen) ship they have prepared for us

I GAVE UP CHILDISH WAYS

Gave up the websters desk dictionary of connotation, and I finally found the denotative power to figure out what the true meaning of WORDS were; this is a funny looking dictionary, it only has the truth in it. I did not know that the



Americans were copper colored people only, they always said they were the true AMERICANS, all caps huh, if only someone told me the truth.

FOR NOW WE SEE IN THE MIRROR DIMLY

This low light shines so bright, cutting through all their red tape of their de facto jurisdiction, color of authority, color of law, these colors don't go well with truth

BUT THEN FACE TO FACE

Moorish face to Moorish face I see myself in my truth of who the true Americans are, not just copper but olive this is hue we are. The many shades of looking like the earth everywhere we turn our hair matches the branches and leaves of the trees, the soil match our complexion, unlike the color black which we look nothing alike.

NOW I KNOW IN PART THEN I SHALL KNOW FULLY

A part and parcel of the land, moor, looking regal in our retentor, standing side by side and on the shoulders of our ancestors being able to trace ourselves as masterminds to our foremothers and forefathers. Look at us shining so brightly in this dimly lit world of deceit and chaos, with proper insight

EVEN AS I HAVE BEEN FULLY KNOWN

Intuitively, this truth has always been in me. I remember questioning things to myself and amongst my friends, because with them I did not get reprimanded by the oppressive color of authority handed us the need to follow our desire to knowing our nationality as Moorish Americans

SO NOW FAITH HOPE AND LOVE ABIDE

Follow your voice and allow your spirit to guide your soul and your body through reciprocation of energy, Faith connects to intuition and hope gives drive to accomplish the goals you reach by standing on your own understanding known as your insights based on the experiences you have encountered

THESE THREE BUT THE GREATEST OF THESE IS LOVE

As Moors, Love of self is the crucial component to tracing yourself as a mastermind to who you were then so that you fully experience your current reality of self-Love. Love of self; grants you the capacity to uplift our people, the falling of humanity to our constitutional fold of self-governance.

YOU

This fictitious character they created would point this metaphoric finger at YOU and claim to be your uncle. He needed us to submit to his admiralty and maritime jurisdiction and submit to their jurisdiction through your consent claiming to be lost at sea with your feet loosely on your land!



By: Mother Sarah



THE GREATEST MOORISH HOLOCAUST PTSD: PART 2

Post Traumatic Stress Disorder effects all peoples. However, my people, which includes all peoples, for all nationalities are generated from one Moabite woman. Can you imagine how our past history, even before slavery, stripped us of life, liberty, property and dignity. It all started with the defeat of the Moors in Spain, a result of a series of events over several centuries, primarily driven by a long campaign Reconquista, by Christian kingdoms to reclaim the Iberian Peninsula from Moslem rule.

While Africa is the wellspring of humanity, the subsequent evolution of cultures and civilizations worldwide is a testament to humanity's resilience and adaptability. It's true that Africa has an unparalleled significance in human history as the cradle of civilization. Modern scientific evidence supports the idea that all humans share a common ancestry originating from Africa. The "Out of Africa" theory suggests that early humans (*Homo sapiens*) began migrating out of Africa around 70,000 to 100,000 years ago, eventually populating the rest of the world. This article explores the factors behind the migration and development of civilizations.

Then came the **Bull Edict of 1511**, issued by Pope Julius II, which declared that the lands, wealth, language, and properties of the Moors would be claimed by Spain.

This was part of the broader efforts by the Catholic Church and the Spanish crown to consolidate their control over newly colonized territories and integrate the local populations into the Spanish empire. "The Spanish Inquisition, by name is deceptive because it was essentially the Roman nations' Inquisition against the Moors. It must also be noted by the reader that a well-rounded knowledge about Flavius Valerius Constantinus (Constantine, Roman Emperor) who authorized the Niceno -Constantinopolitan Creed (Nicene Council); and about Phillip II, and his 'Bull' (Edict) of 1511, wherein he declared that the Moors' lands, wealth, language, and properties would be claimed by Spain, and that Moors would no longer be called moors. The language (Moorish Latin) and the natural people would be called Spanish. In one fell swoop, Phillip II changed the course of world history and introduced distortion on a major scale. Failure to know about this Church 'Bull' of 1511 A.D., denies one a true understanding and oversight into 'slavery' – especially that of the North American Continent."

Works Cited: Tarik Bey, Taj (1993) Ward-ship Dispellere, page 56.

Imagine the impact, how such a decree was utterly destructive to our Moorish psyche. *Imagine the impact on your psyche RIGHT NOW*—the FORGOTTEN SHOCK for all Moors. Exposing the most destructive lie

that could be known. We have every right to be angry wanting to not know, **ONLY** now realizing a need to curse and replace with TRUTH, most of YOUR past beliefs.

★ **Another shock for Christians** is to learn that they have been following **DOGMA NOT TRUE RELIGION.** Many have been manipulated and tricked into dogma, designed to keep them in bondage. Christians are taught to stay clear of astrology, astronomy, cosmology, mathematics, etcetera, for fear they will discover that true religion aligns with the natural world and the universe, a perspective held by many traditions. In fact, several ancient cultures and religious practices deeply intertwined their spiritual beliefs with the study of the cosmos and natural phenomena.

Dogma, on the other hand, refers to specific doctrines, principles, or rules set by a religious authority that are considered unquestionably true within the framework of that religion. Dogma tends to be rigid and unyielding, often focusing on maintaining orthodoxy and adherence to a defined set of beliefs.

Essentially, while religion can be a dynamic and multifaceted way to explore spirituality and morality, dogma represents the fixed and authoritative components that define and enforce specific tenets within a religious system.

Monasteries and cathedral schools were centers of learning, where texts on mathematics, astronomy, and philosophy were copied and studied by Plato and others. These sciences were observed and taught by Moors for dynasties and freely shared with the Greeks and other crooks who stole the knowledge in order to enslave the Moors. View the YouTube video, "When the Moors Ruled in Europe" **DO YOU THINK FOR A SECOND** that the above life-changing occurrences had **NOTHING** to do with the psyche of our foremothers and forefathers who passed this trauma into our DNA—their children and future generations.

Dogma (disguised as Religion) was instituted for Moorish women, Education was planned for Moorish children, and Prisons were built for Moorish men.

Post Traumatic Stress Disorder happened in my own family: My brother, a veteran, served in the marines during the Viet Nam war. Only recently did my sister-in-law share he was diagnosed with PTSD after returning home; however, he never chose to belong to any sensitivity group, nor did he share his condition with his relatives or friends. The Vietnam War spanned from **November 1, 1955**, to **April 30, 1975**, lasting nearly 20 years.

The U.S. government officially recognized Post-Traumatic Stress Disorder (PTSD) as a mental health condition in 1980, when it was added to the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III)2. Some PTSD issues identified are Combat Exposure, Military Sexual Trauma, Deployment Stress, Training Accidents, Post-Service Challenges, etcetera.

Symptom: awakening my brother out of a deep sleep startled him, immediately he would jump to his feet and was ready to do battle. In his later years, when daily he was practically immobile, an intrusive noise awakened him and he again grabbed his gun and was in combat mode; however, surprisingly by this time, he was barely able to stand or walk without support.

On one of my treks to South Carolina visiting my brother, a new retiree and his wife, is one time that sticks out in my memory.

Symptom: He was always gregarious, making friends instantly, folks liked him. He could talk on any topic, loved sports and a good friendly debate, knowing he was always right. His smile was infectious. During one of our sister/brother conversations in his latest residence, I asked him, "How many friends have you made." He retorted, "None." This answer knocked me off balance. He was normally quite gregarious

Symptom: After about a week, it was time to return home. My brother took me to Myrtle Beach airport which at that time was small and unimpressive. We sat in his conveyance for about ten minutes in front of the terminal just talking. We exchanged hugs and I proceeded to the door, ascended the escalator and looked back to give a last goodbye wave. I was taken aback: he was in tears, and visible shaking.



It has always been my practice to text gratitude to my host and/or hostess upon returning from a trip. My sister-in-law responded, "He is happiest when you are here." At that moment, I decided to relocate to South Carolina.

Symptoms: My sister-in-law recently shared some of his personality changes she noticed over their 23 years of marriage. He became easily agitated, insisted facing the door in all public venues, kept his gun selection accessible at home and in his vessel, argumentative over little things, lost all interest in visiting or even talking to family or friends, and seemingly forgot the offensive episodes. He became overwhelmingly repentant in seeking forgiveness from each of us after his wife would, a-day-or-two later, remind him of this verbally abusive comments to her and to others.

Symptom: He asked me to move into his home. At first all was well and then he became verbally abusive to his greatest ally. Within a year, I moved but remained in South Carolina. His mood swings were unbearable. His niece and nephews witnessed some of this abuse directed towards me and turned their backs on him. It took me a while to convince them he was emotionally ill, and they must forgive him, which they eventually did.

After his retirement, he taught at a charter school. His class visited the recently erected Vietnam Wall in the District of Columbia. On one wall the names of the deceased veterans were displayed. He began uncontrollably crying, his students followed suit, while attempting to comfort him.

Symptom: After about a year, my brother's health began a downhill spiral. For over a year we drove to the Veteran's Hospital in Charleston, South Carolina to keep his doctors' appointments. Eventually, he was diagnosed as having two (2) hernias; an aorta (heart) and the other abdominal (stomach), both attributed to years of smoking. They elected to operate on the abdominal hernia first. During the operation, an incompetent doctor clamped his intestine and left the clamp on for too long, causing irreparable damage. Such incompetence left my brother on a continuous drama of dialysis twice each week for the rest of his life. Again, another traumatic experience, adding to his existing PTSD, and culminating in a complete loss of interest in his once treasured activities.

Here was a man who was gregarious, true friends galore, enjoyed deep-sea, pier, and bank fishing; just loved life; NOW, slowly becoming a shell of a man. A six-foot man sporting about 200 pounds; when he passed, he had dwindled down to less than 100 pounds.

★ I didn't begin to see that he was suffering from post-traumatic stress disorder, until I visited my first cousin in Texas. One day his mom, sister and I were talking with him and the conversation turned toward the Viet Nam war. In no time, my cousin broke down and began to share some of the tragedies he witnessed on the battlefield. Friends being dismembered, maimed and others killed. The pain, the distress was too much. Finally, he shared that once he returned from this unnecessary war, he found it beneficial to share his trauma with others in a support group. Admittedly, it eased some of the pain.

That was the first time I realized that my brother was suffering from PTSD. However, he chose to suffer ALONE.

★ Observe your loved ones' personality changes. Be compassionate and alert to their cry for help.

The Maghrib times upcoming edition will give insight on how some manufactured products affect our bodies. May Allah bliss you with Love, Truth, Peace, Freedom and Justice and of course Wellness and Holistic Health. Islam...

Mediterranean-Style Baked Lima Bean Recipe

Empress Salome



Ingredients:

½ lb. Frozen Lima Beans
 1 quart water
 1 bay leaf
 1 cup GF vegetable broth
 ⅔ cup olive oil
 2 tablespoons of garlic powder
 1 small yellow onion, chopped very fine
 2 cups diced, crushed or strained tomatoes
 1 tsp. red wine vinegar
 1 Tbsp. tomato paste
 ½ Tbsp. agave nectar
 ½ Tbsp. dried oregano
 1 tsp. dried thyme
 1 tsp. salt
 ⅓ tsp. fresh ground cinnamon
 Freshly ground coarse black pepper
 ¼ cup fresh parsley, finely chopped
 1 ½ Tbsp. fresh basil, finely chopped

Add the bay leaf to the pot with the water and the beans then bring to a boil over high heat. Once the water boils, place a lid on the pot and reduce the heat to medium. Simmer the beans for about 20-30 minutes until the beans are tender but not fully cooked through. When the beans are done with the first cooking period skim off any foam that is on the top and drain the cooking liquid. Reserve the bay leaf with the beans.

Meanwhile, as the beans are cooking, preheat the oven to 375°F. Lightly rub olive oil on the inside walls of a casserole. Place the ⅓ of olive oil and the garlic powder in a skillet and heat over medium heat until the garlic starts to lightly brown. Add the onion and cook for about 3-4 minutes until translucent, stirring frequently.

When onion is translucent add the tomatoes, vegetable stock, red wine vinegar, tomato paste, agave, thyme, oregano, salt and cinnamon. Bring this mixture to a boil stirring frequently, when it reaches the boiling point reduce the temperature to low and simmer for 10 minutes so that the sauce can reduce slightly and the flavors intensify. Taste and adjust seasoning by adding more salt and pepper then stir in the basil. Once all of this is combined, cut the heat off and add the lima beans and bay leaf stirring well making sure that all of the beans are happily coated in the tomato sauce.

Place a lid on the dish and bake the beans for 30 minutes, stirring occasionally. Taste the beans and if they are tender and creamy it is time to remove the lid and bake for an additional 10 minutes to reduce the sauce just a little bit more. Remove from the oven and discard the bay leaf. Allow the beans to cool for 10 minutes before serving.

Notes:

Pile the beans high with a chickpea wrap served on the side (See the 5- Ingredient Chickpea Flour Wrap below).

Aries Plant Minerals: Lima Bean, Alfalfa, Coconut, or Dandelion Leaves.

Cell Salt: Kali Phosphoric: Known as the nerve nutrient cell salt, that helps regulate pain signals.



5-Ingredient Chickpea Flour Tortillas Grain-Free, Vegan

Empress Salome



Easy 5-ingredient chickpea flour tortillas are the best grain-free tortillas! They are vegan,, gluten-free & only 80 calories each.

PREP TIME: 5 minutes

COOK TIME: 2 minutes

TOTAL TIME: 7 minutes

SERVINGS: 4 medium tortillas

Ingredients

- 1 and 1/2 cups, 180 g chickpea flour
- 1/4 cup 26 g flaxseed meal
- Optional: 1/4 teaspoon, 1.5 g salt (more or less to taste)
- 1 and 1/3 cups, 325 mL water
- 1/4 teaspoon, smoked paprika

Instructions:

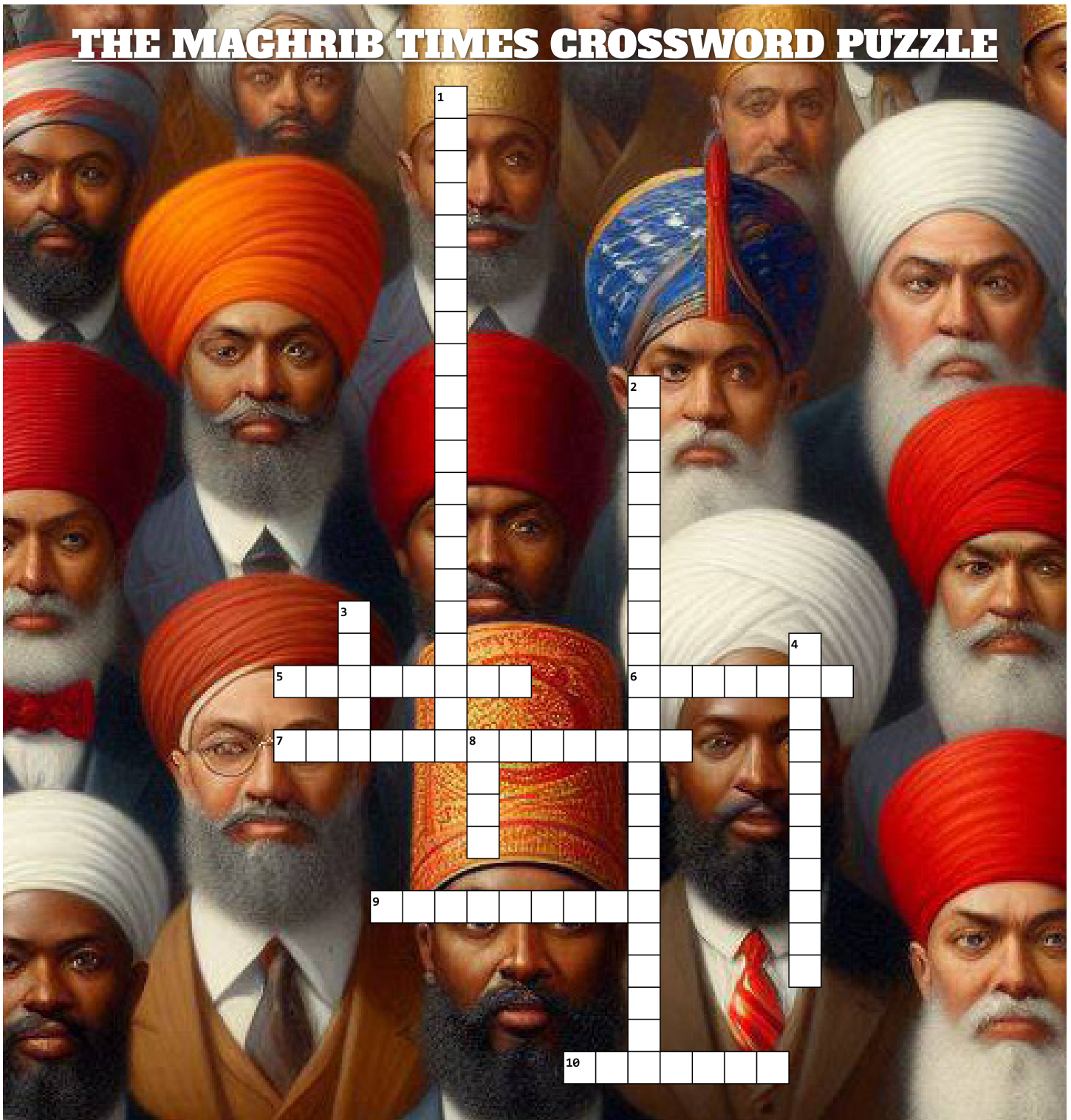
- In a large bowl, whisk together the flour, flaxseed meal, and salt. Whisk in the water until smooth. Let the batter stand for at least 10 minutes or for up to 1 hour.
- Heat a large nonstick skillet (I prefer ceramic nonstick, or a well-seasoned cast iron skillet) over medium-high heat. Optional: if you do not have a nonstick skillet, lightly spray or grease the skillet with spray/oil of your choice. Whisk the tortilla batter.
- Pour about 1/3 cup (75 mL) batter into the pan, quickly tilting in all directions to cover bottom of pan. Cook for about 45 seconds, until it's just golden at the edges. With a spatula, carefully lift an edge of the tortilla to test for doneness. The tortilla is ready to turn when it is golden brown on the bottom and can be shaken loose from the pan. Turn the tortilla over and cook for 15 to 30 seconds, until golden brown.
- Transfer the tortilla to a cooling rack or clean kitchen towel to cool completely. Repeat with the remaining batter, greasing the skillet and adjusting the heat as necessary between tortillas, stacking the cooled tortillas between sheets of waxed paper to prevent sticking.

Sources:

<https://thismessisours.com/mediterranean-stylebaked-lima-beans-gluten-free-vegan/>
<https://www.powerhungry.com/2016/04/15/chickpea-flour-tortillas>
<https://leonardo.ai/>



THE MAGHRIB TIMES CROSSWORD PUZZLE



5. Belonging to the office of a judge; as judicial authority

6. The incumbent of an office; one who is lawfully invested with an office

7. An agreement or contract made by belligerent powers, in which they agree to lay down their arms, and by which they stipulate the conditions of peace and regulate the manner in which it is to be restored and supported

9. The branch charged with the detail of carrying the laws into effect and securing their due observance

10. Superior to all other things

1. To ordain, establish, or assign authority

2. A phrase used with reference to the jurisdiction of the federal courts, which, under U.S. Const. art. 3, § 2, extends to cases between citizens of different states

3. A public officer, appointed to preside and to administer the law in a court of justice;

4. Making or having the power to make a law or laws

8. Any form of attestation by which a person signifies that he is bound in conscience to perform an act faithfully and truthfully

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

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

**Sunday Civics
Class
9pm–11pm Est.**

Declare Your NATIONALITY

Jus Sanguine

Announcements

Public Notice

Cyrus Aaron Rogers El
Randy Aaron Rogers-El
Tory Sprague-Bey
Sekou Torre Watts-El
Brandon Anthony Mosley El
Jeremiah Lemont Hicks-Brittany Alisa Smith-El
Wanda Jean Parker-Bey
Kelvin Quintine Ellis El
Braxton Decameron Bryant Bey
Tyla Alexis Bryant-Bey
Neya Nicole Duldulao Bryant-Bey
Kevin Quintine Ellis-El
Rodney Wakeneld-Bey
Donvovan Lee Colton-El
Jovane James Duldulao bryant-Bey

Move Moor Sunday 12pm EST

Move Moor is a wholistic group where we come to together to develop our Mind, Body and Soul through movement. All levels are welcome to participate and to share your gifts and talents.

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 multi-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.

