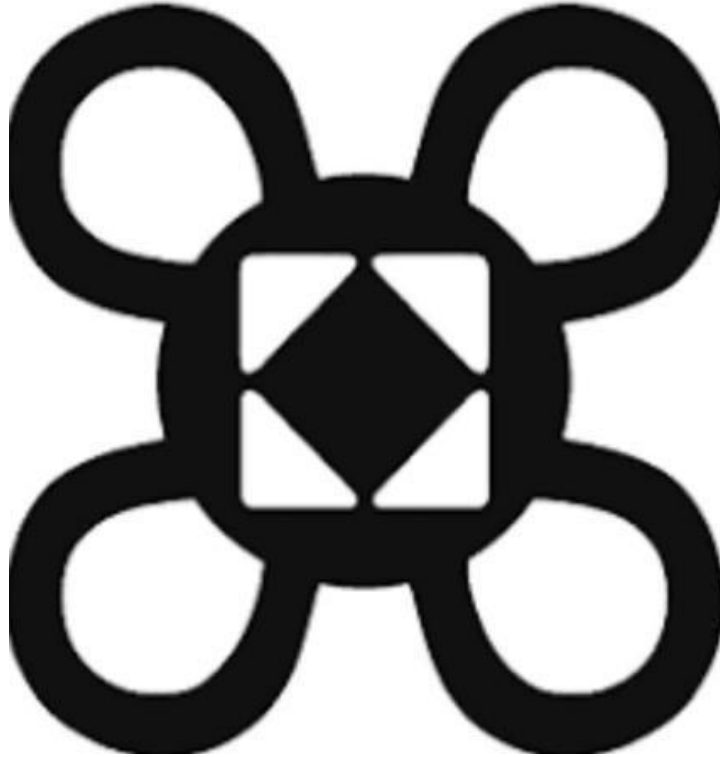


IDENTITY & PURPOSE



Sakomufo Akosua Tanisha Boduaa Seshat Aaebo-Akhan

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DISCLAIMER: The researched content of this publication exists as Divine message Sakomufo Akosua Tanisha Boduaa Seshat Aaebo Akhan received as Okofohemma (Warriorress Queen) of thirty five thousand year old Asanteman Amaruka Atifi Mu (Asante Nation in North America), Akwamuman Amaruka Atifi Mu (Akwamu Nation In North America), and Kansa Asante Ahemman (Kansa Asante Empire), both originally founded by Asante Abibibrifo Fie Dee Amarukafo (Asante Black Indigenous Americans) in Kansa (Kansas) while engaged in akom (spirit possession) and nkom (spirit communication) with Nyamewaa-Nyame (The Supreme Being), the Abosom (Deities/Gods/Goddesses/Forces In Nature), and Nananom Nsamanfo (Honorable Ancestors & Ancestresses).

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THE CREATION STORY



Nyamewaa (Amenet) and Nyame (Amen), who together comprise the Supreme Being.

We must start by dispelling the myth perpetuated by akyiwadefo (white people) that we are descendants of apes, as proposed by their racist Evolution Theory. Or that we exist as products of happenstance, as proposed by their nonsensical Big Bang Theory. Understand. Akyiwadefo (white people) do not actually believe either of these theories. Akyiwadefo (white people) will tell us anything they think we'll believe, and that perpetuates racism white supremacy... except the Truth. And the Truth is. We are Divine Beings. The only Created human beings on Asaase (Earth). So let's start from the beginning.

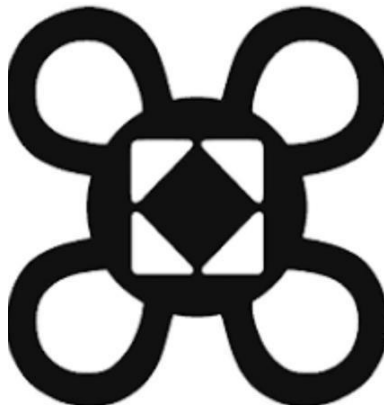
Nyamewaa & Nyame (Amenet & Amen), are the Great Mother Goddess and Great Father God of all existence, and Whom together comprise the Supreme Being. And as you might have guessed. They initially existed alone for a time. Then They birthed Ka & Kait (also known Keku & Kekuit), Whom together comprise the Soul & Divine Consciousness of Nyamewaa-Nyame and govern what we know as Dark Energy & Dark Matter in outer space - which is also the substance found in all internally melanin dominant Creation (humans, plants, animals, minerals, etc.) Nyamewaa & Nyame then birthed Hehu & Hehut, the very breath of life (inhalation and exhalation) that all Created beings experience. Nyamewaa & Nyame then birthed Nun & Nunet (also known as Nun & Naunet), Whom together ushered in Divine expansion/contraction and govern primordial energy.

Nun & Nunet then birthed Nyankopon & Nyankonton (Ra & Rait), the Divine Creator & Creatress respectively, and Grandchildren of Nyamewaa & Nyame, Whom Together Created the Universe. Subsequently. Countless other Abosom (Deities/God/Goddesses/Forces In Nature), inclusive of the

Akradinbosom (a specific grouping of Abosom), were birthed into existence prior to the grand entrance of Black human beings. Fast forward. Nyankopon & Nyankonton (Ra & Rait) made the primordial Asaase (Earth) and moved through the primordial Asaase (Earth) to cause portions of the ocean floor to dislodge and rise to the surface. This first ka/kait (raised land/landmass) to emerge was/is Afuraka/Afuraitkait (Africa). Nyankopon & Nyankonton (Ra & Rait) then moved through the ka/kait (raised land/landmass) to cause distinction and cultivation within the landmass, thus producing the physical vessels to house mineral life, plant life, animal life, and Black human life. Nyankopon & Nyankonton (Ra & Rait) then moved through and enlivened plants, animals, minerals and Afurakani/Afuraitkaitnit (African/Black) human beings, marking our official birth into Creation.

All akyiwadefo (white people) - including white europeans, white americans, white hispanics/latinos/latinas, so-called native americans, white arabs, white indians/hindus, white asians, etc. are our absolute and were not Created. Instead. Akyiwadefo (white people) came into existence twelve thousand years ago when a small number of Black people began to relentlessly and unrepentantly engage in Divinely prohibited behavior, inclusive of murder, rape, incest, homosexuality, lesbianism, cannibalism, and more. The Divine consequence for their behavior was that they were stripped of their ability to produce proper internal levels of melanin, the God/Goddess particle within all Created beings that sustains our oneness with Divine. Thus they lack a Spirit (Ba/Bait) and Soul (Ka/Kait) for the remainder of their existence. However. We remind you. “Aborofo ye akyiwadefo na akyiwadefo nyinaa nye aborofo.” Translation. “All of the whites and their offspring are spirits of disorder/Divinely hated, but all spirits of disorder are not white.” And although the skin complexions of akyiwadefo (white people) can range from pale white to dark brown, they remain the only internally melanin recessive human beings.

CHAPTER ONE



Adinkra Symbol - Sunsum (Soul)

"Purity"

Every Black person's journey to discovering their identity and purpose has the same starting point. Who am I? What am I? And why am I? And even after you discover who you are. You will never know where you fit in the world until you are able to discern the motives of others, meaning the difference between the words people speak publicly and the actions people take privately, until and unless you completely cease filling your body with toxic drugs, alcohol, chemicals, foods, and beverages. Thus you will always be the butt of every joke by akyiwadefo (white people) and their Black agents who fear them as they fulfill their mission to publicly befriend you and privately colonize you. Do you know how many people would naively wager their life savings on the notion that my former so-called enslavers are moral and upstanding human beings? Don't be the butt of nobody's joke. And don't be no fool. If akyiwadefo (white people) did not know the value of us eating an Ancestral diet, there would be more Afurakani/Afuraitkaitnit (African) cultural restaurants and stores. And the ingredients to make Ancestral cuisine would not cost an arm and a leg to purchase once you finally tracked down a storefront vendor.

Here are a few considerations when reclaiming your Ancestral diet, stocking your pantry, choosing food preparation methods, and evaluating both food and non food items should be avoided. Nevertheless. Follow the instructions of your Nananom Nsamanfo (Honorable Ancestors & Ancestresses) in all that you do because They will never steer you wrong. Lastly. Only put ONE bite

sized piece of food in your mouth at a time and thoroughly chew it before swallowing. That means taking the time to cut up whatever you are eating before you eat it like old folks have always taught. Whether it's a black bean burger with fries, collard greens and cornbread, or a green leaf salad with homemade croutons. Slow down and cut it up.

Additionally. Do not eat until you get full. If you feel full... you have already overeaten because there is a five to ten minute delay from your stomach to your brain. That being said. A half full stomach is actually a full stomach. Meaning. You should stop eating the moment your stomach feels half full. Understand. A full stomach is a weapon in the hands of our enemies because a full stomach interrupts and blocks communication from Divine. This is why gluttony has always been and will always be spiritually and religiously immoral. Consider consuming multiple smaller meals versus one big meal. I also highly recommend fasting at least one day per week for optimal health.

I highly recommend consuming at least one serving of fresh fruits, vegetables, and herbs every single day. Remember to wash all fresh produce before consuming to reduce the likelihood of ingesting harmful chemicals. The most common wash methods are soaking fresh produce for fifteen minutes in a water based solution of lemon juice, pure baking soda (not Arm & Hammer), and/or raw unfiltered apple cider vinegar. A common rule of thumb is to use about one teaspoon per every two cups of cold water. I prefer raw unfiltered apple cider vinegar but just do the best you can with what you have because cleansing your food with intentions of love, healing, and gratitude still works miracles in instances when that's all you can afford.

Consider monitor your exposure to toxins, including those often found in contaminated water, by running your thumb and middle finger on the same hand starting underneath the bottom of your earlobes and across the lymph nodes under your chin, until the two fingers meet in the middle of your throat above your adam's apple before and after each meal. Also periodically run your fingers along the lymph glands found under your armpits¹ and on both sides of the V-shaped lymph glands that run along the path of your bikini line to where your legs meet. Swollen lymph glands are often a tail tale sign of exposure to toxins or allergens.

¹ Using deodorant containing aluminum is the most common cause of lymph gland swelling under the armpits. I recommend using natural deodorants, such as rubbing armpits with the flesh side of fresh lemon halves.

Fruits: Mangoes (excludes yellow mangoes, champagne mangoes, Keitt mangoes), Dates, Raisins, Grapes, Graviola (Soursop), Elderberries, Blackberries, Cranberries, Acai Berries, Pumpkin, Baobab, Black Olives, Ackee, Plums, Butternut Squash

Vegetables: Chicory, Endive, Arugula, Callaloo, Dandelion, Turnip Greens, Sorghum Leaves, Grape Leaves, Bitter Leaf, Purslane, Jalapenos, Serrano, Poblano, Habanero, Chili, Piquante, Red Hot Peppers, Celery, Cucumbers, Red Onions, Green Onions, Bell peppers, Turnips, Fennel, White Yam, Teosinte (indigenous corn), Lettuce (Canada Lettuce - *Lactuca canadensis*, Coast Lettuce - *Dudleya farinosa*, Louisiana Lettuce – *Lactuca ludoviciana*, Miner’s Lettuce - *Claytonia perfoliata*, Prickly Lettuce - *Lactuca serriola*, Wild Lettuce - *Lactuca virosa*), etc.

Beans/Legumes: Carob Beans, Fava Beans, Mung Beans, Black Beans, Black Soybeans, Black Eyed Peas, Tepary Beans, Guar Beans

Grains: Indian ricegrass (sand rice grass), Wild rice, Black rice, Moruga Hill rice (Upland Red Bearded rice), African rice (Carolina rice), Amaranth, Sorghum, Popping sorghum (Sorghum seeds), Fonio

Woods (for grilling/smoking): White oak, Northern red oak, Eastern white pine, American sycamore, Bur oak, Eastern black walnut, American mahogany, Maple trees (Red maple, Sugar Maple, Hard maple, Black maple, Norway maple, Silver maple)

Flowers: Lotus, Rose, Hibiscus, Sorrel, Daisies, Honeysuckle, Violets

Conifers: Pine tree cones from native North American pine trees; Sugar Pine - *Pinus Lambertiana*, Bull Pine - *Pinus Ponderosa*, Red Pine - *Pinus Resinosa*, Two Needle Pinyon Pine - *Pinus Edulis*, Limber Pine - *Pinus Flexilis*

Oils: Soybean oil, Palm oil - not Palm kernel oil. *We never use oil as a recipe ingredient. We only use plant oils as fuel and to coat our cooking pots, pans, and grills without leaving excess oil behind.*

Always Fresh Ingredients: Ginger root, Garlic bulbs

Other Ingredients: Palm wine vinegar, Black Vinegar (Rice Vinegar), Gluten Free Grain Vinegar, Colloids (Gold, Silver, Diamond), Crystal Elixirs

Wines: Palm wine for libation, banana wine for medicinal anesthesia

Sweeteners: Dates, Pine Sap (Sugar Pine - Pinus Lambertiana, Bull Pine - Pinus Ponderosa, Red Pine - Pinus Resinosa, Two Needle Pinyon Pine - Pinus Edulis, Limber Pine - Pinus Flexilis), Raw Unfiltered Honey.

Extracts: Pure Vanilla extract

Dry Spices: Arrowroot, Black pepper, Cayenne pepper, Cinnamon, Carob, Cumin, Nigella (Black cumin), Coriander, Thyme, Bay leaves, Sage, Onion, Garlic, Ginger, Mustard, Paprika, Smoked Paprika, Allspice, Nutmeg, Oregano, Cardamom, Vanilla, Parsley

Pure Food Grade Essential Oils: Allspice, Amyris, Aniseed, Bay Leaf, Black Pepper, Cardamom, Citronella, Clary Sage, Frankincense, Galbanum, Geranium, Ginger, Labdanum (aka cistus), Lemongrass, Jasmine (absolute), Juniper berry, Marjoram, Manuka, Myrrh, Myrtle, Neroli, Niaouli, Nutmeg, Patchouli, Ravensara, Rose (absolute), Rosemary, Rosewood, Sage, Saffron, Sandalwood, Spearmint, Spikenard, Tagetes, Thyme, Vetiver, Wintergreen, Yarrow

Herbs: African clove basil (*Ocimum gratissimum*), Dill, Lobelia, Mullein, Yellow dock, Dandelion, Echinacea, Goldenseal, Rosehips, Eucalyptus, St. John's Wort, Arrowroot, Yarrow, Sarsaparilla, Chicory root, Chaparral, Camu Camu, Ashwagandha, Astragalus, Elderberry, Mint, Cilantro, Fennel, Annatto, Lemongrass, Nettle, Savory, Tarragon, Lemon balm, American Ginseng, Anise, Fenugreek, Licorice, Primrose, Rosemary, Hyssop, Geraniums, Evening primrose, Ashwagandha, Horsetail, Poke root, Burdock root, Marshmallow root, Damiana, American angelica (*Angelica atropurpurea*), False Unicorn root, Slippery elm, Uva Ursi, American pokeweed, Neem

***Consider avoiding foods from China and consuming at least nine glasses of spring or filtered water per day.**

FDA Approved essential oils for cooking:

Allspice – Flashpoint: 199°F

Amyris – Flashpoint: 287°F

Aniseed – Flashpoint: 194°F

Bay Leaf – Flashpoint: 140°F

Black Pepper – Flashpoint: 129°F

Cardamom – Flashpoint: 134°F

Citronella – Flashpoint: 135°F

Clary Sage – Flashpoint: 174°F

Frankincense – Flashpoint: 124°F

Galbanum – Flashpoint: 140°F

Geranium – Flashpoint: 176°F

Ginger – Flashpoint: 135°F

Labdanum (aka cistus) – Flashpoint: 188°F

Lemongrass – Flashpoint: 169°F

Jasmine (absolute) – Flashpoint: 200°F

Juniper berry – Flashpoint: 106°F

Marjoram – Flashpoint: 125°F

Manuka – Flashpoint: 138°F

Myrrh – Flashpoint: 199°F

Myrtle – Flashpoint: 113°F

Neroli – Flashpoint: 153°F

Niaouli – Flashpoint: 127°F

Nutmeg – Flashpoint: 100°F

Patchouli – Flashpoint: 212°F

Pine – Flashpoint: 149°F

Ravensara – Flashpoint: 134°F

Rose (absolute) – Flashpoint: 150°F

Rosemary – Flashpoint: 105°F

Rosewood – Flashpoint: 183°F

Sage – Flashpoint: 129°F

Sandalwood – Flashpoint: 199°F

Spearmint – Flashpoint: 151°F

Spikenard – Flashpoint: 160°F

Tagetes – Flashpoint: 77°F

Thyme – Flashpoint: 129°F

Vetiver – Flashpoint: 212°F

Wintergreen – Flashpoint: 200°F

Yarrow – Flashpoint: 121°F

Essential oils to consider avoiding during pregnancy and lactation

Dill

Cinnamon

Fennel

Oregano

Sage

Tarragon

Yarrow

Essential oils to consider avoiding altogether

Fig Leaf *Ficus carica*

Mustard *Brassica nigra*, *Brassica juncea*

Pine (Huon) *Dacrydium franklinii*, *Lagarostrobos franklinii*

Cinnamomum rigidissimum/Cinnamon

*Tea Tree (Black) “*Melaleuca bracteata*” is not the same as the commonly used Tea Tree “*Melaleuca alternifolia*” which is safely used. If you are unsure which you have, check the Latin name.

**Camphor (Brown), Camphor (White), and Camphor (Yellow) all have the same Latin name of “*Cinnamomum camphora*.” So how do you tell the difference? If you have a GC/MS report available, check the constituents. Camphor (Brown) contains up to 60% safrole; Camphor (White) contains 40% or more limonene; Camphor (Yellow) contains 20% safrole.

Measurements/Conversions

1 gallon = 16 cups

½ gallon = 8 cups 1 quart = 4 cups

1 cup = 236 grams (liquids)

1 cup = 128 grams (dried foods)

1 cup = 48 teaspoons

1 cup = 16 tablespoons

1 cup = 8 ounces

1 tablespoon = 3 teaspoons

Cooking Methods - Sautéed, grilled (direct flame or charcoal), smoked, steamed, dehydrated, oven baked, oven broiled, pressure cooked, air fried. NEVER deep fried, microwaved, sweetened with refined or artificial sugar.

Beverages - Spring water, hemp seed milk, oat milk, chia milk, coconut water, fresh coconut milk, 100% pure vegetable and fruit juices, organic coffee, organic tea, lemonade, rose water lemonade, mango lemonade, ginger lemonade.

Staple Items - Raw apple cider vinegar. Aloe Vera. Elderberry. Baking soda. Chlorophyll. Bitter aloe crystals. Organic alcohol free vanilla extract. Nutritional yeast. Soursop bitters. Dandelion. Bitter melon (cerasee). Sarsaparilla. Baobab fruit powder. Clove. Guaco. Mullein (gordolobo). Raw honey. Dates. Black seeds (cumin). Black seed (cumin) oil. Pine needles. Oregano extract. Olive leaf. Sea salt. (The only salt I recommend consuming.) Natural liquid smoke. Homemade hot sauce. Spring water for drinking.

Sugar Substitutes

Most store bought sugar is nothing more than a slightly modified version of crack cocaine. My recommendation. Purchase sugarcane stalks directly from a Black farmer and harvest the sugar yourself or use healthier sweeteners like raw honey, date sugar, coconut sugar, molasses, stevia, maple syrup, etc.

Supplements

Spirulina - 1 tablespoon = 20 calories

Kelp - 1 tablespoon = 2 calories

Sea moss (FYORI.com) - 1 tablespoon = 3 calories

GE (genetically engineered) Foods

Understand that a non GMO, non GE, and organic label can legally be applied to commonly grafted plant varieties such as apples, cherries, citrus fruits, tomatoes, peppers, eggplant, cucumbers, melons, coffee beans, maple (syrup) trees, witch hazel, and more - even though grafting by definition is a form of genetic engineering. For this reason I do not eat avocados and I try to purchase commonly grafted plant varieties from Black farmers that do not participate in genetic engineering or grow them myself.

Keep in mind that the term seedless just means GE (genetically engineered) via a process called grafting. The PLU code labeling system is strictly voluntary, but typically conventionally grown foods are labeled with a four digit PLU (price look-up) code starting with a 3 or 4, organically grown foods are labeled with a five digit PLU (price look-up) code starting with a 9, and GMO (genetically modified organism) foods are labeled with a five digit PLU (price look-up) code starting with an 8.

I highly recommend avoiding the following food and non food items as a general rule of thumb.

1. Pork, GMO (genetically modified organisms) foods, GE (genetically engineered) foods, canned foods, frozen foods, deep fried foods (air fry instead), degerminated foods, bleached foods, high sodium foods, refined sugar and artificially sweetened foods, soy, dairy, eggs, chemical preservatives, chemical additives, rBGH, juice concentrates, soy, heated olive oil, heated corn oil, heated peanut oil, non organic sunflower seeds and sunflower oil, non organic safflower seeds and safflower oil, lard, ghee, canola oil, vegetable oil, Crisco, and any meat cooked to an internal temperature below 170°F.
2. Any food prepared using bleached parchment paper, surface coated cookware, aluminum of any kind (aluminum utensils, foil, pans, etc.), plastic oven bags, saran wrap, Teflon, and copper. Consider using stainless steel, cast iron, ceramic, silicone storage containers, BPA free plastic containers, and glass cookware instead.
3. Non-organic kombuchas, coffees, and teas.
4. Artificial powder drinks, such as Kool-Aid, Tang, energy drinks, etc.
5. Non-organic feminine menstrual pads, tampons, and feminine douching products versus organic cotton menstrual pads, and herbal feminine douching products.
6. Deodorant containing aluminum and toothpaste containing fluoride.
7. Alcohol based colognes and perfumes versus natural oil (jojoba, apricot kernel, almond,

- rapeseed, etc.) based colognes and perfumes infused with herbs, flowers, and essential oils.
8. Chemical based laundry detergents and dry cleaning versus organic, vegan, natural laundry detergents and organic dry cleaning.
 9. Excessive wearing of non-natural clothing versus organic and natural fabrics made from cotton, wool, silk, linen, hemp, ramie, jute, sisal, pina, agave, banana, and various palms.
 10. Pharmaceutical birth control, vaginal lubricants, and chemically treated condoms (male and female) versus natural alternatives such as organic and vegan condoms, melted coconut oil (vaginal lubricant), and wild yam root, blue cohosh, neem, cotton root bark, papaya seeds, and silphium aa birth control aids. In addition to using organic and vegan condoms, you might consider adding fresh garlic, fresh ginger, coconut oil, pure raw honey, and apple cider vinegar to your diet as a preventative and recovery measure against STDs. Note. All five provide benefits when eaten raw or applied topically. And keep in mind, many if not most children these days inherit dormant STDs from their parents at birth which parents may or may not know they have, so research to find out when it is age appropriate to begin incorporating these five immune boosters into your children's diet. By the way, microbial resistance to pure raw honey has never been reported, making it a timeless remedy for infections and antibiotic resistant bacteria.

*I recommend scheduling an appointment to have ALL birth control device implants removed as soon as possible, even those that are allegedly outdated and inactive.

Always. Drink and cook with spring or purified water if possible. This may require investing in a quality water filter, but you and your family are worth it. Consider drinking a minimum of 4-8 glasses of water every day. Add fresh squeezed lemon, lime, key lime, or fruit juice to it.

Recommended Kitchen Supplies

Water filter system

Cast iron, stainless steel, glass, or ceramic cookware

Stainless steel, wooden, silicone kitchen utensils

Ceramic, wooden bowls

Non plastic measuring cups

Non plastic measuring spoons

Wax parchment paper

Cooking thermometer

Food processor
Traditional Juicer
Citrus juicer
Rice cooker
Dehydrator
Blender
Coffeemaker
Waffle maker
Digital scale
Standing mixer
Hand mixer
Essential oil still
Beeswax wrappers
Silicone storage bags
Silicone vacuum seal bags
Stainless steel straws
Sous vide cooker
Immersion blender
Produce vacuum sealer
Full size toaster oven
Salad spinner
Rolling pin
Garlic crusher
Electric slicer
Sharp knives
Metal cut gloves
Air dryer
Grill Smoker
3 crockpot and dip set
Pressure cooker
Kitchen towels
Oven mitts and potholders
Kitchen trash that self closes

All white culture fast foods and beverages are toxic and deadly. Therefore. When it comes to purchasing prepared foods and beverages. Only purchase prepared foods and beverages from Black people who sell foods and beverages exclusively made from scratch by Black people. This includes making certain fermented foods they offer - such as soy, tofu, and tempeh are also made from scratch by Black people, and not purchased premade from akyiwadefo (white people).

Additionally. Consuming white culture foods and beverages makes it nearly impossible for us to align with our Okra/Okrawa - which is the only means by which we can achieve success, joy, peace, clarity, humility, prosperity, etc. Thus even if we know what we are here to do, eating toxic white culture foods will hinder or ultimately impede our ability to consistently activate our hye/hyebea (motive power/energy complex) in order to carry out our nkra/nkrabea (Divine function/Destiny). We will always feel like we are so close to a real spiritual, physical, emotional, and financial breakthrough only for things to once again fall back apart and land us back at ground zero. Experiencing too many instances of this level of failure is why many Black people give up hope on their goals, dreams, and aspirations altogether. The good news is. There is a better way.

I believe the biggest obstacle Black people must overcome when reverting back to a lifestyle of authentic Black culture is reclaiming who we truly are and who we have always been through the Divine rejection (hate) of all akyiwadefo (white people) and all manner of white culture. No Black person should ever entertain pseudo religious conversion of any kind, be that christianity, islam, judaism/hebrewism, hinduism, vedanta, buddhism, moorishism, pseudo-esotericism, pseudo-metaphysics, pseudo-native-americanism, atheism, humanism, pseudo-psychology or otherwise, because we were literally birthed into the world with our religion intact. Our specific Mani (Native) Afurakani/Afuraitkaitnit or Abibibrifo Fie Dee (Black Indigenous) expression of Nanasom (African Ancestral Religion) literally exists in our blood because it has been preserved by the Nananom Nsamanfo (Honorable Ancestors & Ancestresses) of our specific blood circles for hundreds and even thousands of years. Thus we are innately and inherently religious. No salvation, tithe, mosque or church attendance required. In Afurakani/Afuraitkaitnit (African) Amammere (Culture), religion is our way of life. And our commitment to thoughts, intentions, and actions that align with Nyamewaa-Nyame Nhyehyee (Divine Order) every moment of every day is how we substantiate our way of life. When we make mistakes, we do ritual to get right back on track without the need for conversion or reconversion. The entire concept of conversion is founded upon akyiwadefo (white

people) fully comprehending that they never have been and never will be accepted by Nyamewaa-Nyame (Supreme Being), the Abosom (Deities/Gods/Goddesses/Forces In Nature), and Nananom Nsamanfo (Honorable Ancestors & Ancestresses/Spirit Guides) because they are disordered spirits who lustful and malicious, whether blatantly or discreetly. We on the other hand worship specific Abosom (Deities/Gods/Goddesses/Forces In Nature) and routinely invoke Them to avoid hypocrisy. We do not think and say one thing and then plan and do something else entirely.

And we reject without qualification: lying, stealing, drinking, smoking, drug use of any kind, promiscuity, interracialism, dissexuality/homosexuality, other forms of sexual deviance, lust, sexual abuse, physical abuse, child abuse, verbal abuse, gluttony, skin bleaching, 'cosmetic' surgery/procedures (implants, injections, etc.), hair straightening, fake hair, pseudo-religions (christianity, islam, judaism/hebrewism, moorishism, pseudo-'native'-americanism, buddhism, hinduism, jainism, kabbalism, sufism, gnosticism, taoism, extraterrestrialism, sex-cult 'spirituality', drug-addict 'spirituality' and their pseudo-esoteric iterations), pseudo-philosophies (integration, loving our enemies, unconditional love, messianic nationalism, etc.) and the promotion of or desire for any of these things by our men, women and children. Moreover. We invoke Khunem, the Obosom (Deity/God/Force In Nature) Who fashions and conjoins Okra/Okrawa (Soul) and the Khat (Body) of human beings, and Who heals us from hypocrisy. Have you ever told someone, perhaps your child, not to do something you do regularly? Then just know that you have an advocate if you desire to put an end to this disordered behavior. Khunem is ready, willing, and able to assist you.

CHAPTER TWO

Proper definition of din (deen) in your own words. (“The Akan term for name is din (deen)... A properly given din is a necessity, just as water is a necessity. Water is not all that you need to live, but without it you will die. A proper din is not all that you need in order to live harmoniously, spiritually, yet without that set of vibrations constantly re-aligning your sunsum with your okra and nkrabea, your function in Creation is “lifeless”.)

Every Black person, no matter where on Earth they are born, is born with an Afurakani/Afuraitkaitnit (African) name which resonates at the same frequency of their nkra/nkrabea (Divine purpose). This name is governed by the Obosom (God) Ren and (Obosom) Goddess Renenet. And thankfully and most often, many of us received first and middle names at birth that are Afurakani/Afuraitkaitnit (African) names or variations of Afurakani/Afuraitkaitnit (African) names that may only require slight modifications in spelling and pronunciation to reflect our nkra/nkrabea (Divine purpose). This is because deep within our subconscious our authentic culture and religion is alive and well. This why many of our Black mothers and fathers instinctively choose birth names that are Afurakani/Afuraitkaitnit (African) names or variations of Afurakani/Afuraitkaitnit (African) names without them even realizing what they're doing.

Nevertheless. It is also common to have received only one of perhaps four or five of the names that comprise our entire Afurakani/Afuraitkaitnit (African) name at birth. For example. I was human trafficked (enslaved) at birth I had no way of knowing what the names my parents had given me were Afurakani/Afuraitkaitnit (African) names. So like many, I began my quest to discover or more accurately, remember, my true Afurakani/Afuraitkaitnit (African) name. At one point when I had become frustrated with the process, I decided to listen to a podcast called Renen and Renenit: Nature and Function of the Ren (Name) at <https://www.youtube.com/watch?v=r27zR9z1C38>. Believe it or not. The podcaster not only declared my birth name, Tanisha, was an Afurakani/Afuraitkaitnit (African) name, he said another name that surprised me. He declared that because I am an Akan female born on Awusida/Akwesida (Sunday), my true first name was in fact the name of my Okrawa, Akosua. To others this seemed like a harmless declaration but I was only person I knew that used the internet search engine ecosia.org. because I loved the way the name “ecosia” sounded. Little did I know I had been mispronouncing it “Akosua” for years. This is just one of many instances that prove

our Nananom Nsamanfo (Honorable Ancestors & Ancestors) are always there helping us, guiding us, instructing us, and providing answers to our questions to overcome challenges in life.

However. Even if we do not receive are Afurakani/Afuraitkaitnit (African) names or variations of Afurakani/Afuraitkaitnit (African) names at birth, we have a responsibility to know and reclaim our true are Afurakani/Afuraitkaitnit (African) name both legally and permanently. If you discover at any point that your name has no clear and concise Afurakani/Afuraitkaitnit (African) definition or representation in any Afurakani/Afuraitkaitnit (African) culture, it has no significance to you as an Afurakani/Afuraitkaitnit (African) individual and should be discarded immediately to render null and void every curse, hex, spell, negative projection, and negative script accompanied by its use. And remember to update your birth certificate, your will and testament, insurance policies, investments, social security card, all forms of identification, and all of the birth certificates of your children with your new name. This will prevent unnecessary confusion while you are alive and prevent your children's inheritance from being stolen if your name change paperwork becomes lost after you transition.

If I had never investigated my Ancestral identity, reclaimed my Ancestral name, reverted back to Nanasom (African Ancestral Religion), and reinstated the value of Ammamere (Ancestral Culture) in my life, I would never have discovered I was an Akan Ohene Babea (Princess). I would never have known to reclaim land stolen from my family to create an exclusively Black town. Nor would I have ever discovered my formal appointment to become Ohemma (Queenmother) and Sakomufo (Sovereign Estate & Business Owner) upon successful completion of Initiation & Rites of Passage. Moreover. The housing, education, justice, protection, entrepreneurship, business, healthcare, and transportation opportunities I plan to offer Black people would never exist. Knowing who you are translates to you learning how to accurately and concisely discern who your enemy is. So while you are in the process of establishing a relationship with your Nananom Nsamanfo (Honorable Ancestors & Ancestresses/Spirit Guides), I highly recommend you begin researching your family history and connecting or reconnecting with non criminal family members as you feel led.

When engaging in spiritual ritual for yourself and blood relatives, it is critical to be in alignment with your Okra/Okrawa (Soul), the Abosom (Deities/Gods/Goddesses/Forces In Nature) who govern your Abusuakuw (Clan), and the Nananom Nsamanfo (Honorable Ancestors & Ancestresses/Spirit Guides) of your specific blood circle. It is also critical to distinguish between your Nsamanfo (Ancestors & Ancestresses) because many ignorantly and some maliciously promote Ancestral

Spirits as belonging to a spiritual class which they do not belong to.

For example. Asuo Gyebi, Akonnedi Abena, Adade Kofi, and Tegare are promoted by many as Abosom (Deities/Gods/Goddesses/Forces In Nature) and by others as Akan Ancestral Spirits. However. Neither is the case. Asuo Gyebi, Akonnedi Abena, Adade Kofi, and Tegare are neither Abosom (Deities/Gods/Goddesses/Forces In Nature) nor Akan Ancestral Spirits. They are Ancestral Spirits of a certain group of Guan people, which is a non Akan ethnic group in Ghana. Moreover. We honor those who experienced owu pa (good death) such as via sleep, martyrdom, self defense, righteous warfare, wrongfully accused, but we duabo (curse) those who experienced owu bone (dishonorable/bad death) such as via suicide, accident, addiction, criminality, capital punishment. This has always been a component part of authentic Black culture.

I am a huge proponent of maintaining healthy friendships, but the general modern day notion that friendship ties are more valuable than family ties is a bold-faced lie. The grass is not greener on the other side. The grass is greener wherever you water it. If you invest in friendship relations, you will have great friendships. If you invest in family relations, you will have great family ties. So authentically invest in getting to your family members without an ulterior motive. Don't just memorize basic facts about one another. Discover each other's needs, wants, aspirations, and prayer requests in addition to birthdays, anniversaries, and important life events.

CHAPTER THREE

If you are paying close attention you will notice the three most crippling aspects of conforming or converting to white culture are ignorance, immaturity, and fear. The primary goal of racism white supremacy is to keep Black in a mentally, physically, spiritually, emotionally, and financially infantile state. This is why Rites of Passage is so important. For example. If you have already established your Nsamankommere (Ancestral shrine). Congratulations. This will prove one of the most important steps of your spiritual journey. But also know if you had been properly cultivated in Nanasom (African Ancestral Religion) from Day 1, you would have likely received your first nkommere (shrine) around the age of seven. If you did not receive a nkommere (shrine) when you were seven years old, it is not too late to establish a nkommere (shrine). You can and should establish a nkommere (shrine) for yourself, and one each of your children as soon as possible. We start by establishing an Nsamankommere (Ancestral shrine) on the West wall or Southwest wall in our home. Facing West. Towards the Land of the Setting Sun.

Sakomufo literally purchased nearly every item she needed for her first Nsamankommere (Ancestral Shrine) at the local dollar store. It consisted of a glass cup and bowl, sea shells, a seven day candle, a rock, incense, a photo of Husband and Wife Akradinbosom; Awusi and Adwoa, and a white cloth to place these items on. I deem it important to go to my shrine every day after bathing and before eating to pour ohwie (libation). Afterwards I prefer to just sit in front of the shrine and listen with pen and paper to write down whatever I hear. In addition to ohwie (libation), I recite a list of Affirmations and internalize the 42 Laws of Maat. This not only raises my vibration but serves as notice in the physical and spiritual realm as to the quality of energies, entities, and experiences I desire to encounter throughout my day. I choose to spend time invoking the 42 Assessors of Maat which govern the 42 Enunciations of Maat (42 Laws of Maat) each morning and evening before I lay down to rest. This ritual practice is a therapeutic form of spiritual renewal.

This is not to imply you need to hurry and catch per se. What I am saying is there are additional Rites of Passage that you missed as well and I encourage you to go through. The most important Rites of Passage such as Adulthood, Manhood/Womanhood, and Elderhood/Eldresshood. Choosing to participate in these Rites of Passage offered by various institutions rooted and grounded in authentic Nanasom (African Ancestral Religion) in book or group format will assist you immensely in discovering your identity and purpose.

There are several vital components within each Rites of Passage that not only benefit us as individuals but those in relationship with us. For example. Within the Manhood/Womanhood Rites of Passage is marriage preparation. As Black people, we have always known marriage is the uniting of two people as well as the uniting of two families. Thus it was forbidden and unheard of for a couple to elope. Instead the Nananom Mpanyinfo (Honorable Elders & Elderesses) of both families had to be in agreement and bless the union. Gifts and promises had to be exchanged. A prenuptial agreement which detailed how the wife would be provided for if the marriage should fail had to be drawn up before the wedding. The union would be officiated by a self-uniting marriage ceremony and later by marriage license. If the wife was the member of a Abusuakuw (matrilineal Clan), the husband knew he would be required to move where the wife and her family resided. If the wife was the member of a Ntoro (patrilineal Clan), the wife knew she would be required to move where the husband and his family resided. The husband, wife, and members of both families were equally committed to ensure the marriage remained healthy and intact because each of them had made a promise to do so before Nyamewaa- Nyame, the Great Mother & Great Father, who together comprise the Supreme Being.

So as you can see, the value of a people's culture lies in its distinction from other cultures. All authentic Afurakani/Afuraitkaitnit (African) cultures complement one another while simultaneously repudiating white culture. Just like all authentic white cultures complement one another while simultaneously repudiating Black culture. For example. We hear akyiwadefo (white people) say all the time that they do not see color. Yet less than 1% of all akyiwadefo (white people) patronize Black businesses. Thus it is not a matter of words, but a matter of cultural practice. Contrarily. Black people share more Buy Black advertising, slogans, and memes than any other group, yet over 95% of all Black people patronize white businesses. Do you see the hypocrisy? Once again. It is not a matter of words, but a matter of cultural practice. We must return to our own cultural practices and avoid promoting, participating, and patronizing white culture. It is also important to differentiate between dietary trends and dietary traditions. Granted. Research has proven our ancient Kamiti (Egyptian) Nsamanfo (Ancestors & Ancestresses) consumed a vegetarian diet. The details of which have since been published in an article that can found here,

https://www.huffingtonpost.com/2014/05/10/egyptians-vegetarian-mummy-study_n_5297691.html.

However. Having this knowledge has led many to assume our Native Afurakani/Afuraitkaitnit (African) Nsamanfo (Ancestors & Ancestresses) also exclusively consumed a raw food diet. This assumption is false. Only 40-60% of the diet our Native Afurakani/Afuraitkaitnit (African) Nsamanfo

(Ancestors & Ancestresses) consumed consisted of raw foods, the other 40-60% consisted of cooked foods. Forcing our Black bodies to adapt to a 100% raw food diet places undue strain on our digestive, lymphatic, and immune system. This also causes us to forfeit the benefits of consuming foods which are easily digestible and which contain elevated levels of carbon as a result of having been cooked. We as Black people must endeavor to avoid entertaining dietary trends and focus on maintaining dietary traditions. For many this looks like maintaining a diet which primarily consists of fruits, vegetables, herbs, roots, seeds, and sea weeds without neglecting to uphold the old school tradition of consuming a plate full of stewed collard greens and black-eyed peas with cornbread on the side for dinner, and the new school tradition of consuming a plate full of flame grilled fruit topped with vegan whipped cream for dessert.

Moreover. We as Black people are "cells" within the Great Divine "Body" of The Supreme Being, Nyamewaa-Nyame (Amenet-Amen), and as such we function only to serve the Great Divine Whole of Whom we are an integral part, just as the healthy living cells operating within your body function only to serve the whole (you) of whom they are an integral part. This clarifies that all healthy cells are Divine beings and intelligent organisms which have the right to life. Thus when you choose to consume toxic drugs, alcohol, chemicals, foods, and beverages which trigger the death of healthy cells within your body, we commit murder. I know to many this may seem extreme, but it is true nonetheless. Think about it. There is no such thing as a lesser cell, no different than there is no such thing as a lesser human. Exhibit A. The fact that we as Black parents have authority over our children and are called to discipline our children via verbal chastisement and corporal punishment does not negate our responsibility to acknowledge that they are worthy of life, love, respect, protection, and compassion. And the same is true of the cells within your body who work tirelessly around the clock to keep you healthy. You have no right to reward their tireless efforts with death. Understand. Killing is transference, murder is stealing. Transference is a lawful separation (taking away) of something from its present cycle, placing it then in a different cycle. This separation is defined as lawful if it is found to be in harmony with the Divine Plan; if it serves a purpose expressive of Divine Order. Therefore. When we kill cells within our body who are functioning in harmony with Nyamewaa-Nyame Nhyehyee (Divine Order) because we lack self control and approach our relationship with food from a lustful and gluttonous perspective, this constitutes murder.

Understand that your Divine living energy, called tumi in Akan culture, is what enlivens you. It is powered by your breath and blood, and it is primarily energized through conscious breathing, ritual movement, aerobic exercise, and consumption of pure foods and beverages. Understand. All white culture fast foods and beverages are toxic and deadly. Thus when it comes to purchasing prepared foods and beverages. Only purchase prepared foods and beverages exclusively prepared and sold by Black people. Moreover. We do not recommend or condone the consumption of meat. Read the article, [Ancient Afurakani/Afuraitkaitnit \(African\) Associations of Divinity and Purification with Refraining from the Pig as well as other Animal Flesh](https://odwirasem.wordpress.com/2017/11/14/ancient-afurakani-afuraitkaitnit-african-associations-of-divinity-and-purification-with-refraining-from-the-pig-as-well-as-other-animal-flesh/) (<https://odwirasem.wordpress.com/2017/11/14/ancient-afurakani-afuraitkaitnit-african-associations-of-divinity-and-purification-with-refraining-from-the-pig-as-well-as-other-animal-flesh/>). And although this article primarily focuses on the consumption of pig, the consumption of meat has always prompted a state of uncleanness in Black people. Making them unfit to perform vital spiritual rituals necessary to protect the Black community, inclusive of themselves and immediate family members, and to wage war against our absolute enemies, all akyiwadefo (white people).

Moreover. Many if not all meats sold today are sacred akyeneboa (animal totems) and serve a Divine purpose in the spiritual cultivation of every Black man, woman, and child. That being said. In authentic Black culture. We respect animals. They are our brothers and sisters. ANd we do not thieve the milk of their young to make dairy products. If we choose to consume dairy, we procure it from a human source (breastmilk). We know that many of your Nsamanfo (Ancestors & Ancestresses) were misled and some forced to adopt disordered cultural practices, but We are here to correct the record. The only Ancestral diet fully supported by Nyamewaa-Nyame (The Supreme Being), the Abosom (Deities/Gods/Godesses/Forces In Nature). The only perceived contradiction, although it is not a contraction, is the consumption of honey - the medicinal substance Nana Nyankonton (Ra) and Nana Nyankopon (Rait) instruct to produce in excess for the medicinal benefit of Black people.

If you choose not to heed Our instruction in this regard. Only consume bone-in meats and do not consume salmon. You should also know that residue from meat (especially pork), dairy, eggs, artificial foods and drinks can remain in our bodies for years if we do not detox, fast and pray, on a regular basis. Ultimately. This prevents us from achieving and maintaining a state of mental, spiritual, and emotional balance - which means we are simultaneously failing to fulfill our nkra/nkrabea (Divine function/Destiny). And pork in particular contains worms that can survive extremely high cooking

temperatures, congregate in our brains, and wreak havoc throughout our bodies from months to years. Below are a few different types of fasts for you to consider.

Level One Fast - Water Fast.

Level Two Fast - Fresh Juice Fast.

Level Three Fast - Fresh Juice & Smoothie Fast.

Level Four Fast - Raw Fruit & VegetableFast.

Level Five Fast - 50/50 Raw & Cooked Fruit & Vegetable Food Fast.

FINAL THOUGHTS

Although discovering which governs your nkra/nkrabea (Divine function/Destiny) is paramount, it is also beneficial to know your specific zodiac signs because it influences the manner in which you carry out your nkra/nkrabea ((Divine function/Destiny). You must start by acknowledging that the zodiac signs put forward by the akyiwadefo (white people) is nonsensical because there are no longer 12 constellations crossing the elliptic, but thirteen, and all thirteen of these constellations are governed by Abosom (Deities/Gods/Goddesses/Forces In Nature). Thus we completely disregard the astrological charts put forward by akyiwadefo (white people) and use accurate information to determine our correct zodiac sign. Below is an excerpt from the article, AKYENEBOA: Sacred Animal Totems – Original Zodiac Signs in Kamit. To read the full article, visit <https://odwirasem.wordpress.com/2018/10/31/akyeneboa-sacred-animal-totems-original-zodiac-signs-in-kamit/>.

List of Divinities and related zodiac signs:

Ba Neb Djedet: Great Ram of Djeddjedu also sacred to Amen. Corrupted into ‘aries’. Apr 19, 2018: Sun enters constellation Ba Neb Djedet [Aries] (29.08o)

Ptah-Min: Great Bull sacred to Ptah and Min (Men). Corrupted into ‘taurus’. May 14, 2018: Sun enters constellation Ptah-Min [Taurus] (53.46o)

Shu and Tefnut: Divine Male and Female Twins of Atum and Iusaaset. Corrupted into ‘gemini’ (two males castor and pollux). Jun 21, 2018: Sun enters constellation Shu and Tefnut [Gemini] (90.43o)

Khepera: Great Beetle. Corrupted into ‘cancer’. Jul 21, 2018: Sun enters constellation Khepera [Cancer] (118.25o)

Heru em Akhet (Heru Behdety): Sacred Lion in the form of Shesep en Ankh (sphinx) as well as the Falcon and Falcon-headed lion. Corrupted into ‘leo’. Aug 10, 2018: Sun enters constellation Heru em Akhet [Leo] (138.18o)

Auset: Virgin Mother of Heru. Corrupted into ‘virgo’. Sep 17, 2018: Sun enters constellation Auset [Virgo] (174.15o)

Maat: Divine Law and Balance. Governing the scales of Justice. Corrupted into 'libra'. Oct 31, 2018: Sun enters constellation Maat [Libra] (217.80o)

Serqet: Great Scorpion and Warriress. Corrupted into 'scorpio'. Nov 23, 2018: Sun enters constellation Serqet [Scorpius] (241.14o)

Sekhmet: Warriress and Healeress. True Serpent-Bearer. Corrupted into 'ophiuchus'. Nov 30, 2018: Sun enters constellation Sekhmet [Ophiuchus] (248.03o)

Neit: Primordial Mother, Divine Weaver of Priomordial Matter and Archeress. Corrupted into 'sagittarius'. Dec 18, 2017: Sun enters constellation Neit [Sagittarius] (266.59o)

Khunem (Khnum): Divine Potter. Regulator of the release of the Hapi/Nile waters. Corrupted into 'capricorn' (sea-goat). Jan 19, 2018: Sun enters constellation Khunem [Capricornus] (299.71o)

Hapi and Merit: Male and Female Divinities of the inundation of the Nile river. Corrupted into 'aquarius' (water-bearer). Feb 16, 2018: Sun enters constellation Hapi and Merit [Aquarius] (327.88o)

Rem (Abtu) and Ant: Male and Female Fish – pilots of the boat of Ra (Creator). Corrupted into 'pisces'. Mar 12, 2018: Sun enters constellation Rem/Abtu and Ant [Pisces] (351.57o)

Reclaiming your Mani (Native) Afurakani/Afuraitkaitnit (African) and Abibibrifo Fie Dee (Black Indigenous) Amarukani/Amarukaitnit (American) Diet will also greatly enhance your ability to fulfill your nkra/nkrabea (Divine function/Destiny), and I highly recommend maintaining a daily food journal if you are a beginner. It will not only serve as a blessing to you, but those that come after you because your knowledge of which foods compliment the family's overall genetic makeup will help them avoid unnecessary pitfalls and remain firmly planted on the correct path to spiritual enlightenment. Plus. It is easier for Healers & Healeresses to heal those who track what they are consuming. There are tons of apps out there but I prefer to use an electronic memo pad.

Food journals should include the food or beverage type of each item consumed, the quantity, and the associated calories. Remember the importance of circadian rhythm when food journaling. Try to always

eat between sunrise and sunset, and eat your heaviest meals between 12-2PM if you are able. Choose foods that fuel your body versus foods that feed your emotions. At the end of each day. Ask yourself. How do I feel? Then make a quick note of any aches, pains, boosts in energy, or even sudden mental clarity. Always review your food journal periodically in order to begin the process of refining your diet to primarily consist of foods that make you feel like the powerhouse Mani (Native) Afurakani/Afuraitkaitnit (African) or Abibibrifo Fie Dee (Black Indigenous) Amarukani/Amarukaitnit (American) you are!

Love on yourself during your menstrual cycle. In Mani (Native) Afurakani/Afuraitkaitnit (African) and Abibibrifo Fie Dee (Black Indigenous) Amarukani/Amarukaitnit (American) culture, a woman's menstrual cycle is a sacred time of physical rejuvenation and spiritual cleansing. Women become shrines of the female Abosom (Deities/Goddesses/Forces In Nature) known as Nana Sakyima (Enforceress of Divine Order), Nana Asaase Afua and Nana Asaase Yaa (Earth Mothers). During these periods, we as women are encouraged to prioritize their spiritual development and self-care, eat nutritionally balanced meals, participate in a stress free hobby, and give offerings to Nana Sakyima, Nana Asaase Afua and Nana Asaase Yaa. Always remember that you are the Daughter of the Most High and you deserve to be pampered and catered to. You may even want to collaborate with a few other Sisters to restore the tradition of maintaining an Obradan (Sacred Menstrual House), which has always served as a complimentary guest house in Black communities for women to dwell during parts of their cycle. This is a great way to begin the process of restoring our Ancestral memory in your local Black community and educating the next generation of women regarding their intrinsic value, the intrinsic value of our culture, and the intrinsic value of Sisterhood.

Everything we do and wear should reflect our proud heritage as Mani (Native) Afurakanu/Afuraitkaitnut (Africans) and Abibibrifo Fie Dee (Black Indigenous) Amarukafo (Americans) every moment of every day. What we wear from head to toe, the interior design of our homes, and even our office space should all reflect your cultural identity Mani (Native) Afurakanu/Afuraitkaitnut (Africans) and Abibibrifo Fie Dee (Black Indigenous) Amarukafo (Americans). Even the manner in which we engage in libation (ohwie), meditation (susuwho), okraguare (Soul-washing/Head cleansing), spirit-possession (akom), oracular divination (adebisa), ritual song (edwom), ritual prayer (apae), ritual dance (asaw), ritual drumming (ka kyene) the use of talismans and amulets (asuman), sacred animal totems (akyeneboa), ritual naming practices (dinto), ritual funerary practices (ayie), ritual medicine (nduru), and more should reflect our proud

heritage as Mani (Native) Afurakanu/Afuraitkaitnut (Africans) and Abibirifo Fie Deε (Black Indigenous) Amarukafo (Americans). Everyone you know should be crystal clear about your identity and purpose just by observing the manner in which you live your life.

SAKOMUFO



Sakomufo Akosua Tanisha Boduaa Seshat Aaebo-Akhan, who carries the Asante indigenous asuman (talisman) name - Mama Owo Kokoo Nduru (Mama Red Snake Medicine), is an indigenous Akan (Asante) American descendantess of royal Akan (Asante & Akwamu) Americans who voluntarily migrated to North America before the enslavement era, including the "Lansing Man", whose 35,000 year old indigenous Akan (Asante) American skeletal remains were discovered in Lansing, Kansas in 1902.

Sakomufo is Komfoah (Priestess/Healeress/Conductress) of The Indigenous Underground Railroad & Okofohemma (Warriorress Queen) of the 35,000 year old Asante Nation In North America, Akwamu Nation In North America, and Kansa Asante Empire In North America originally founded and established in Kansa (Kansas). Sakomufo is the first to produce irrefutable evidence that clarifies the genetic, cultural, and religious distinctions between identifying as Black indigenous versus Black "indian".

Sakomufo also openly shares thought provoking testimony regarding her experiences being human trafficked at birth, her countless failed attempts to escape human trafficking, and being forced to leave her Children behind in order to garner legal and financial support to free herself and her Children from over a century of intergenerational Black human trafficking. Sakomufo works to accomplish this goal while spearheading The Indigenous Underground Railroad originally founded and established in Kansa (Kansas) over 150 years ago.

Sakomufo launched Black Sovereignty Nationism as the first bloodless revolution blueprint that exclusively exists to globally inspire, empower, and educate Black people to reclaim their individual, familial, and communal sovereignty. Her greatest objective is to expose the reality that indigenous Akan American descendants/descendantesses remain the sole owners/owneresses of Kansa (Kansas) and Hwanyan (Hawaii), and to restore them as exclusively sovereign and segregated territories governed by Kansa Asante Empire.