

Afrikan Culture as a Source of Mental Wellbeing

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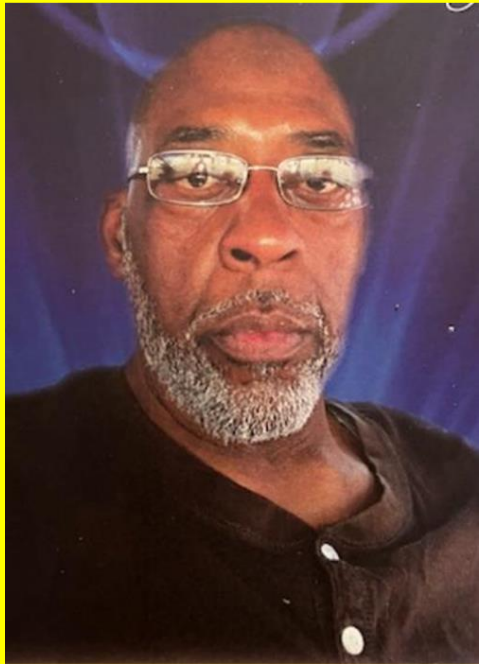




**To My
Elders
Present:**

**Request for
Permission
to Speak?**

My Recent Family Ancestors





**Dedicated to my Mother
Margree Nunley
As she Journeys to the place of
New Living Ancestor**

While she is wearing
Afrikan Attire
She always said,
“I ain’t no African; I am
African American!



**She departed this
realm on
Jan 17, 2025
I wonder if she ever
really knew she
lived her life as one
of the most Afrikan
African Americans
I knew**



**Let's take a look
at Traditional
Afrikan Culture
and do
“Sankofa”**



**An Afrikan Tradition
To “Greet”
is
Acceptance & Acknowledgement
of human-ness
(Dr. A.B. Nsamenang)**



“Sawubona!”

(We See You)

Your Response:

“Yebo, Sawubona!”

(Yes, We See You)



“Sawubona !”
(We See You)

**Not ME but WE,
who dat?**

**My Being Self is:
Dr. Patricia
(Karabo) Nunley**



“Do You Know Your Extended Self?”

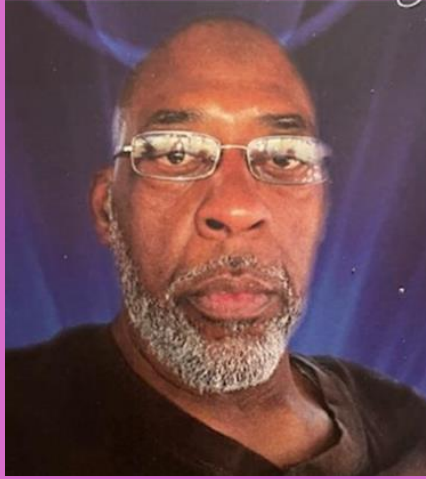
**Your (Be)ing-Self,
(Present)**

**Your Been-Self, and
(Past)**

**Your Will-Be Self?
(Future)**



My Biological Paternal Been Self



My Biological Maternal Been Self



**My
Will Be
Self**





A close-up photograph of a Black person's hand reaching down to touch golden wheat stalks in a field. The hand is positioned in the center of the frame, with fingers slightly spread. The wheat is in sharp focus, showing individual grains and stalks. The background is a blurred field of wheat under a bright, hazy sky. The overall tone is warm and contemplative.

It's Black History Month
What Does This Mean
To YOU????

**Think
About
This:**

Neely Fuller, Jr

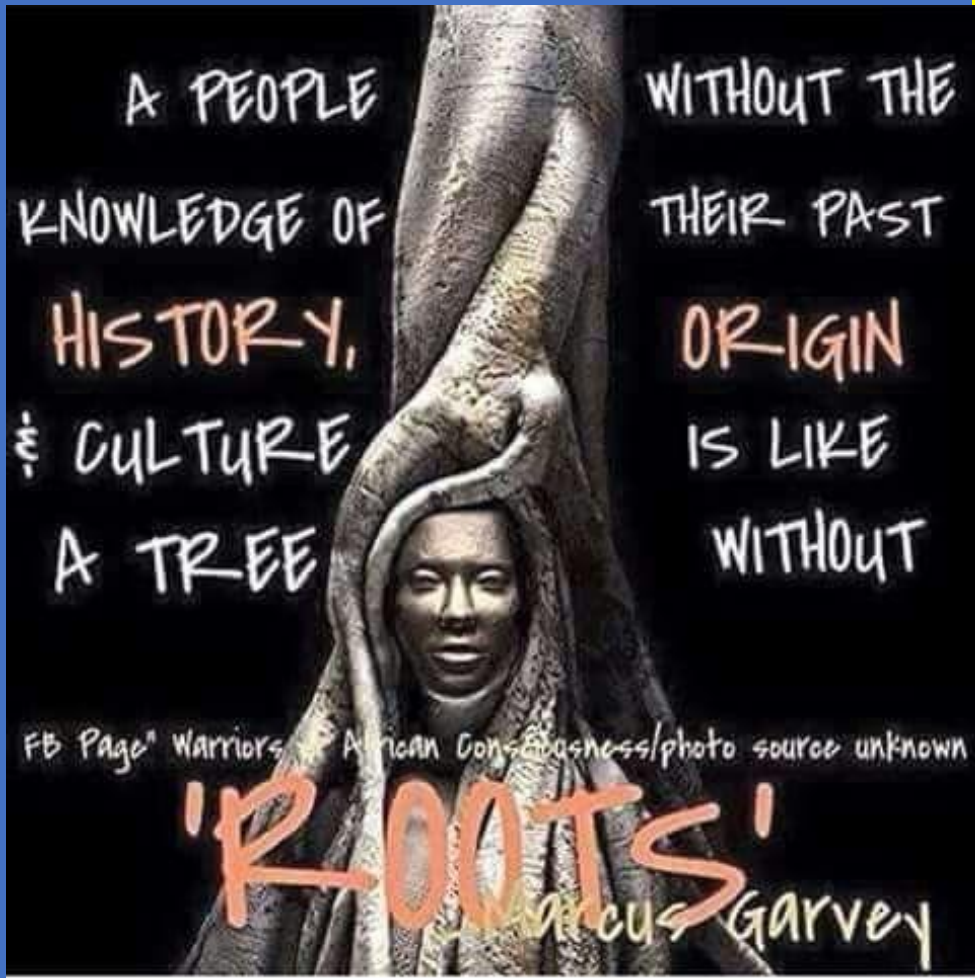
10/16/1929 - 2/4/2025

"The Purpose
for Studying
Black History
is Not to find
out how Great
you were. It is
to find out
what Mistakes
were made
that got Us in
Our Current
Condition."



—REP. SEVENTH DISTRICT

Peace To The Ancestor, May We Walk in
Your Strength, Legacy and Power,
Today and Everyday.

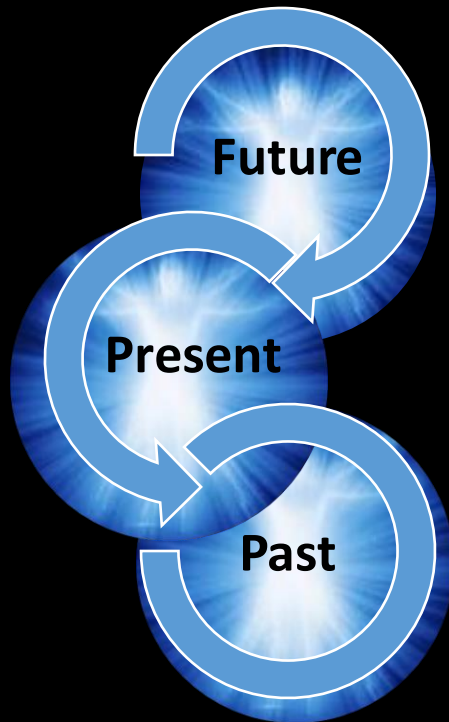


Marcus Garvey



**"Your culture is
your immune
system."**

Marimba Ani



The African Worldview is conceptualized as:

**Not one but two worlds,
the visible and the invisible.**

**Each person is Connected to a single
Energy Source,
that allows us to be in the past,
the present,
and the future,
all at the same time. (Nunley, 2014)**





Spirit

is

Energy



**Energy
Cannot be
Destroyed!**

Move & Learn



**Afrikan Verve Learning AVL)
(Nunley, 2022)**



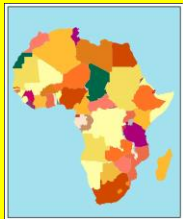
The B's of Blackness Affirmation

**I am a
BIG,
BLACK,
BEING,
BALANCING
BEAUTY-n-BRILLIANCE**

B's of Blackness Affirmation

Nunley, 2019

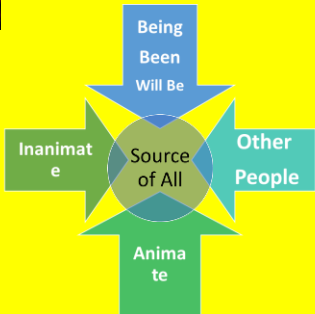
I am **BIG**



I am **BLACK**



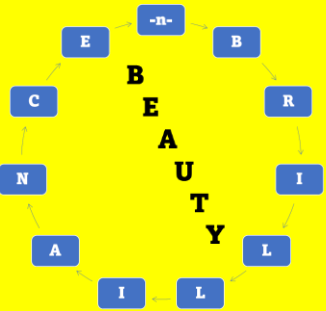
I am a Spirit **BEING**



I am **BALANCING**



My **BEAUTY-n-BRILLIANCE**



What is the role of Black Expressiveness?

It allowed us to deal with suffering, without it they would have went crazy

Used it to improve our chances of living happily in our modern world.

Commonality

We seek to be in time with rhythmic energy, when achieved they feel peace, joy, and happiness

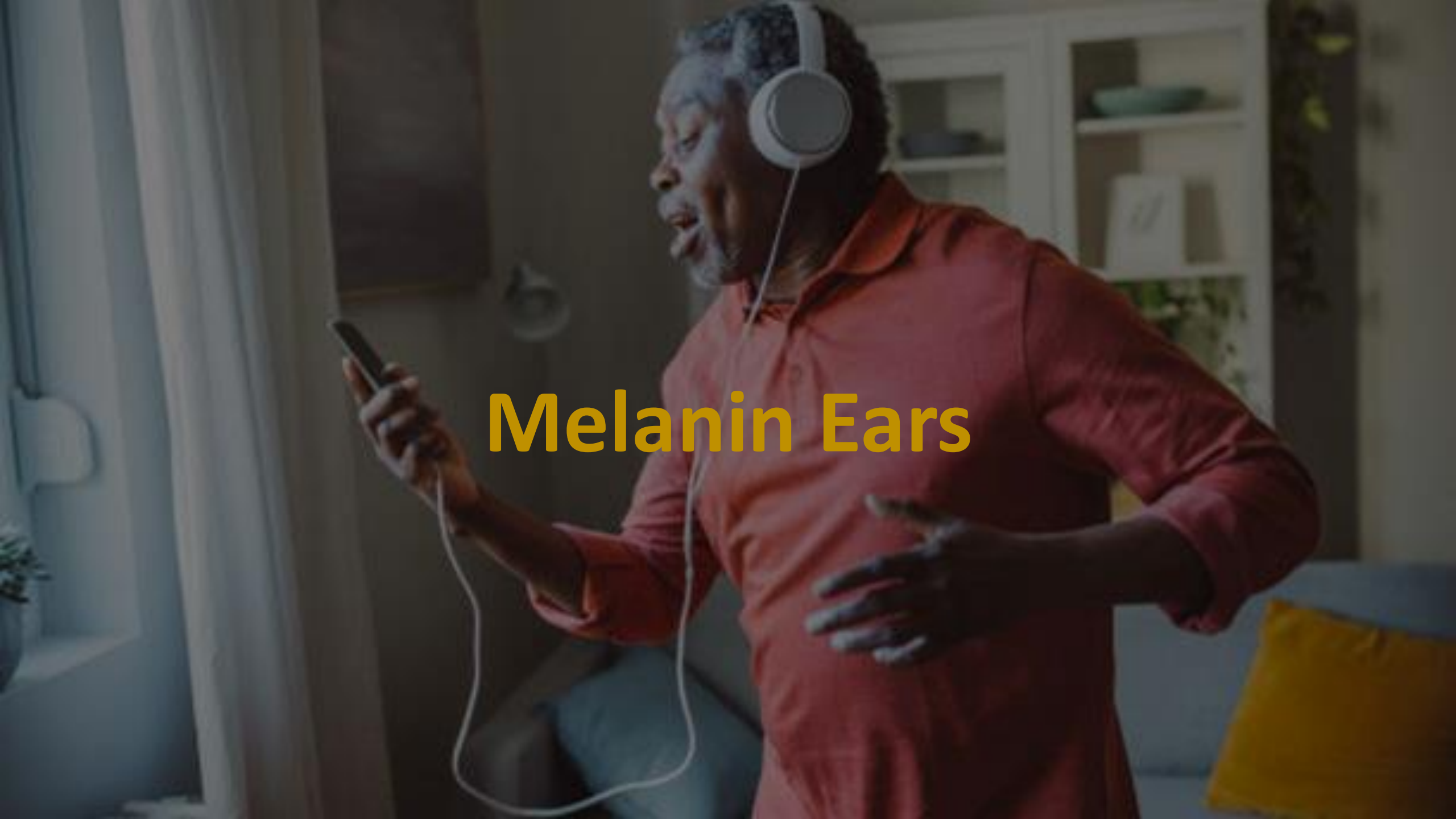
Rhythm gives access to spirituality. It infuses music with a biological force that brings forth a psychological fruit.

Afrikan transform music into Kinetic energy, we turn music into motion.

Black Expressiveness & Energetics



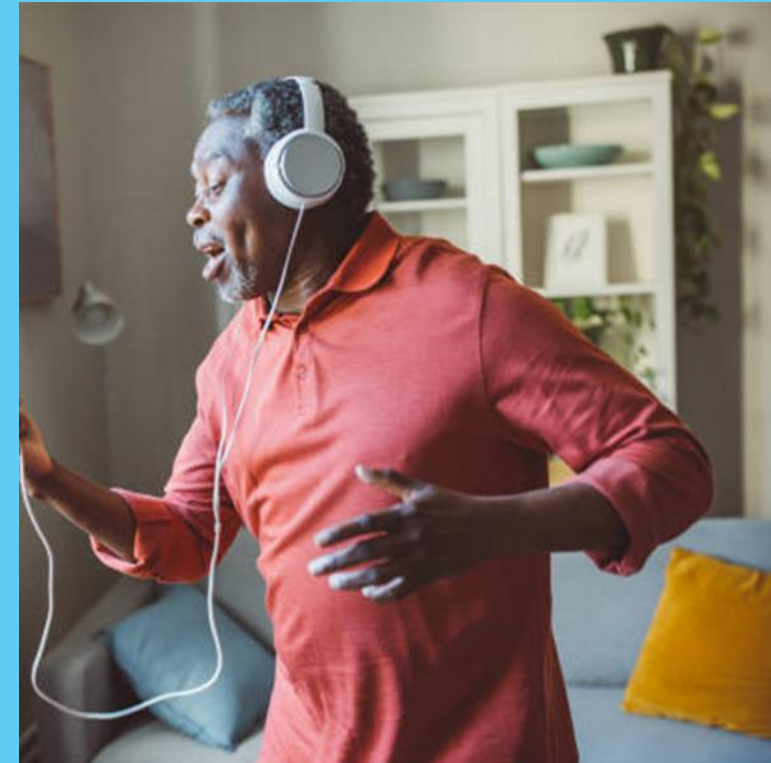
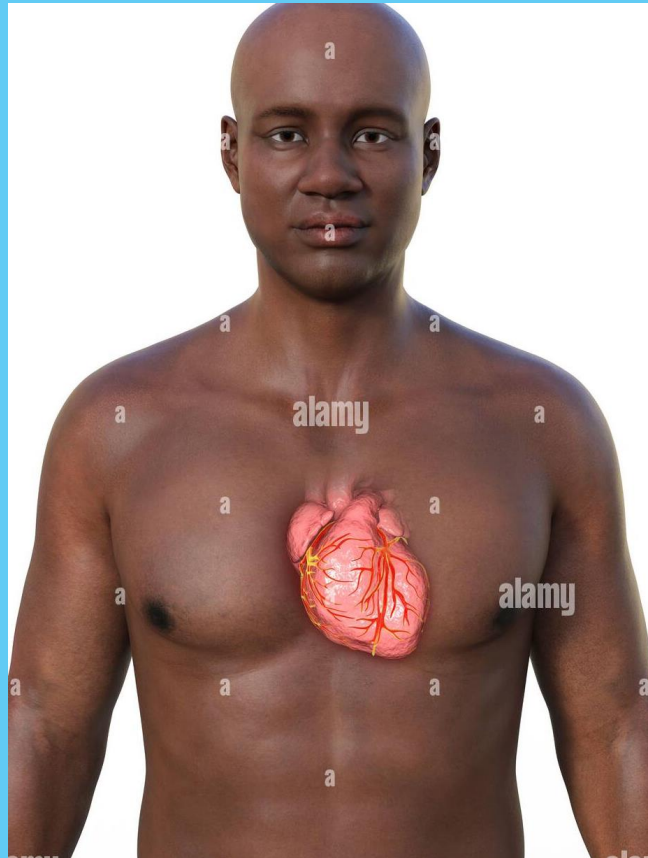
Our innate Black Gold called Melanin

A man with grey hair and a beard, wearing a red long-sleeved shirt and large white headphones, is captured in a joyful dance pose. He holds a black smartphone in his right hand, with a white cord trailing down. His left hand is extended outwards. The background shows a domestic interior with a window, a white shelving unit, and a blue sofa with a yellow cushion.

Melanin Ears

Black Music is very rhythmic, it is like:

- The steady beat & the thump of the heart.
- The thump of the heart & the thump of the bass in black music (gospel, rhythm and Blues, hip hop jazz, rap etc.) is harmonically driven.



Black Music & Black People

- The acoustic sound of the bass may convert to thermal energy and cause highly melanated individuals to become saturated with feelings.
- These feelings can be transformed into rhythmic movements that are created by all types of black music.



White Music & Less Melanin

Inner ear melanin may cause a highly excited state of energy transformation period in contrast, people who are deficient in melanin may prefer high pitched and erratic music (rock'n'roll, heavy metal etc. to feel the vibrations



The Science

- Inner ear melanin may help synchronize hearing and the rhythmic movement of the body.
- Synchronization allows you to stay in tune with the song and rhythmically dancing to the tune.
- From the ancient African drumbeats to the modern African rap songs, probably played a key role in producing sensational styles of music such as rhythm and Blues, jazz, rap, hip hop, etcetera.
- Most European ancestry lacked the natural rhythm processed by most people of African descent.
- If skin pigmentation links to the amount of inner ear melanin, then difference in natural rhythm may be explained accordingly.



A close-up photograph of two open, wrinkled hands, likely belonging to an elderly person. The hands are positioned palm-up, with fingers slightly spread. The skin is heavily textured with deep wrinkles and creases, particularly on the palms and fingers. The lighting is soft, highlighting the texture of the skin. The background is a plain, light-colored surface.

**“Every time an old person
dies, it is as if a library
burned down.”**



We are the
Original Storytellers



We are the BOOK!

Dr. T. Owens Moore said:

- *“Singing a song, snapping your fingers, bobbing your head and wiggling your hips at the same time can be a rudimentary task for some people or a bewildering complex task for other people.*
- *The rhythmic talent possessed the African American entertainers such as Michael Jackson and MC Hammer are examples of the limited potential that people of African descent can reach period to this author's knowledge,*
- *there are no Caucasian or Asian entertainers that can compare to the raw talent possessed by African American entertainers like Jackson and hammer. It is more than just hard work that could produce a Michael Jackson or MC Hammer.*
- *It is the belief of this author that raw talented is produced is a product of optically functioning physiological systems.”*