

THE  
**SUN OF MAN**  
**SUNS OF MEDINA**



A  
FIVE  
PERCENT  
DIGEST

700



*AND NO RELIEF CAME TO US UNTIL  
THE "SUN OF MAN" CAME TO OUR AID...*



**MATTHEW 16: 13-20**

**SURAH 6: 59**

**LIGHT — Traveling at the speed of — THOUGHT**

In the name of a **Man** called **ALLAH & His Determined Idea** to save the children, we the Sons of Medina greet you and your peers, with the word **PEACE!!** We hope this issue of the Sun of Man finds you and your loved ones in good health and that you have an unwrinkled transition back to school. As always, let us convey our gratitude to the those that live(d) to teach us His story , that is, the word of God and testimony of Justice C. Undoubtedly, all praises belong to Allah, now and forevermore!

Now let's begin by bringing clarity to the order of the day. During this month's Universal Parliament, we pay homage to Allah's firstborn son from Medina (Brooklyn), Universal Shaamgaudd Allah (USA). We honor him by dedicating this Universal Parliament to you—the youth—with a Back to School (B2S) giveaway and inspirational words of wisdom.

It has always been, and will always be, the duty of the 5 Percent to provide younger generations with the Knowledge to Build or Destroy in preparation to lead society into new heights, by providing guidance in civilization, righteousness, knowledge of self, and the science to everything in life to attain love, peace and happiness.

This B2S issue of The Sun of Man is filled with lessons to aid you in your personal and educational endeavors. Although you may not see the usefulness in some of the topics, I recommend contemplating them and keeping them in your back pocket. When you need them the most, you will have them handy and you'd be surprised how natural using them will be.

Last month we shared the original Supreme Mathematics which is the keys of our teachings and culture. It prioritizes a set of values from 1 to 9 plus the cipher, which holds space for continuous growth and development. This is what our morals and principles are founded on. For example, one is Knowledge, which basically means to know. So, our first priorities are learning and awareness, remaining curious, and open-minded, ready to learn more and more about this fascinating universe (in and out of our physical bodies). This is the mindset we, the Gods and Earths choose for ourselves. Two is Wisdom which simply means to speak (later, I learned that it doesn't always mean speaking to others). This makes it clear to us, that in order for our words to be wise, they have to be grounded in what we know and are absolutely certain about.

Speaking to ourselves, as Allah did in the mirror, is a paramount practice used by many of the most successful people in the world. Life is not a spectator's sport and when you're a real one doing real things, you may have to, for lack of a better term, psych yourself up to get the W. This goes deeper into the story of creation because thought, motivated by breathe and sound, shape and mold matter (John 1 :1-16). As above, so below, in your mind and out of your mouth, to walk, talk and do the same—self perpetuating cycle of everlasting life. We'll go further into this in future issues, for now, understand the importance of building your character each and every day.

Pensiveness is the first character trait of the all-wise and righteous. Simple and plain as a rule of thumb, think before you speak. I was taught to say things to myself five times before I say them (out loud) to someone else. Oftentimes, understanding will be born and you'll see if your words are truly necessary.

## **REMEMBER HOW A FISH GETS CAUGHT...**

Allah had a dream just like Martin Luther King. The main idea of his dream was for his Five Percent not to get caught up on their way to being successful in life. I've included the article U.S.A wrote about this dream. I was taught by FB Siheem that Allah had this dream in August hence the term,

### **ALLAH-U-GOD, RAISE YOUR ROD!**

Being I never met U.S.A in the flesh I couldn't ask him any questions about his article and when I built with FB Siheem he said he didn't know where his brother got May from. So my understanding of the timeline is that he had a dream in August of an experience that happened in May. Regardless, silence is golden and you have the right to remain silent. To further illustrate this idea, here is one of my favorite quotes of all time, albeit, there are a few versions of this quote by different people at different times and places, and even the Bible has its own in Proverbs 17:28 that you could search up if that book appeals to you, the meaning is clear...

***“It is better to keep one's mouth shut and be thought a fool than to open it and remove all doubt.”***

Next month, we will be sharing the original Supreme Alphabets so get ready. These are our gold and silver keys to unlocking the universe or as U.S.A entitled one of my favorite Sun of Man articles,

### **“MATHEMATICS IS THE KEY, EDUCATION IS THE DOOR.”**

Now moving right along, everything seems impossible until it is done, but anything is possible, one step at a time. Just trust the process. Time can be your best friend and your worst enemy depending on whether you use it or squander it. You need to show and prove your true grit as you navigate towards your dreams. No guts no glory! Help yourself and others will come forward to help you as well. When we align our actions in a committed way with our most sincerely heartfelt desires, the universe tends to step in to support us in some way, even if not in exactly the way we'd envisioned. Always choose to be positive and optimistic over being negative and pessimistic. Keep your mind in the top cipher of the numeral eight (8). Although I usually would quote one of my brothers, today, because it speaks so well to the thought I'm striving to convey, I'll share a quote made famous by one of my favorite childhood authors.

***“Don't let schooling interfere with your education”- Mark Twain***

Gratefully in your service,  
MAHDI

P.S. Special Recognition to Azarius, Royal, Shateik, Allah Sha Sha, Jusheem, Asiatic, Allahjustice, Mahdi (Wisdom seed), Freebar, Elsun, Earthly Embrace, Almighty, Lyfe, Isupreme, Universal Truth, Iygaudd, Supreme Being, Destinii MyLove, Elsoulja, Divinejustice, Just C, Saviour, Alyasha, Alldivine (pbuh), Gamel (pbuh), Allah Real (pbuh), FB Sha Sha (pbuh), FB Gykee (pbuh), FB Siheem (pbuh), and countless others who made a donation or volunteered their time to make Children's Day in Medina 2023 a success.

## ALLAH -U- ARKBAR

In the name of ALLAH, the true and living God, one to whom all praises are due to forever and hereafter. And in the name of his son the Universal Saviour God and Divine Deliverer do I greet you my beloved Brothers and Sisters in the most holy and highest respects of the universe which PEACE!

First as always I hope this SHOW and PROVE Issue of the SUN OF MAN will find you and yours in the best of health, as for self, I couldn't be finer If I were in China!

I had said I was going to chill this issue, however I would still like to share this little jewel with you. When we were young FIVE PERCENTERS, the Father had a dream, it was in May and in this dream he saw a woman fishing in a lake. Now in this lake were fish not your ordinary fish these fish were Allah and his young Five percenters, now the- bait on the hook was not a worm, it was SPAGHETTI and the motion of the water made the spaghetti sway like it was a live worm. The Father and the fish who had the UNDERSTANDING swam around the bait and the ones who didn't got HOOKED!

The Father taught us that this meant to raise our RODS! In other words no intercourse, no fornication (sex) for the 31 days of MAY, for this is when our greatest temptations would come.

So for every MAY some of us would raise our rods and I must admit, I have met some of the most beautiful women of my life in the month of MAY. As we grew we understood that the spaghetti was not just the woman, it was the temptations of the world of equality, drugs, booze, cigarettes, gambling etc. Whatever your weakness may be, and if you are who you say you are it should be no great problem to show and prove for your own self satisfaction to raise up off of one of these things for 31 days of any month, and If you can't you're HOOKED! For one is the best knower of ones own weakness, after all that's what showing and proving is all about!

So while the rest of the world is asking "WHERE'S THE BEEF?" YOU 'LL KEEP YOUR EYES ON THAT SPAGHETTI!

"UNTIL OUR MINDS MEET AGAIN"

PEACE LOVE AND HAPPINESS!

U.S. ALLAH

## A WORD TO THE WISE

**MAY IS IS WHEN YOU MASTER IT !!!**

## Back to the Books

With the advantage of mental clarity and youthful exuberance, I express the joy and pleasure of greeting the young and gifted with “PEACE.” I remember being anxious, anticipating the first week of school, and the excitement of seeing my friends, curiosity making my heart race to see who would be my new teachers, and the depth of the semester schedule. It’s amazing what fresh new clothes, fresh new shoes, and a fresh new attitude towards learning brings forth.

As you embark on your journey through the next semester, here are a few tips to help you survive until your next break. I was constantly reminded, during my wonder years that, “We Do What We Need To Do, So We Can Do What We Want To Do.” Pace yourself young grasshoppers!!! Set a goal and become successful because you are the link to the future. I can only imagine how at times there is an unbearable amount of work that comes with keeping up with the latest TikTok dance and staying caught up on school task. Give those cell phones a break and cut off your social media for a moment, and before you cancel Uncle Saviour, hear me out. You are the most important people in the world. Anything and everything you give energy to directly and indirectly affects everyone. I’m simply asking you to put your future first, because we all need you right now. You are the sole controllers of today and tomorrow, believe it or not.

What if I told you that the brilliance your mind possesses is what shapes the world as we know it? Not only that, but also, your creative powers are what make and break industries. Many millennia ago, I was young, filled with enthusiasm and passion, and ready to take this world by storm. After several successful ventures and a few dreams came true I did just that.

I have a question to ask the young reading this article. If not you, then who??? You are the most free, honest, and intelligent beings to ever exist and school is level 1 of many that must be completed. This is your world and I have the privilege of living in it. I yearn to live to see the day when you express your greatness. I count on your ability to achieve feats unimaginable because you are the greatest generation of best knowers to ever exist. I use to sit in my history class and say, “One day they will write about me.” I know that one day they will write about you. I know that school propels the mind and catapults the genius of the young.

Here’s a challenge that you won’t find on TikTok and its to list all the reasons why the world deserves YOU!!! The world deserves the best, now it’s your turn to show and prove your value. Until our minds meet again...

P.S. Bullying is for chumps not champs!

PEACE,  
Self Saviour

Peace, I come in the righteous name of Born Logic Allah: a voice of reason here in the wilderness of North America.

Our Power is the truth. The greatest energy in the universe is that which can be shown and proven beyond a shadow of a doubt to be right and exact. The truth is always in alignment with reality. Those of us who embrace the truth, clearly see the benefits that come along with it. Ultimately, the U-N-I-verse works in favor of the righteous. The righteous are those who do right—words alone won't cut it. When you act accordingly and move in accordance with the power of Allah, the stars will align for you. When there appears to be no path, the gates will open up and a lane will be made for the righteous. Trust me when I say there is no benefit greater than the exponential power that comes through sharing the truth with others, specifically with those who are sincere and receptive. To some people who are poor mentally and live outside of Allah's World Manifest, this might seem counterintuitive or backwards. Primarily because the people are being taught daily to conceal and hoard things of value. However, the truth is one of the few things of value that you can extend to others, and never lose or decrease the worth of what you have. In fact, the only way to keep it for yourself is to share it, because if you don't use it you'll, what? Lose it! When you teach you learn twice. So, as you reach back to those who are unaware, from a Position of Wisdom Exercising Responsibility, not only are you helping them, you are setting yourself up for a great blessing. Strengthening others improves your cipher as we are only as strong as our weakest link.

Mathematically, Power is followed by Equality for a very good reason! The Power has to be extended equally, just like the light that is shone by the Sun of Man. Equality means to be equal in everything—not just the things you want to be equal with). When I build with the children, I often say that it means to be fair and to share. Even the young know that “sharing is caring.”

I was taught that equality is truly a high degree to rise to. Don't give your power away! We labored to receive the reality of ourselves and others. We learned. The wise amongst us know that within the word learn is earn, so nothing was given to us. The love put us in a position to earn and as a result we learned how to go/grow through hell in order to come out, how? Right and exact; ready to receive our Justice. For the ones not willing to work, they received just ice.

Require effort and consistency from everyone you bless. Share your power, be fair and square with the truth. Don't cast your pearls to swine and don't let anyone ride in on your coat tails. Be honest with yourself and have the courage to be honest with others. I use these words as a reminder to myself and if others find value in them, all praise due to you.

It is an honor and a pleasure to write for a publication as timeless as The Sun of Man, which was set in motion by the Divine Deliverer himself, whose legacy will forever live on.

I leave you in PEACE!  
Born Logic Allah

In the name of Allah, Justice, and the 5% Nation, I greet our readers in and with PEACE.

This is August 2023; the Build or Destroy (8th) month or

### **Allah-You-God-You-Shall-Teach**

In last month's issue of The Sun of Man, I shared the Golden Keys to the Universe—SUPREME MATHEMATICS—with the children/youth, along with the rest of our readers. Being that this is the 8th month of the year (according to the Gregorian calendar) and the children/youth are preparing to return to school and some have already begun the school year, I want to go over the 8th key in our Supreme Mathematics, Build or Destroy, and how you can apply it to your everyday life. 8. Build or Destroy. Our Supreme Mathematics are written in stone and should not be changed in any shape, form or fashion. The 8th key is the ONLY key that has an "or" (OPTION). Meaning you have a choice. The word "or" is defined as being used to connect words, phrases, or clauses representing alternatives. So, when I think of the word Build and what it means, I think of creating, of making, of doing something that can be seen and possibly used by others to benefit them. When I think of the word Destroy and what it means, I think of tearing something down, breaking something up, getting rid of something or someone that may not have good intentions for me and may in fact mean me harm. I would really love for you (young readers) to take the time and think about what these 2 words "Build" and "Destroy" mean to you and how you define them?

As the days turn into weeks, the weeks into months, and the months bring you to a completion once again of another academic school year, I want you to think about what you want to Build as well as what you want to Destroy throughout this school year. Set goals for yourself and Build towards them through hard work and dedication. It's also important that you think about the things that you may do that you know aren't necessarily good and figure out a way to just stop doing them. Also, think about the places you may go, the people that you might be around, and the things you may do that aren't good places to be, aren't good people to be around, and aren't good things to be doing. You have the power to Destroy all of that if you take the time to use your mind. When this school year comes to a completion, you'll see what you have Built and what you have Destroyed and We (the staff of The Sun of Man) are looking forward to hearing all about it.

I, along with the rest of the staff, here at The Sun of Man, want the best for you and that's why we continue to ensure that this 5% Digest is available to you every month with different articles for you to read that have the power and ability to assist you in the journey we call life. The 5% Nation is for you—children/youth—and we will never turn our backs on you. You'll always have a place amongst us as long as you continue to grow and develop on your path of life through good deeds, righteousness, and being civilized. Until next time.

Peace,  
Trueborn My Allah,  
The Understanding Seed from Medina

Word to the wise:

Think 5 times before you speak. Your life will be much more peaceful and happier.

## Are you God or God you are not?

In the Name of Allah, I greet you all in Peace with Peace, which is the absence of all confusion. Hoping that you and your loved ones are in the best of health mentally and physically in these days and times we are experiencing.

As it was manifested in societies current events and on the news channels all across the nation and the world, we are experiencing one of the hottest summers in a long time. Growing up learning what the Science of Everything in Life is, was, and will be, we were instructed to read the newspapers, listen to the radio, and watch the news on T.V. on all subjects which relate to the well-being of all the people within our communities, around our cities, and within our societies that make up the country we live in.

As you all may know, one of the Islands of Hawaii was devastated by wildfire and many have lost their homes, their lives and their livelihoods. Due to the severe destruction caused by the fire, many are still presumed missing. My heart goes out to the people of that island and their loved ones because of this tragedy. That brings me to what many of us were instructed to do while learning and drawing up the city science, social science, and high science of “What makes rain, hail, snow, and earthquakes?” The eighth (8th) month is August (according to the Gregorian calendar) and that is Allah-U- God-U-Save-Them. This is the start of the season of hurricanes, tornadoes, rainstorms, and earthquakes around the world. Shucks! It even snows and hails in other countries during this season.

Again, as a reminder and just to bring to mind what the month of August can bring and will bring on the eyes and minds of many who can’t “draw this water up in a fine mist that the naked eye can hardly detect”, it will cause them to distill back to the Earth. Allah-U-God or Are-You-God is a month of expressing examination on those who just talk a lot and do not Show and Prove. It was stated over and over again to those of us who were present, that “What makes it, and But brings it.” This month and that degree in the 1-40 (Lost-Found Muslim Lesson No. 2) was said by our Brothers, that Allah made it crystal clear to never change that degree and how it is worded for the factors of its contents and what it will show those who come to the Understanding of that degree in time. It clearly states, “In fact, that all the above is caused by the Son of Man,” which should show those of us who chose ourselves to see what the two ciphers in the eight are about. “For those who have eyes to see, let them SEE!”

“OO” (8) Build or Destroy and EIGHT, the month of August; the month Augustus Cesar plagiarized the calendar and added his name to make himself a god, while he was in



competition with his brother Julius (July). 1,037 1/3 miles per hour on its way around the SUN, that is the two circles traveling at the same exact speed at the same exact time, from point to point, top of the eight and the bottom of the eight, and bringing it to a full cycle of four currents of air that it is in. Let's be mindful of the abilities we were bestowed with when we made the choice to except the Knowledge of Allah's Mathematics and say that we will give our life before our word shall fail. Are You God and God You Allah is the month to teach harder and stronger so that you do not get pulled into those currents of air that can bring about a bad Equality in your life and in the lives of those you love.

Allah-You-God or Are-You-God or God-You-Allah in reverse is all within the Build or Destroy degree. Being a 5% is being one with the people, and being one amongst the people for the people. Studying the Sciences of Everything in Life by learning to understand Love, come in Peace, and to bring about Happiness to those who love us and to those we love.

"Are You God?" -OR- God You Are not!

Your Brother in Tribulation,  
DivineJustice (D'Jaa)

I was overwhelmed. It let me know that I too would become one to contribute to the 5% Nation, otherwise known as the Gods and Earths.

## AR7 meets Universal Shaamgaudd Allah

In the Name of AsiaticRullah7 (AR7) do I tell you that when I first met Universal Shaamgaudd Allah, he was the kind of brother that would show you the love that our Father, Allah, had for us. The way he carried himself, he was always kind and courteous to all in his circumference. When we met, I knew that there was something about this Man that made him unique. So, when I found out that he designed our Universal Flag, I was overwhelmed. It let me know that I too would become one to contribute to the 5% Nation, otherwise known as the Gods and Earths.

Universal Shaamgaudd always told me that we must grow into our own, and all righteous deeds will be rewarded with the crown of life. The Gods and Earths are truly blessed by Allah Himself. We should always show the love for each other and never let anything come between us and what we stand for—that's truth and righteousness. Also, anything you deal with is a world of its own, so you must understand how to be Lord and Master of all worlds; not to hate the devil, but grow to understand him, because he's our creation. And, to be successful in all your overtaking of things, for we will take our rightful place in history as we have made it so.

Universal was a man who could unite many as we all saw back then, for he created our Nation's Universal Flag. When he went and took it to the Father, Allah, He told him that's our flag, and Universal knew that it would become universal. You see our flag everywhere nowadays and the science that it generates, for it's the sign of the universal builders moving through the universe.

Shaamgaudd would always tell me that you are a young intelligent brother and that your fruit is your blood, your babies, and you should always teach them to do the right things, even though they may not always do it. Then, you must think and remember that everyone makes mistakes and we become greater when we learn from our mistakes. And he told me, that he was one of the brothers who would make a mistake and the Gods would be right there to say to him, strive harder than before to be the best you can be. I will always remember when I would go riding on my bike and say to myself, let me go see Universal. And when I got there, he would say, you rolled here in only 30 minutes and I would say yeah. Then, we would sit down and build. And I tell you, that when he let me leave him, I would be satisfied and travel more swiftly than when I came. You would feel energized. Even more so, when I say that this man is God, who is universal. You could see it for yourself in those that he touched.

Universal Shaamgaudd Allah will always be in our hearts and minds, for he is truly Allah's son, who was great. We will always love this brother for life itself. So as Universal would say, until our minds meet again, I say Peace.

Yours in the service of Allah,  
your brother,  
AsiaticRullah Allah7  
PEACE!

Being who I am, learning from my mistakes and accomplishments as a man traveling at great speeds and living in balance between heaven and earth, I greet you with the greatest respect in the universe spoken in any tongue, Peace.

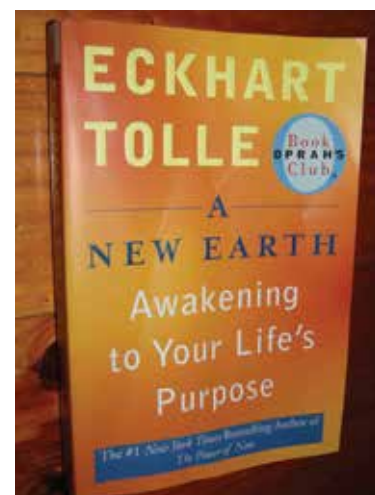
**A - U - G** I remember the first time I was told to fast, the idea of not eating for 3 days in a row seemed like an impossible task. I failed at first, but I pushed myself to try again and again. As I continued I was able to transition myself from having a fruit or juice to fasting only on water for 3 days. Rehearsal (practice), changes the brain as well as the body. I continued my fasting monthly for the next 13 years straight, never missing a month. Sometime later I slowed down and stopped but I still use the practice of fasting when I have a difficult time focusing or I feel my body is under duress.

Many fast for different reasons and fast from different things. In today's day, fasting is normalized and practiced by all health conscious people. As a young God, fasting was more of an act of mental strengthening. Gaining the ability to control the mind, you control the tongue, you're controlling the "lower regions", and steadies the mind and heart. Gaining the ability to control the stomach is mastery over the whole being. Food was most difficult to fast from but what I encountered personally was fasting from a woman was just as difficult. The month of May was always the trial month. Of course during this time the older Gods shared how this month came to be and also shared that this came to the Father as a dream in the month of August.

Change is in movement, change shouldn't be perceived as a negative. Evolution is "change" in motion. On a daily matter, we move second by second, minute by minute, hour by hour, all while handling the weight of our presence and moving at terrific speeds. This gives us the ability to learn to be fluid and maneuver past obstacles at higher velocities all while remaining deeply rooted (in mind) to keep up with the speeds. This is a part of change. The deeper the roots are, the stronger and more able the tree is to endure the environment.

My experience and perception differs now from the young God I was in my teens. My outlook developed more so in my 20's (wisdom of the cipher[s]) and continued to deepen into my 30's (understanding of the cipher[s]) and 40's (cultivated from the cipher[s] or free from the cipher[s]). You are the first cipher, since it always starts with you, which is why it's important to stop in order to gain better insight on what and how you're handling things. With each decade I went through life altering moments. The foundation of breaking things down using Supreme Mathematics was/is set in stone, it just doesn't change. I was however, becoming more fluid with the language of life. Hence, why our Supreme Alphabets are flexible and more importantly, adaptable. Even now as I will start my journey into my 50's, I've learned through many relationships with my brothers in knowledge, the 85% and with my relationships with women that transparency is very important. Communicate and express yourselves, no matter good or bad, but do so maintaining the highest level of respect. The respect I'm referring to is the respect you hold for yourself. Setting a higher standard than most will ensure the probability that it will inspire those around you to practice the same mindset. A healthy level of respect teaches humility. The ability to speak clearly and honestly while communicating will not allow any room for any kind of divisiveness which creates space between two bodies.

A - like attract and un - like repel. About a year or two ago I came across a book called "A New Earth" by Eckhart Tolle. Interestingly, it describes people as having "pain bodies". Through our life we



develop certain characteristics based upon our experiences, some of which we discard and others we continually carry. Recently in a conversation with my wife, I was told not to match her energy when she is drawn up, a mistake I've commonly made. Then it struck me, matching energy is important (in some cases) but even better is complimenting energy so it doesn't compete and creates balance. The book further explains that the "pain bodies" identify in others, a similarity shared in life experiences. This is about attraction (not in a carnal way) in the sense that we can identify each others energy. This is why we "relate" to things and each other. This way of relating (relationship) will have us focus on how we carry ourselves. Too many old sayings come to mind when I was reading this ie; "cut from the same cloth", "birds of a feather flock together", "real recognize real" etc...

***"The moon is perfect in its imperfections" ~ Bob Marley***

One thing I've learned is, a woman does not belong to any man and is in tune instinctively, more than we'd like to admit. I never liked using the term "Wisdom" for a woman, if we are committed to our family then we operate on the same level. There can't be a 1 or 2, it must be 3. Understanding is the level of equality when raising a family. Although I have taught and I have children of my own, I've learned woman can teach and build with the children in ways that are automatic where most fathers have to figure out ways to approach. She can nurture and heal, and a woman can multiply naturally, it is her law of nature. I've experienced many different levels of relationships, with my brothers I'm closer to some than others regardless of how often we communicate or physically see each other. With a woman, infidelity, lies, abortion, miscarriages, and way too many arguments that caused more stress than necessary. From my perspective, when I began to get the knowledge of myself, I used to think it was solely to put my "emotion" in check and I would focus on leading with the mind instead of the heart. What tends to happen is the emotional language you share with a woman is not equal.

Now when you find yourself falling for one, fall and don't fight it, just make sure to land on your feet balanced. You will learn that the language of emotion is not a language we, as men are fluent in. A mother can show a son what love is, the same way a father will show his daughter how to be loved. Reciprocation is one of the highest forms of equality that understanding gives you. Constantly develop your relationships since you are always moving, living and breathing. You get back what you put in and can never be surprised by the outcome.

When I was younger I was approached to teach a female but I didn't. Honestly, I just didn't know how to go about it and I automatically assumed it would turn out to be an intimate relationship. The confusion on my part is taking intimacy for romance. When we teach, it is and does become intimate since this is the learning of oneself you place trust in your en-lightener. Coming up I would share more details of my daily life with my brothers than my own blood family whom I lived with. Guidance is something that is valuable which is why we aim to learn from each other and pay even more attention to an elder, when advice is given. The lessons in 120 are just ways for us to build our mental strength and use them as a reference point. It is similar to how church goers would be well versed in Bible scripture. Building on Supreme Math and Alphabets are the true tools that we have that make us who we are as a nation. This is our language and what is original to us. Building with a woman or a person of the opposite sex can be tricky due to the carnal knowledge embedded in us. When we are able to fast, we prescribe restraint. Fasting not only from food but also our bestial selves. We can appreciate and admire one another and look toward each other for guidance but life is truly a path you walk alone. Recently, I walked in on my wife talking to one of our kids stating "If you don't try, you're going to stay right where you are!". She was implying movement in life, the attempt, whether successful or not is still movement in the right direction. She does not know Supreme Mathematics, Supreme Alphabets,

or any lessons for that matter but there are times that she is so in tune with the math of the day or a lesson that I have to sit back and watch her do her thing. Do not allow fear to stop or intimidate your actions. Knowledge, we work toward acquiring but the Wisdom that comes from the Earth naturally, is priceless.

This is a life of divine weight, understanding the responsibility of yourself first, then to your significant other and then to the family you create can have tremendous effects on us. You will learn more about yourself in this world of equality due to it touching upon your personal upbringing. You will have no choice but to reflect on how you were raised, the lessons learned from both parents and how you raise your own children. The “fast” is a tool that will offer you the opportunity to slow down and draw things up. When we put God first, we must keep in mind that our children are what matters first since they are the direct extension of us.

Since life is about the living, as a nation we aim to live life with consciousness. Life means vitality. Brothers, learn from your lover(s), your Earth, your wife or mother of your child; even if you are not together but have children together, you are in a partnership for the betterment of that child (or children). Keep in mind in nature the ferocity of a mother/female of some species is way more formidable and dangerous than the male of the species. She is more than capable to handle the weight. Equality means to be equal in everything, the responsibility to our children is shared evenly although it falls on the mother first. Sisters, we as men are in a new era where women can attain to great heights socially and financially without a man by their side. This is all a new way of being and the way we live today will not be the life our children will live tomorrow. Einstein stated, “We have to go to a greater level of consciousness, than the consciousness that creates the problem.” Ego is a driving force, not to be confused with an emotion, but the ego does stifle emotional intelligence if not checked to maintain balance in all individuals. Making a family takes two, when two or more come together you will see the oneness that is Allah. A responsibility of being God is to ensure you have the ability to lift others up. Creating a state of peace, a place of peace for others come to us when they come in contact with us, maintains an open forum for communicating. The ability to learn when to observe, when to listen and when to act stems from learning how to hold fast in order to gain deeper insight.

Peace  
Saviour Allah God

*Food for thought:* In the United States, the school system states that it takes 16 years for a child to develop, 17 if you include kindergarten. Human development statistics for schooling are different around the world, some countries range from 10-13 years. Andorra and Finland have the highest literacy rates in the world and their school system ranges from 11 to 12 years.

**John 1:4**  
***“In him was life; and the life was the light of men”***

**Isaiah 26:3**  
***“Thou wilt keep perfect peace, whose mind is stayed on thee”***

**Surah 6:103**  
***No vision can encompass Him, but He encompasses all vision.  
For He is the Most Subtle, All-Aware. No human vision perceives Him, whereas  
He perceives all they see.***