

THE
SUN OF MAN
SUNS OF MEDINA

A
FIVE
PERCENT
DIGEST



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



ECCLESIASTES: 5: 4-7

SURAH 61: 2-3

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

In the name of the Suns of (a) Man called Allah, our big brothers who taught us of their Father and God, to whom praises are perpetually due. We, the Suns of Medina, are elated to greet you, our dear readership, with the word *PEACE* on behalf of the 5% all over the planet Earth.

As always, we hope that you and your loved ones are healthy, strong, and faring well in these times of turmoil. And, in maintaining the tradition started by Mecca (Manhattan, NY) firstborn ABG#7 and Medina (Brooklyn, NY) firstborn Gykee Mathematics, for all those that need encouragement, we urge you to sober up and seek help for your mental health issues so that you may experience the clarity necessary to receive Allah's *SUPREME UNDERSTANDING*.

Our best wishes to everyone that celebrates their physical anniversary or degree day (birthday) during the month of November. Congratulations! All Praises Due!

We also extend our heartfelt sympathies to the families of all those that have drawn their last breath during the few weeks since our last monthly edition.

With all the conflicts, inequities, genocide, wars, and other things going on, it is imperative for us to show and prove our gratefulness to be alive by getting informed about the issues and be a voice of reason. The lurid reflections circulating the news and social media are quite harrowing and piteous. The devil stays busy, and as sad as the state of the world is, we must rejoice in the fact that Allah blessed America with His suns, and understand that we, the Five Percenters of the here and now, are the fruit of that blessing.

This month, in America, we celebrate Native American Heritage, which was established in 1916 to showcase the rich culture of the native people of this land as well as, to honor the Native American and Indigenous People who have suffered injustices throughout history.

Previously, on the 7th, Election Day, we had the honor to carry out our civic duty of voting. We sincerely hope that our people will get more involved in these local elections. Numbers from the Board of Election show nearly 313,000 New Yorkers voted, compared to the 4.6 million active voters in the city. The vote included Members of City Council and Supreme Court. If you don't understand how important these local seats are and how they affect our work with the youth and community, please do some research. Council responsibilities include, but are not limited to: oversight of city agencies, enactment of local laws and legislation, budget power, land use power, and advice and consent over mayoral appointments. Congratulations to Yusef Salaam on his unopposed win of a seat on District 9 City Council during the primaries. If you don't know who he is, look him up, he is tried and true.



On another note, New York's Mayor, Eric Adams, has proclaimed that November 9th will be officially known as "Wu-Tang Day." The honor coincides with the 30th anniversary of Wu-Tang Clan's pivotal debut album, "Enter the Wu-Tang (36 Chambers)." The festivities will include the lighting of the Empire State Building in Wu-Tang's iconic black and yellow colors. This is an incredible milestone, and you deserve the spotlight to celebrate the moment. Hats off and a round of applause to you!



On the eleventh, we paid homage to the Veterans of the United States. They deserve every honor for their hard work and sacrifice in serving our country. Allah, Gods and Earths, and many of our friends and family have proudly served and/or are currently in service. Thank you for keeping us safe and working to protect our country and our way of life.

In addition, Thanksgiving is also observed this month, and in spite of being taught that this so-called holy-day was established to celebrate successful harvests, we know that the Puritans and other English colonists declared a day of Thanksgiving to celebrate the successful massacre of Native American communities. To the Original People of the wilderness of North America, the fourth Thursday in November is considered a day of mourning, not a day of celebration. Nonetheless, FB Siheem taught me that this is the time or season of the year for the gathering of ripened crops. Harvest time often symbolizes abundance and the fruition of hard work. In various cultures, it's associated with gratitude, giving thanks or "thanksgiving," and reflecting on the bounties provided. Some religious beliefs connect harvest to God's providence, viewing it as a time to express gratitude for the blessings bestowed upon the land and its people. Our brothers in Mecca established the "Thank Allah Feast" at the Universal Parliament, many years ago. As many of us also take advantage of the opportunity to gather with family and friends for a sumptuous repast meal, to be grateful for our blessings, and in honor of all that died, suffered, and continue to experience the ghastly realities of colonization executed by the *slave makers of the poor* in the wilderness of North America and all over the planet Earth, be mindful that the devil is hard at work, and we need to work many times harder!



Moving right along, the eleventh month of the Gregorian Calendar brings a few topics of discussion to mind. First the word November, which is derived from the Latin word *novem* meaning nine because it was the ninth month of the Roman calendar. The number nine supremely is Born in our Mathematics, and serves as a reminder of the significance of being aware of how people, and things are born or their origin in this world. Accepting ideas and people on face value will more often than not, make you a tool and a slave. Knowing what you know and what you don't know, and seeking to see things clearly beyond their façade is how we exercise the discernment to save ourselves. Understanding is absolutely *the best part* of our mental faculties.

On November 15th, 1967, Allah was interviewed by a panel, which was led by a black psychologist named Dr. Clark for the State Division of Youth at the New York State Otisville Training School. As God Shaamgod remembers, this was the same gentleman that when the brothers got in trouble, in the training school, it was his office that they were sent to for disciplinary actions, which for them was, him busting their chops, and then playing a tape of Allah speaking. Both *black seed* Shammgod and *brown seed* Shaamgod were there, along with Allah ShaSha, Grand Master Allah Freedom, Lord Born Justice, and a host of other young 5%. By coincidence, I recently bumped into Born Justice at the Allah School in Mecca Street Academy (ASMSA). He was standing by the windowpane and *mi hermano*, Master Shamar Significant, was sitting behind the desk. When I came back from the restroom, Shamar told Born justice that Aleim Supreme told him to call him "Champ" and this set him on a reminiscent monologue.

He went right into memories of Otisville, and told me that God Shaamgod was of my build except a little taller, plus he wore a part in his hair. He spoke of how sharp they had to be, and vividly remembered the road that led to the cottages where they slept, named after the states, California, New Mexico, North Dakota, etc. If interested in additional info about Otisville, there's a short film named *Get on the Good Foot* by DeeDee Halleck on Youtube. Back to the interview, the purpose of the meeting was to get a better understanding of the 5% population within the correctional facilities of NYS, and to learn how to better serve them. Those boys (the young Gods) were giving them hell,, and Allah was called in to set them straight, and ameliorate the situation. Allah Sha Sha recalls not getting chastised as bad as he expected. During this dialogue, Allah told the boys that they should obey the rules and regulations, emphasized the importance of eating the right foods—mental and physical, and emphasized fasting. He also told the panel that they should keep all those who fall victim to the law. As well as, telling the boys that if they didn't want to go back, after being released, they needed to change their ways. I'll share a few quotes, from the said interview, that I find relevant to this day and time;



"This month means Now Cipher Victory, November..."

"...And I'm telling you the knowledge now because this is the eleventh month, [which] means knowledge, what? Knowledge. This is the eleventh month."

"I'm trying to teach those Five Percenters to do it too. I do it; sometimes I go on a six or seven day fast. I don't eat nothing; [I] drink water... because other than that I'll dry up. I don't eat."

"So don't worry about the other people. All you do is tell them. Save yourself."

"Earth got to be built on. And, it's your duty to teach the uncivilized—we don't care whether he's black or white. That's your duty, that's the law of nature."

"Unite. Let your children and them unite together and create new ideas. Where the world is building a square, now it's going to be building a circle."
<https://ngeinla.weebly.com/interview-with-allah.html>

In the end, we trust you will find this digest enjoyable and illuminating.

I leave your thoughts with the same sentiment of PEACE that I entered your mind with.

MAHDI,

Suns of Medina

Peace. In the name of Allah, Justice, and the Five Percent Nation. I come in the name of MyWisdom Born Earth. I will that this piece of the Sun of Man finds you in the best mental and physical health.

Food for Thought

Have you ever noticed the behavioral changes in your children that happen almost immediately after consuming certain foods? It's not ADHD (attention deficit hyperactivity disorder)... IT'S THE FOOD!

Some of our favorite things, like fruit snacks, pop tarts, cereal, honey buns, and candy have abnormally high sugar contents that affect our children's ability to be their best self. Sugar is a drug that is more addicting than cocaine! Some people call this a "sugar rush." When this rush dies down, blood sugar levels in the body drop drastically, leading them to feel tired, irritable, and moody. This is because when the body ingests sugar, it goes to the part of your brain—the frontal lobe—that controls your attention span, memory, problem solving skills, reasoning, and other essential daily functions. Similar to sugar, the consumption of other drugs also goes to that same frontal lobe; therefore, one's body is unable to detect the difference. Preparing your own food is a lost tradition that would make a significant difference in your own and your family's mental and physical health.

Breaking fast, or break-fast, is often noted as the most important meal of the day because it is the first thing you eat after fasting while you rest. And, it is the meal that is going to prepare you for the day. Simple meals like oatmeal, smoothies, or just fruit are a perfect way to break fast and eat something light and healthy. It is always best to buy your own produce and cut it up yourself, as pre-cut fruits are not as fresh or organic, and usually have sugar and other harmful things added to them to preserve their shelf life. If you or your children struggle with this, strive to find healthy alternatives in foods with lower sugar contents, or altogether are sugar free. Aspartame and Sucralose are artificial sweeteners one should also strive to stay away from. These man-made sugars are found mostly in soda, baked goods, and dairy products. These forms of sugar are known carcinogens and also harmful to the body. You can sweeten a lot of foods naturally with honey or raw agave. When buying foods at the grocery store, always check the back of the label box for the "added sugar" section. There is almost always a healthier alternative for whatever it is you are looking to buy.

In 2010, a 14-year-long study concluded that there is a direct correlation between the standard American diet and ADHD in children. Just like any other cell in your body, brain cells need proper nutrition to effectively carry out their functions. The Western world is over diagnosing our children, especially young boys, with hyperactivity disorders and behavioral problems. Between the ages of 3-6, boys have high levels of testosterone and need lots of physical activity. With a combination of low physical activity and unhealthy high sugary foods, this is a recipe for high stress levels in children, deeming them to be hyper and distractible. Physical activity in children is just as important as feeding them the right and exact foods. Our children must be nurtured, respected, loved, protected, and educated. It is our duty and responsibility to not only give them these building blocks, B.U.T. also to teach them how to look, listen, and observe what they are consuming—mentally and physically.

As the Original Women, with the proper knowledge of self, we are the babies first teacher. We must study, learn, and research the physical body in order to properly nourish it. We are the nurturers and

healers for our families. Our food is our medicine. Cooking is a science we must master in order to restore our mental and physical health. We have the power to prepare health and wellness for our families in the comfort of our own homes. The Earth has all the proper ingredients to naturally heal and replenish our bodies to be healthy, strong, and good builders for tomorrow.

Peace,
Your Sister in Supreme Mathematics,
MyWisdom Born Earth

In the name of the True and Living God, the King of Kings, Lord of Lords, the Author of all creation, whose proper name is ALLAH, one to whom all praises are due forever and hereafter, I, God Real Allah, greet you in the most holy and highest respects of the universe, which is "PEACE!"

"The Fountain of Youth"

The fountain of youth is used to define the allegorical term for a legendary fountain that is supposed to guarantee eternal youth to anyone who drinks from it or bathes in it. This fountain with a magic elixir, that when drunk, will cause a person to live forever. People have searched for this so-called "fountain of youth" for thousands of years and were unable to find it. It is said that Alexander the Great, France Ponce De Leon, and more, lost time searching for that which did/does not exist.

Now, brothers and sisters, using Supreme Mathematics, we know not to take this literally, nor on face value; however, only to draw it up and make it applicable to ourselves. Knowing the science of the mind and the body, the only way to live forever is THROUGH THE MIND. So, one can only be able to find *the fountain of youth* if he/she is amongst the babies and teaching! *The understanding seed*, Trueborn My Allah, is known for using the great quote, "If I don't teach, I die! If you don't teach, you die!" The duty of a civilized person is to teach the uncivilized ones, "civilization, righteousness, the knowledge of himself, the science to everything in life, Love, Peace, and Happiness." And, if a civilized person does not perform his duty, he will die in his own iniquity.

The fountain of youth is not a literal place. It is a process of doing the *right things* in the *right way*;

"Peace God Real, what are the right things? The right things are staying amongst the young, eating the right foods, taking care of your mental/physical health, taking care of your family/community, and doing things that bring you Love, Peace, and Happiness."

The body is biodegradable, and it is a decaying organism; however, the mind is eternal. When giving your mind to someone else, so that they can in turn give it to someone else, and that person does the same thing—long after your physical death—your mind will still exist in the people. THAT'S HOW YOU LIVE FOREVER! Building and teaching hard! Almighty Allah taught and fought hard for us to be here today and that's how He is still able to live on. If we want to see Him, all we have to do is, what? Come together! He went against everything and everybody He knew just to open up the "Pearly Gates of Heaven" for us. So, we must return the favor and do it for the youth now. And, so that we shall live for eternity. WE are the ones who have found this "fountain."

Today, in modern science, they are trying to make *the fountain of youth* and find those *pearly gates* in a laboratory, where they strive to reverse aging by a grafting of genes. Brothers and sisters, once again, be mindful of the devil and his civilization. *Any man made weak or wicked or any live grafted germ from Original is, what? Devil!*

Isaiah 54:13-14; ¹³ All your children shall be taught by the Lord, And great shall be the peace of your children. ¹⁴ In righteousness you shall be established; You shall be

far from oppression, for you shall not fear; And from terror, for it shall not come near you.

Surah 18:46-47; ⁴⁶ Wealth and children are the adornment of this worldly life, but the everlasting good deeds are far better with your Lord in reward and in hope. ⁴⁷ Beware of' the Day We will blow the mountains away, and you will see the earth laid bare. And We will gather all 'humankind,' leaving none behind.

Surah 46 is the warning, and 47 is the wrath.

“Thermal Waters”

Thermal water is water that comes from a natural hot spring, usually having a higher mineral count than regular water because it is being heated by magma, causing the waters to travel upward to the Earth's surface, through the crust of the Earth, and being heated by magma. Away from bacteria, it is able to contain more dissolved solids than cold water, which makes the mineral count 10x higher than our typical rain or faucet water, and has an Alkaline pH balance of 7 or more.

Thermal water is great for the skin, and is even used in skin care products due to its healing properties. In some countries of Africa, there are tribes that have access to water that is high in alkalinity, and it keeps the skin tight and bright. These are some of the best natural waters on the planet because they haven't been mixed, diluted, polluted, tampered with by the traders.

A side note, I want to make knowledge known about the toxicity of bottled water. We must do away with the plastic bottled waters at some point in time because this is another way that they use chemical warfare on the public. All bottled waters have toxic chemicals floating in them due to the separation of the plastic in hotter temperatures. So, we must not take them on face value no matter the brand or how pretty the packaging is. When plastic is in hotter temperatures, it slowly starts to melt and seep into the water. Brothers and sisters, 95% of the water we choose to drink out of these plastic bottles is dead water anyway—there's no life in it. If you wish to buy bottled water for convenience, strive to buy the brands that are in glass bottles. The best way to get your water overall is directly from the source, Earth, and the best way to store your water is in glass or metal containers. Find a local spring near your city or town and fill up. Water is free. Use it. Also, be sure to order kits to test your water.

Just some things to be mindful of and study.

Until our minds meet again,
Your Brother and Companion,
God Real Allah

Peace! All due praises are to be given to Almighty God Allah, Himself, for giving us more than *bread alone*, for without His WORD (TRUTH), we would not BE! And, to Allah's right-hand man, Justice C, the first 9 born, and the first wave of Just and True Brothers and Sisters, Supreme admiration for carrying out our mental Father's will, for without y'all I wouldn't BE!

I come in the name of Myself Righteous Born Allah. Supreme shout out to my big Brother, the older and wiser who took me under his wing, God Supreme Allah! Peace to our brother, Universal Shaamgaud Allah for his beautiful creation, the Knowledge shared, and he will always be remembered in perfection. For as Allah and Firstborn Prince Allah, who will always live, you too my brother shall live forever in the many minds you have reached and taught especially, I God (myself)!

KNOW WHAT YOU KNOW

This is the Knowledge Knowledge (11th) month, where through my Knowledge, you see what I Know, and through your Knowledge, I see what you Know. $1+1$ equals 2 and that's Wisdom, which is revelation shown from and through the application of what you Know. Every time we teach another young person, we increase our chances at seeing the reality we will (not hope) to see as a unified whole (body).

We are within the season of Fall, where we can see that which thrives to Live will, and that which cannot endure will surely die! We, who are sincere to the teachings of Almighty God Allah, do not FALL VICTIM to seasonal behavior nor is it ever acceptable to not participate or do our due diligence to uphold our weight. To the younger brothers and sisters, if those who are older than you choose to FALL back, let them and waste no T.I.M.E., for the *true and living* are here to do what MUST BE DONE!

We have to End the Ciphers (people and behaviors) that are in the way of US being the one with the Victory—NOV! Each of us is held responsible for the growth and development of our Nation. So, to ensure our Victory, trust and understand that those weak Ciphers will eventually End! We are all equally responsible for what takes place within our Nation and all so-called problems can be solved. As some youth say in this day and T.I.M.E., "BIG FACTZ!"

In the Knowledge Cipher (10th) month, the Knowledge was added to the Cipher to dispel any mystery of what we, as a Family, are dealing with. Knowledge what I Know. My big Brothers taught me, and I teach it how it was prescribed for I God. Allah began writing His story for Himself once He left Muslim Mosque #7 in 1963. Before Allah announced to the world that He was neither pro-Black nor anti-white; however, He was pro-righteousness and anti-devilishment (devilment), there was education taught about not being the ones who don't know Y the Cipher Be (Y-O-B, BOY backwards)! So, we MUST CLEAN OURSELVES UP as we grow with this Knowledge—from BOYS to MEN! We DO NOT advocate any agent provocateurs secretly touring, within our Cipher/Nation, to report back to an official, nor to infiltrate and dismember our body of a people/group or Nation. We DO NOT advocate pedophilia in any sort. We DO NOT advocate rape of any sort. We DO NOT advocate homosexual behavior. And, I will that this too is known, God DON'T kill God!!! These are things that were taught while Allah was amongst our big Brothers and Sisters, and these teachings will remain for, just as Allah stated, He would be a FIVE PERCENTER until the day He physically returned. So, will I!

Allah did not separate Himself from what He KNEW—His DUTY and UNDERSTANDING (Love)—for He was, and is to us, the LOVE that HATE can NEVER Destroy! Our children and all children's lives, here now, and in the future, depend on the *just and true* Five Percent population doing our, what? DUTY! Who else can or will teach Allah's teachings? We have seen, it is our big Brothers and Sisters, who have stood the test of T.I.M.E., that remain to get it done. There are 6 human families and only 3 of Originality, which are Black, Brown, and Yellow (Original), and then we have white, half-original, and red! These are Allah's teachings. If you didn't know, now you know! If you choose to disagree, the last I was taught was, "YOU LET NO ONE STOP ALLAH'S TEACHINGS!"

So, if you don't seek understanding, keep it stepping be-the-cause (because), we will not let these teachings be stopped or changed, and that's by ALL MINDS remaining as, what? ONE! To those who have the courage, come amongst the cipher, and I've got one even better, if you are able to trace your tree of life back to the sources in which the Knowledge was passed down, you most likely will get what I and many others, who did our research, did! Not taking a Cipher on face value is a choice be-the-cause, we all were told, what? Not to! Proper application of our Supreme Mathematics will bring about a tangible result every T.I.M.E. Not sometimes. For Living Mathematics is being shown and proved beyond any limits of T.I.M.E. This is what qualifies or disqualifies an individual to do it—speak on specific things. We, who are wise, truly are humble enough to see that, YES GOD, there is always a best knower! This is why "ain't no big I's nor little U's!" This Nation is designed for ALL of US to be Great! Were you taught differently? Do you believe you now know different? Our lessons are our blessings that keep us from guessing. This is how our Supreme Mathematics have become LIVING MATHEMATICS! The DUTY will never be light and fluffy, for we are tasked with the heaviest responsibility, so we ALL must be on our, what? Best! We do not use Allah's teachings to mislead! It is the devil who does that. This is why everyone must be thoroughly examined—for the safety and livelihood of our well-being.

We teach misguided youth to go back to school, get a trade or skill! We are not a gang. We have taught many who have put an End to those Ciphers so that they can have their Victory! With no disrespect intended B.U.T., and this B.U.T. ain't no lie, we don't advocate none of that silly-silly s#!+ about from God to Dog. Emphatically, No! That is weak wisdom, which shows the dissatisfaction of those individuals. Shame on them! This is why our rites of passage are important to the youth. Our practices are not set in play-for-play. Yacub made devil *while playing!* Our big Brothers and Sisters, who are in their 60s and 70s, are not to be on the corner. We are the fruits of them, so what rewards are we bringing back as younger Brothers and Sisters? Do you will to see the day that you are 60, 70, and beyond in physical degree (age)? Well, if so, this is why you have to fast and teach hard. Many will come and only a few will stay and we are the ones who choose to stay. That's what makes us the CHOSEN!

I will that the young who read this, for reading is fundamental, Know and Understand our teachings are to prepare you for LIFE and LIFE is for the LIVING. And, in case you didn't Know, now you Know! I Love you like I Love myself!

Your Brother in Righteousness,
Myself Righteous Born Allah,
Peace Family!

The 13th Man and the 13th Tribe

I come in the name of Trueborn My Allah—the *understanding seed* from Gods Ave in the Heart of Medina (Gates Ave., Bed-Stuy, Brooklyn). I trace myself back to Allah by way of Mecca, through firstborn Prince Allah, who was taught directly by Allah—the “13th man,” and the founder of the 5% Nation. “Trueborn ” means to bring forth mental life by living and teaching Allah’s Supreme Mathematics day in and day out—walking and talking right and exact. “My” is for Master WHY, Who, What, When, Where, and How. “Allah” is the Supreme Being Black Man (from the darkest of the black to the lightest of the yellow) with the proper knowledge of himself—Arm-Leg-Leg-Arm-Head.

The 13th Tribe, the Tribe of Jaabbar, also known as the “Tribe of Intellectual Warriors” or the masters that step off the Cipher (clock), and rise upon the Square; the ones that have the Knowledge and Understanding on how to uphold the positions of captain, lieutenant, as well as private soldier is the tribe that I belong to—the captains, who were once lieutenants, and who all started as private soldiers. Those who knew how to shut their mouths, and acknowledge those who came before them, so that when it was their turn to burn, it was all done right and exact, and in the name of the true and living God—Almighty Allah. If I burn you, I love you. If I freeze you, I don’t like you! Either way, you’ll bear in mind the Power. The boiling point of water is 212 °F. And, the freezing point is 32 °F. Come as you are, we’ll meet you exactly where you are, and we’ll give you exactly what you ask for.

In 1983, Universal Shaamgaudd Allah wrote that:

“Almighty God Allah taught us that we were the Direct Descendants of the Original Tribe that was called Jaabbar, which means The Immediate and Supreme Being Himself who were All Wise and Righteous, who are ALPHA and OMEGA (which means without A Beginning or Ending!) And, Unlike the other Original Tribes who were tricked into coming over here by their own kind and the Slave Traders' Interlocutory, the Family of JAABBAR who were considered of the Most High in Intelligence and Deeds, knew what was happening even before it was to Happen. Even before the Tribes of India had fell victim, we were so Right and Exact that the other Tribes and the Wise Men of the East would write History around our Knowledge and Wisdom (or you might say they made Books on Us!!!). So we were not deceived by the Devil, we had agreed as a family that we would never predict or see any Human family go through any Hell that we, ourselves would not go through, so when the time was ripe, we went to the Slave Traders of our own free will and came over here in the Wilderness of North America on the same slave ships. The other tribes who considered us the 13th Tribe because of our Supreme Knowledge and Understanding thought that we had been lost or had disappeared and even though they had been told what was to come, they had no understanding and therefore could not understand the History that they themselves had wrote. The Father taught us that because we were of the Most High that we would be considered by some, the Most low in the Wilderness of North America. However, that we should fear nothing of this World, that even the Devil did not fear Death. His

only fear was of ALLAH because he knew not when or how He would come ! And if we were one with Allah, there should be no reason to fear anything in this world. He told us that we did not need Guns unless we had the Legal Papers for them because our Tongue was our swords and we could take more heads with the word than any army with machine guns could ever do. And that he who must live by the Gun shall surely Die by the Gun!!! Now don't take me wrong. He didn't teach us to fight fire with Tulips, however, he taught us not to try to put out a fire with Gasoline!!! He taught us that we were each required to teach at least 10 children or people who were younger than ourselves and they shall be our Fruit. Just like a Farmer, we would be held responsible for the actions of our crops and that we should do all within our power to keep the snakes out of our gardens. We should watch and see what things tried to infect or poison our fruits and then weed them out. This would insure us of a Righteous Harvest. He taught us that some of us and our Fruit may have to Die to show the rest of us that everything is for Real, and that we should hold fast and pray to the Allah that is within and that each of us will be rewarded according to his individual works because the Future of the Human Families of the Planet Earth and Mankind in general depends on the success of ALLAH's Nation of Islam, A/K/A The Five Percent Nation!!!"
[sic] The Sun of Man, W-6-b issue

Mecca is where the Knowledge and Wisdom of the Original Man started when the planet was first found. And, Medina is where the Knowledge and Understanding of Almighty Allah, God, spread like wildfire. 12 + 13 = 25, which is the Wisdom that was so Powerful, that all had to heed the words of God in the flesh. That was in 1963. To Know and Understand are the qualities of a Master, whereas to Know and Speak is the equality of Love for the people. I was taught to Master first and then decide if the Cipher deserves the Love. We go from Knowledge to Born, Allah to Zig, Zag, Z and on the way back, distribute that which is needed within the said cipher, be it a person, place, or thing. So, on the way back to Allah, from Zig, Zag Z, you must Master before you Love. Born yourself back to the Knowledge by mastering yourself, so you can love others. It's all about you first and foremost. The wheel was created for us. All you have to do is stick to the script. He (Allah) had Himself. We (the Gods and Earths) have each other. Remember to get to the Father (Allah), you have to go through His suns. For the Father and the sun are one in the same mind. Thus, we come in the name of Allah. When you Be Allah, all will See Allah.

Teach, teach, and teach some more. The Lessons are music to the ears for those who have never heard them before. God can't teach God anything!!! Meaning your duty is amongst the uncivilized. You spend time amongst the Gods to charge back up; however, your duty is amongst the uncivilized, not amongst the Gods and me. We already got it. Go give it to someone so they'll see Allah through you. The infinite reality of knowledge is a-like understanding. You'll always learn, and see ciphers clearer, and clearer as you travel your timeline.

The population of colored people (grafted devils) in the 1-10 is 103 million on the poor part of our planet, and 400 million all over the planet. Those devils (103), Knowledge the Cipher of the Original People and gained their own Understanding on how to strip the people of their Culture, by utilizing their own Culture of DEVILISHMENT (devilment), TELLING LIES, STEALING, and MASTERING THE ORIGINAL

MAN. That's the very nature that they were made in; however, this took place with a tribe known as Shabazz, a Lost-Found tribe that we were taught meant "Godhead" or "God-like." The 13th tribe of Jaabbar wasn't tricked by a trader. We wrote the history. We already knew what was to take place;; therefore, being that we wrote it, we had to live it out.

Ask yourself, "What have I done for the overall growth and development of my nation? What impact have I made on other's lives by obtaining the knowledge of myself?" Be honest with yourself. Are you really one of us or are you just here along for the ride?

The six human families are who the Gods are held responsible for—the Black, Brown, Yellow, white, half-Original, and red. Each human family must be taught their origins in this world. Either way it goes, it all comes back to the Black. The Gods and Earths MUST know the science of the *seeds and soils*, in order to truly unite our people as one/won. The only one of us that was self taught was Allah himself. Trace your tree & get back to the roots.... it is much more important than many think. How else would you really know if you were one of Allah's righteous sons or daughters? It's a science to all this and many missed that blessing for one reason or another. However in this day and time we're here to add on to the minds of our people to ensure they have what they need in order to administer the truth of Almighty Allah onto the people, 100% right and exact. You see, we are the Gods, we are *all wise and righteous*, and do *everything right and exact*. "Ain't no half steppin'" over here. *Not nowadays!*

To be honorable in this society is what Almighty God, Allah, wanted for us. He didn't teach an "us against them" mentality. Stop allowing yourself to be influenced by religions, organizations, and groups that Almighty Allah God kept us away from. We are not pro-Black, nor are we anti-white. We tell the truth and shame the devil, be they Black or white. We promote righteousness and civilization to everyone we come in contact with. We are the agents of change. That's the great understanding of the 17th degree in the meat lesson (1-40). Agents of change civilize the Uncivilized. They never had it, so we must give it to them.

Our National history and cultural tenets are what need to be taught to the children. They must be taught their direct lineage to Allah God, so that they can accept themselves as Royalty. If we don't teach them, surely someone else will. Remember the 13th degree in the meat lesson (1-40) says, "THEY CONTINUE DAILY TO TEACH." Well, what do you think WE must do in order to counter attack their daily teachings? We must teach daily, and nightly, and we must teach harder and harder! All of mine (fruit/students) come from the mud—from the bottom. I teach the cream that'll continue to rise and raise other cream—the best part; the gatekeepers. That's what it is, and that's how I'm living out my divinity, walking and talking Allah's Mathematics—right and exact... Stop searching for that which does not exist. Allah is our family name, and Jaabbar is our original tribal name. If you are not in the Knowledge of this Cipher, then be quiet, and ask. Stop speaking and acting as if something isn't right and exact because you're not in the Knowledge of it. Who died and made you Allah of the Allahs? Knowledge is to listen and look so that you can, what? Know and respect. Get back to the basics and learn so that you can teach properly.

Peace!

God Trueborn My Allah

In the name of a
Man called
ALLAH and
His sons, who
Delivered us from mental death and power, and then took the time to
Inculcate His *SUPREME EQUALITY* upon us, I greet you in PEACE.

Allah is the champion with *NO OPPS!* The Devil's arms are too short to box with God...

The Devil has
NO VICTORY
iN a CIPHER that's VIRTUOUS!

This is why Allah told His sons, "Don't worry about what they do (eat), just don't you do (eat) it!" November, being the eleventh month of the Gregorian Calendar, brings the number 11 to mind and, along with it, some of my favorite degrees in 120 Lessons, bible verses (John 1:1-11), the start of the Fibonacci Sequence, and the idea of AM & PM bookends. There's so much more, but we'll save it for future articles, and focus on a few lessons to keep things light and fluffy.

Let's begin at the eleventh degree in English Lesson No. C-1 (1-36),

"Does that have anything to do with the above question No. 10?"

If you look back to the previous degree, it states,

"Because the Devil taught him to eat the wrong food."

Obviously, that's not a question, but its relation to the number 11 is clearly that which we consume physically and mentally. The stomach, which is known as the body's second brain, and the actual brain, must both be fed the right foods for optimal performance so that we can be our best selves. Read the ingredients to everything you ingest, and understand that when you have doubt you should just do without. This is part of the reason why fasting is such a crucial part of our teachings. I remember my brother, *brown seed* Shaamgod, rhetorically asking me,

"If you can't tell your own stomach to S.T.F.U, how are you going to tell anyone else?"

Now, if you received your lessons in chronological order as I did, the above question No. 10 would be,

"Who is that mystery God?"

There are only two agreements spoken of in 120°, and the first is in the answer to this lesson, which is that *the only God is the Sun of Man*. The other one I'll leave for you to find on your own. I call attention to these agreements because the number eleven is Knowledge Knowledge in our Supreme Mathematics. And, in order to agree or see eye (I) to eye (I), we must first have the same information so that we can come to an understanding. That brings me to 11th degree in the 1-40, otherwise known as, Lost-Found Moslem Lesson No. 2;

"Will you set up home and wait for that mystery God to bring you food?"

There goes that word “f-o-o-d” again, and in the middle of that word there are two ciphers, One (in the ones column) and One (in the tens column), the place values for eleven (11). The key to this degree is that, *one that knows* is responsible for he that does not, in other words, *that the civilized is held responsible for the uncivilized*. It is our duty to aid our brothers and bring them relief by teaching them how to prepare himself (Good Orderly Direction) to be self-sufficient fishers of men.

EACH ONE—TEACH ONE



is also about Understanding how to Build (38°) in order to “**destroy the devil in one day, without falling victim to his civilization; otherwise, to show and prove Allah is God, always has been and always will be.**”

The seriousness of our brotherhood is sacred, the unification of the seeds, and upliftment of our fellow man is, I would dare to say, even more important than knowing lessons. Being there for each other, and having our best interests at heart is paramount. When I spoke to *black seed* Shaamgod about his time in Otisville, one of his fondest memories was of our esteemed brother, Rubar, always being at the bus drop-off when he came home on furlough. During our conversation, he stressed the exigencies of brotherhood, in particular communication, and allowing ourselves to be loved. Love, although sometimes cold, is the answer. If you are a true blue 5%, there is no question about being your brother's keeper, period! Those who are successful in making their Wisdom Born (29) alive, that is, their word bond, make it their business to aid and defend their brothers, even if it crosses established rivalries or their own moral alignments. I remember learning this lesson the hard way. One day, when my brother, Itruth, and I were trailing about a block behind our younger brothers, Gamar and Gyvis, down Columbus Ave after attending a movie showing at the Lincoln Center movie theater. There was an altercation where we were outnumbered about 11 to 1 and wound up having to take Itruth to the ER for stitches. When the older brothers came to assess the situation, I almost got my @\$ beat for not having a scratch on me. There's no fair fight with God and it goes both ways—it's *all for One and one for All*. No matter the odds, you better swing too! Regardless to whom or what, only as brothers, do we get to that bag or receive that gold, that we know as everlasting life. The only way to Seven is through Six! The only way to the father, is through the sun!

IN THE NAME OF...

(that's eleven letters)

*Thus, it was placed on the upper part of our Universal Flag, so that you can always see it, so that you will keep in mind that anything you say and do, you are responsible for, and will be held accountable for. If your name isn't on the gold bar on the bottom of that flag, you're considered a mystery God, and will be treated like FOOD—act like you know! You see, our flag was created by our brother, Universal Shaamgaudd, ordained by Allah, and manufactured by Eagle Regalia on the authority of the Mayor of New York, John V. Lindsay. Eagle Regalia was also the company who manufactured the badges for all of the city's officers and officials. The same way their badges aren't official without their identification number, our flag is not complete without your name. Hence, the epithet *BADGE OF HONOR*, which brings us to the 11° in the 1-14, aka Lost-Found Moslem Lesson No. 1;*

“Have you not heard your word shall be Bond, regardless to whom or what?”

That word is your name, and when paired with wisdom and righteousness is worth more than gold, and the bond/life is the commitment. Way before getting to this degree, I was taught about honoring my parents. Being accountable and responsible for my choices and the consequences thereof, was pivotal to the caliber of manhood I was being initiated into. As I later learned, one of Allah’s instructions was to make our momma proud. Being honorable was a prerequisite.



I was studying 120° for about 2 years before I earned the right to choose a righteous name. When it was time to show and prove to receive my flag to wear on my lapel, it was just as hard. Virtuous delegated the task to AllDivine (PBUH), he was tough a.f.; had me quote 120° three times, and was never satisfied with my declamation. I wound up getting it from Virtuous himself about a month after.

My first teacher, righteously known as JustGod, took an interest in my well-being and life trajectory. Like many of the brothers that frequented the Barbershop next door, which was named after a town in Puerto Rico called Arecibo, he made it a point to come and check on me whenever he visited. My father owned the candy store at 239 Bushwick Ave (Medina), doing business as David’s Grocery and Variety, and most of my time after school was spent behind that counter. After a few months, JustGod talked me into challenging myself with a 3-day fast. It took me a few tries to complete the fast, but in the Spring of 1989, he gave me Supreme Mathematics, and Supreme Alphabets. He paired my studies with martial arts training and had me memorizing the gold and silver keys in tandem with middle split stretching. I remember being on slippery parquet flooring, wearing socks, and being in pain. He said, just breathe and the pain will help you learn them faster. I was getting spoon fed and am extremely grateful for the teachings, and relationships that led me to become the man I am today.

To boot, the numeral 11 resembles bookends, and that sparked another recollection from my adolescence...

AM and PM BOOKENDS

Notwithstanding that I didn’t learn about this concept by any of the terms used to express this idea, in retrospect it’s all relative to me now. I learned about morning and evening routines/rituals, what Darren Hardy coined as AM and PM Bookends in his book, *The Compound Effect*, as a teenager from my righteous brothers. Well, to be 100% transparent, even before that, from my mother. The core of my routines started with my mother dearest, learning to brush my teeth, making my bed, choosing an outfit, bedtime stories, etc. At this point of my life, I was absorbing knowledge, as people say, like a sponge! Fast forward to my teenage self, gaining the knowledge of my power, becoming a little more stubborn, and less willing to respect the authority of my parents, the Gods came to their rescue, and added a few more items to my opening and closing of daily duties. Albeit, I still hadn’t learned about morning and evening rituals, LOL. The instructions were to build on the Supreme Mathematics, degrees, and lessons of the day in the morning, before I left my house. In the evening, in addition to preparing for the next

day, I was to study my Book of Life; memorize my lessons, physical degree, plus jot down vocabulary words, noteworthy conversations, questions, and topics to research in the library, or to discuss with those more knowledgeable, in the back of my book. I actually didn't hear about *morning/evening routines* until listening to a podcast called, "The Miracle Morning" many years later. Then, I started seeing references to it in many other productivity books and podcasts. It is said that 80% of having a great day is based on the bookends to set yourself up for success. It's of crucial importance to use these times of day, when we have the most control, wisely, to ensure our well-being and to focus our minds on our priorities. The most successful people in the world have very similar morning and evening routines. The 29th lesson in the Lost-Found Moslem Lesson No. 2 (1-40) asks;

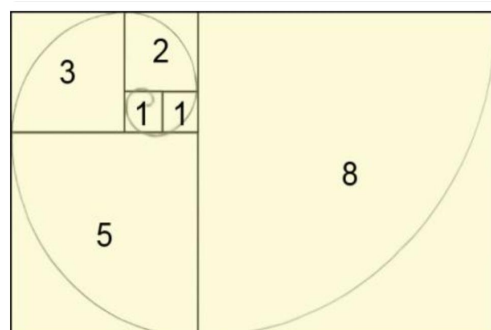
"Tell us, why was he successful in all his undertakings?"

This is why! Because he sums things up, and sees that they outnumber us 20 to one, and realizes that there is no time to waste. Life is For the Living! *As A Man Thinketh*, because you see, he is *The Alchemist*, with *The Power of Now*, which is, *The Secret of The Law of Attraction* or *The Law of Manifestation*, and *The Placebo Effect* to bring to fruition your deepest desires. This is how we cast spells or spell out our reality in this world. All of these self-help books were written to guide you in helping yourself to use your mind and body to create the world you want to see. Be the change. Take your idea(s) from Knowledge through Born, so that Knowledge can add a Cipher to hold the space for that Knowledge or idea to be born alive (tangible) in the physical world (1-11). This is the science of everything in Life—knowledge of numbers and knowledge of letters. As easy as 1, 2, 3 and A, B, C, like my man, Trueborn My Allah, started his article *FACE VALUE* with, last month.

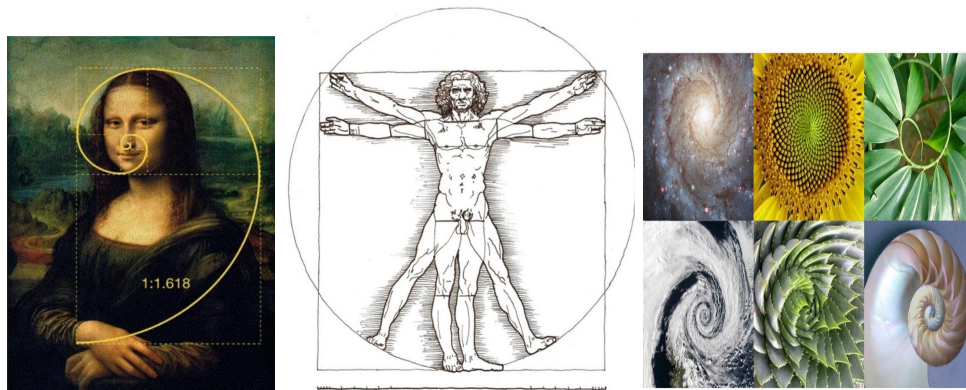
Lastly, although my brother, Saviour God, wrote about the Fibonacci sequence in a previous issue of this digest, I consider it a delightful branch of study. I took the liberty of copying some info from various sources to highlight its splendor. I love that it shows how everything in life came from One reproducing himself, $1 \times 1 = 1$. One breath in, One breath out, and BANG, A Living Soul. All Praises Due to Allah for the Breath of Life also known as Ch'i (Qi) and/or Prana. I'm going to come back to this subject again, but for now do the knowledge and contemplate the downward (6) spiral that precedes the numeral 7, and the upward (9) spiral that succeeds numeral 8. Draw that up in your mind's eye through their Supreme significance and see what you see.

The Fibonacci sequence, also known as Fibonacci numbers, is defined as the sequence of numbers in which each number in the sequence is equal to the sum of the two numbers before it. The Fibonacci Sequence is given as:

Fibonacci Sequence = 0, 1, 1, 2, 3, 5, 8, 13, 21,



The Fibonacci sequence can describe branches on a tree, sequences in music, the number of petals on a flower, Pascal's triangle, paintings, structural design, human anatomy, the shape of a spiral, and more. The golden ratio of 1.618 is derived from the Fibonacci sequence. The Fibonacci sequence is an aspect of Sacred Geometry, a geometric symbol that resonates across nature and through various spiritual traditions around the world. Defined as a spiral, or a series of spirals. Many things in nature have dimensional properties that adhere to the golden ratio. The math and science behind our DNA is in the pattern of the Fibonacci sequence. Even as humans develop, we grow through 8 stages. The first two years of life are referred to as early infancy, and next is the toddler stage from two to four. Early childhood is from 4-7, and middle childhood is 7-11. Here, you can see the pattern connected. Throughout history, the Fibonacci sequence has been applied to art in many forms. In famous art pieces, "The Last Supper" and "The Mona Lisa", Leonardo Da Vinci used the Fibonacci sequence to create these masterpieces! Music composers such as Mozart and Bartok have used this same sequence in some of their works! (from various sources)



In conclusion of this unfeigned epistle, my aspiration is to aid you in finding coherence in our teachings. I hope that the way I connected the dots, and put 1 and 1 together, gives you a glimpse, and motivates you to make time to build with your brothers with the intent to reach equality in education (11). As you prospect for the jewels (understanding), waste no time on the B.S. Study long, study wrong! We read to succeed. Every man must save his own self or as some 5% say, "swim his own 9,000 miles." Like Universal Shaamgaudd wrote, "Mathematics is the key, and Education is the door. I.S.L.A.M. is for everybody, but everybody is not for I.S.L.A.M. The core of our teachings is founded on 2 things, 1 eating the right foods and the other 1 is doing the right things. These degrees that I mentioned are all related and tell a story when contemplated with the intention of deciphering them."

your righteous brother,
MAHDI,

A WORD TO THE WISE:

"Be the type of person that when your feet hit the floor in the mornin', the devil says, aww \$#!+...they're up!" ~Dwayne "The Rock" Johnson

The History of Wise Born, Now Justice
(Willingboro, New Jersey)

Peace Nation, I'm Shawndu Allah. I got Knowledge of Self in the end of Build Power ('85), from a brother named Father Wise Serious Sincere Allah, who brought the Knowledge to Wise Born.

For the history of the 5% Nation (Gods and Earths) in Wise Born, as we know today, our Year One was 1982! RIP to our big brother, Ta-King Allah, which I was blessed to spend ample time with before he returned to the essence. The God told me that the brother, Hakeem (Teddy Dalton), was the first person that he ever heard say, "The Blackman is God," and speak of the 5% Nation in Wise Born. From my experience, being up close and personal with my brother, I know his word is bond!

Between '82-'86, before I touched Wise Born, these are the names of some of the brothers, having Knowledge of Self, that were there: Malik "the General", "Bricks", Raheem, Jamel, Ramel, Ta-King, Energetic, Magnetic, Amir Self, Jalik (Master Equality), Rashe, Islam, and of course my *brown seed*, Justice Rashon.

In 1986, when I personally came to Wise Born, the brothers that I mentioned were the brothers that had Knowledge of Self. Although they were at the beginning stages, the only brother that I know of personally, who knew 120° at the time, was the God Raheem (RIP). He was originally from Medina (Brooklyn, NY). He was the one that was making sure brothers were *building to be born*. In that year, when I touched down, I knew 120° sound, and my first students were Truemel, Rakim "Sev", Shaluy, Desire, Rafee, Justme, and Divine from East Wise Born. There were countless other brothers that I know I taught. I'll let the people tell it! I know my book of life was one of the first that had a complete set of 120° in it. So, basically we were babies teaching babies. Hence, the first Rally in Wise Born was held in May of 1987, and that honor goes to the *brown seed*, Justice Rashon Allah. He made the flyers up and posted them all around Wise Born.



In the late 80s, the God, Rafee, and I were on the newspaper team at Willingboro High School introducing the Gods and Earths to the high school community. We had a crew there called "The God Squad," and we reigned supreme in those years!

In the early 90s, my brothers, Justice Rashon and Truemel, went back to NY. True went to Harlem, and Justice went to Medina, where he was introduced to Dakeem, then to the *black seed*, Born Everlasting, and his big brother, Supreme Mathematics, and they brought him to firstborn Siheem Allah, and Allah Sha Sha. And, they began to re-teach the God, Justice, and cleaned up a lot of the poor Knowledge that was running around in Wise Born. Siheem told Justice that Medina is already made and grown, so you have to go back to Jersey and clean things up! The first person True and Justice approached, when they made their pilgrimage back to Wise Born, was me. And, they let me know what was going on, and even took me to Brooklyn, on another occasion, to meet the brothers. Once we saw the vision, we started the resurgence of teaching in Wise Born.

In '93, while I was in Medina listening to the Gods building, I heard Born Everlasting say, "This is the Heart of Medina!" Then, it came to me that I'm gonna rename the park, in the section where I'm from, "The Heart of Wise Born," because all my young brothers over there were special, and they were going to know their lessons by heart! I wrote my thoughts out, got it typed up, and took it back to Kalim at Allah School in Mecca, and showed it to him. He stamped it, and said, "That's peace God. I see the works you, Justice, and True are doing bringing these young brothers up here."

These are the brothers that came out of The Heart Foundation of Wise Born; I Key, Infinite Sun, Merciful, Raleek, CI, Ireal, Sharule, Eternal, "Juice", Sun, King, Divine, IC, L Muhammad, Understanding, and Divine Justice. And, the younger brothers: Self Nature, Wise, lil Infinite, Master Born, Everlasting, etc. I had a special bond with the young brothers from my park. Sharule's crib was headquarters. Ireal and I stayed at Sha's rest, where we did a lot of the *building to be born*. I'm proud of those brothers from The Heart! They kept the Gods alive in Wise Born!



The surrounding towns, with brothers that had Knowledge of Self, that need to be mentioned are: Burlington City, some of the original brothers from that town are Knowledge "The Pirate", Shabazz, T-Divine (RIP), Rashidd, "World", Sharief, Almoscee (not sure of the spelling) (RIP), and Merciful "G-Man", etc. The next town is Pemberton. Now, this town has a rich history, so brothers from that town can add on. I will give you names of some of the brothers, that I remember from the beginning, in no particular order: Ishmel Wise (Allah Zig), "Kay-Kay", Asizz, K-Bar, Kay-G, God Cipher Divine, Al-Jamel, Sun, Star, Doc Wise, Kamel, and Everlasting. There are a lot of other brothers that I did not mention, pardon me (hopefully I can get it updated). Mt. Holly, where my brother, Rakim (Seven), is from originally, has the God, Knowledge. Pardon me, if I left anyone out.

My brother, Ruler, came down to Wise Born in '95 from Lakewood, NJ to help make a difference in the community. And, to the present day, he is still making a contribution. The young God, Wise Understanding, wasn't born into our Nation, but he was about wisdom (2) or understanding (3) years old, when The Heart was being taught. He is the nephew of the God, Sharule Allah. Like I said, his rest was headquarters for the Gods in The Heart, and the God, Wise Understanding, was there from the start.

Some of the Queens or Earths from Wise Born were/are: Star, Jasmine, Malika, Elona, Equality Earth, Love Earth, Free, QueenDivinity, B Asia, B Earth (CI's wife), of course my wife, Kim. There are plenty of other women that were around us, and grew up with us in that day and time. I moved to Atlanta in '98 and my brown seed, King Justice, took over for me. He was overseeing the Gods from The Heart until when I got back in '03, and we've been holding it down ever since!

I'm proud to say we have school teachers, Infinite Sun and Sharule, even a Principal, L Muhammad, that came from our Nation. His school has a lot of Gods and Earths on the staff. My brother, God Cipher Divine, is a Chemical Engineer out in California. He came from Pemberton, but lived in Wise Born, too, and was with the Gods in the late 80s, early 90s. The God, Knowledge "The Pirate," is in the music industry, and is down with Roc Marciano doing big things.

This is the history of a Wise Born as I know it to be, to the best of my ability.

Peace,
Shawndu Allah