

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...

PROVERBS: 31: 25-28

SURAH: 76: 9

LIGHT — Traveling at the speed of — THOUGHT

BEHOLD THE SUN OF MAN

As you probably know, The Sun of Man: A 5% Digest is an exercise in understanding from cover to cover, and all its *knowledge* and *wisdom* must be drawn up to reveal the *understanding* within it because every man must swim his own *9,000 miles*. Universal Shaamgaudd Allah left specific instructions for the cover not to be deciphered for others. Each person must come to their own understanding—which they must be comfortable with—using their Supreme Mathematics. You must ask yourself who, what, where, when, why, and sometimes how, about everything you ingest mentally and/or physically. Nowadays, information travels nearly at the speed of light via the internet, misinformation, subjective realities, and alternative facts run rampant. And let's not even get into how contagious social media is. When these misleading posts go viral, we wind up with a virus infected population because most of our youths' mental space is being invaded by *PAC Math* and *Space Invader lessons* in the forms of memes, tweets and videos. *The 85% know that it rains, hails, and snows, and also hear thunder above their heads, but they do not try to learn who it is that causes all this to happen by letting the 5% teach them, he believes in the 10% on face value.* Don't be that guy! Lastly, I would like to remind our readers of the purpose of this 5% digest as decreed by its founder and his successor.

- **To unite our Nation as one, and return to the original teachings of Almighty God Allah.**
- **To serve as a warning to those who wish to bury these teachings, or turn them around to serve their own personal goals or those of other organizations.**
- **To address and face the issues that many of us would like to avoid, not deal with, or confront because it is painful to take a rigorous, honest look at ourselves for what it's really worth.**
- **To provide Good Orderly Direction to the ones who have a sincere and honest desire to want the most out of this life here and now.**

For Earth Appreciation Month, this issue of The Sun of Man: Suns of Medina Collection, has a few surprise guest writers, including Queen Equality Perfection, in addition to a few pieces from the usual suspects. I also delved into the archives and found “The Earth and The Moon,” a great literary work by Universal Shaamgaudd Allah (USA). Although this edition will keep with the tradition of shining the light of the Sun of THE MAN, we have largely placed our focus on our beautiful women, the Earths.

In the name of MAHDI and the numerous scintillating Suns of Medina, I greet all the human families of our most revered home, the planet Earth, Peace. I am forever grateful to the Sun of Man for the Good Orderly Direction towards a virtuous life, and the teachings of the one to whom all praise and glory permanently belong, their Father, the God of Gods whose proper name is ALLAH.

As usual, we at Sun of Man, want the best possible physical, mental, emotional, and spiritual health for our readers, their families, and all other living things. We implore you to get regular well-being exams that serve as preventive measures, allowing for timely intervention, and treatment. If you're struggling with addiction, please join a program and/or a support group. To quote my much-missed brother, "HE (Allah) told us to be happy, joyous, and free. Not unhappy, miserable, and in bondage to substances, NO F'ING WAY! And you know it!"

We would also like to extend felicitations to all the March babies, who celebrate(d) their Physical Anniversary or Degree Day (Birthday) this month. May this milestone be the beginning of a year filled with positivity, hope, and the confidence to overcome any challenge. Also, to any of you who are grieving, we offer our heartfelt sympathies.

Equally, we would like to congratulate the women of the world on all their accomplishments. At every step of the great march of history, women have been the unsung heroes, the unseen change agents, and the shining examples of resiliency, courage, and strength. To every woman who has dared to dream, who has defied expectations, and who has embraced her heritage with pride, we offer our deepest gratitude. Your presence in this world is a gift, and you are treasured. Gentlemen, X marks the spot and we must Dig In to See the Kids bring about a change through their pursuit of happiness, that is, the meaning of civilization.

HAPPY EARTH APPRECIATION MONTH!
HAPPY WOMEN'S HISTORY MONTH!

In celebrating our 5% Sisters, we celebrate the embodiment of beauty in its purest, most authentic form. Your elegance mesmerizes, your strength inspires, your grace astounds, and your melanin-rich skin glows with the warmth of the Sun. You, like the planet Earth, are the home of I.S.L.A.M, and as the saying goes, "Home is where the heart is!" The Earth's three motions—rotation, revolution, and precession—serve as an impressive reflection of the multifaceted nature of women. Just as the Earth dances through space, women navigate the intricate rhythms of life with grace, resilience, and wisdom. From the unceasing rotation of daily responsibilities to the cyclical revolution of personal growth and the wobbly precession of balance, women find echoes of their own journeys in the cosmic dance of our planet. Good Brothers, may we always cherish and protect our precious Earths, honoring their blessings with hearts full of gratefulness, and minds dedicated to conservancy.

Marriage to Allah Requires a Clean House:

The New Year, Vernal Equinox & Spring Cleaning

Spring is heralded by the *vernal equinox*, which represents rebirth, growth, and equilibrium. Like the beginning of a new year, in many cultures, it signals a fresh start. Just as nature awakens from its winter slumber, so too do we welcome new beginnings and prospects. Now is the moment to make plans, plant seeds of aspiration, and greet the warmth of the sun with joy and enthusiasm. The vernal equinox beckons us to go off on a path of personal development and transformation. As the season changes, spring cleaning offers a chance to clear away the remnants of the past and prepare for growth. Inside the home, spring cleaning declutters and refreshes living spaces, much like sweeping the yard tidies the outdoor environment. Both tasks improve aesthetics, creating a sense of order and beauty.

The Persian custom of *khaneh tekani*, which dates back 3,000 years, is when spring cleaning first appeared. It means "shaking the house" in translation. Nowruz means "New Day" and marks the beginning of spring, also known as the Persian New Year. It's celebrated by millions of people in Iran (formerly called Persia) and other countries, especially throughout the Middle East and Central Asia. It was thought that tidying up one's home, and clearing out any clutter would ward off bad luck for the coming year. Spring cleaning is an example of *saucha/shaucha*, an ethical observance, which is a Niyama in the yoga tradition. Saucha signifies chastity of mind, speech, body, and deed. It has to do with maintaining boundaries, which includes making sure there's a tidy, uncluttered place to live, work, and practice. An important part of the Jewish holiday of Passover is cleaning the house, especially the kitchen, to get rid of any leftover leavened bread products. For a long time, people from many cultures have marked this time of year with house cleaning; as part of "Holy Week" or "Semana Santa," as it is called in the Dominican Republic and many countries in so-called Latin America. Catholics clean their houses and the altar in churches.

In my teenage years, this time of year always coincided with the grade school Spring Break. While receiving the Knowledge of Self, this was my favorite time to gather with my physical family, and visit the *fatherland*, because they fast from meat and displayed a little more modesty in their behavior. Similarly, Buddhist purifying practices from ancient times heavily emphasize spring cleaning to wash away negative thoughts and actions. Thai New Year's celebration, *Songkran*, is all about starting over with a splash to purify these areas, they also thoroughly clean their temples and houses. Additionally, they promote health and safety by removing potential hazards. Whether indoors or outdoors, these activities bring families or communities together, fostering a shared sense of pride in maintaining a clean and inviting living space for the season ahead. As springtime frequently ushers in milder temperatures, it is an excellent season to leave windows open to dust and ventilate inside spaces. There are very practical ramifications to cleaning in the spring. It's been a time for renewal historically, a chance to clear the mind, and the house of clutter, and start over with a fresh perspective.

Furthermore, equinoxes are ancient indicators of seasonal transition, just as the solstices. The March equinox is observed by many cultures—including many of the 5%—as the first day of the new year. As Allah B told me, during his last visit to Matteawan, Allah told him and the young Gods, not to go see Him anymore because He would be home for the new year. They were expecting Him in January; however, as the history goes, He came home in March.

The uplifting tradition of *spring cleaning*, purging clutter to embrace clarity in practice the old idiom, “Out with the old and in with the new.” It signifies a renewal and rejuvenation that echoes through one's life. Like Allah said in the Otisville interview, “I don't want nothing old!” By giving the house a good cleaning, before the new year starts, we set for a fresh start. Orderly spaces reflect ordered minds, fostering productivity and peace. It's a homage to respect for one's home and oneself. It is not by coincidence that we have to commit to fasting for 3 days a month to begin these studies, we also have the Spaghetti Month fast, and nutritional protocols to adhere to. Please keep Gykee's words in mind that “within us, His teachings are housed, and our temples are celestial bodies. Therefore, begin to clean up your own house my beloved brothers and sisters, and put your celestial body back into the proper perspective that has been put into motion by Almighty Allah himself.” The real deal or cleaning yourself up!

A UNIVERSAL VIEW

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. People viewing the eclipse from locations where the Moon's shadow completely covers the Sun—known as the path of totality—will experience a total solar eclipse. The path of the eclipse continues from Mexico, entering the United States in Texas, and traveling through Oklahoma, Arkansas, Missouri, Illinois, Kentucky, Indiana, Ohio, Pennsylvania, New York, Vermont, New Hampshire, and Maine. Small parts of Tennessee and Michigan will also experience the total solar eclipse. The eclipse will enter Canada in Southern Ontario, and continue through Quebec, New Brunswick, Prince Edward Island, and Cape Breton. The eclipse will exit continental North America on the Atlantic coast of Newfoundland, Canada. A partial eclipse will be visible throughout all 48 contiguous U.S. states. The sky will become dark as if it were dawn or dusk. Weather permitting, people along the path of totality will see the Sun's corona, or outer atmosphere, which is usually obscured by the bright face of the Sun. Safety is the number one priority when viewing a total solar eclipse. Be sure you're familiar with when you need to wear specialized eye protection designed for solar viewing. This will be the last total solar eclipse visible from the contiguous United States until 2044.

As I arrived in your mind, I depart,
Peace, Mahdi

The Light of the Sun Shines on The Earth

Peace, I am Queen Equality Perfection, born and raised in the Oasis, also known as the Desert (Queens, NY). March is Earth Appreciation Month as well as Women's Herstory Month. The spring equinox also takes place in March, and marks the beginning of a new year as spring leads us into a new cycle. It's the season of renewal and I strive to plant seeds and watch them grow.

The other day, I received a call from my beloved brother, Mahdi, out of nowhere. When he asked for my understanding on Earth Appreciation, I had a lot to say. I am usually introverted, but it is an appropriate time for my *wisdom* to be *born* today.

I am capable of choosing my own name.
Make space for me to share my own story.
Let me tell you about my joys and my pains.
My experience doesn't require approvals nor validation,
U and I simply may not see things the same.
I am your first teacher and Mother of Civilization.
Femininity in me, something that will always remain.
Protect me at all times, because without me, you cannot sustain.

Together, we are responsible for keeping me refined and clean.
Take only what you need, don't be wasteful, don't act on greed.
Do not pollute me, dispose of your trash fairly and wisely.
Plastic is wrecking my $\frac{3}{4}$ of water and extinction is likely.
Know the difference between what you want and what you really NEED.
Please protect my land and water for the future, our babies, our seeds.

In WOMAN form, I like to be kept safe and warm.
Never hungry, sometimes naked, always options to play outdoors.
Away from abuse, neglect, coercion, and harm.
I currently live in New York City, but would prefer a farm.
Do not play with me-
If you not ready we can not grow, we can not be steady.
Present me with nothing less than a strong foundation,
A secure place, where I can safely rest my heart and hands.
All I am asking is that you master being a righteous man.
Holding up six sextillions tons is a lot,
and no man can give something he ain't got,
See it takes a true King to pull his true Queen.
Take your time to study, get strong, recover and heal.
You may earn the love of a woman who is the real deal.
I need to know you are qualified before I let you take the wheel.
I thrive off a perfect combination of water and light.
Hold me closely, but never too tight. I will continuously grow
When my environment is right, and within my
Rivers, hills and mountains you will smile with delight.
When you plant seeds in me, never let them out of your sight
Without you in the home it becomes hard for them to grow right.

With love for my 5% Nation,
Queen Equality Perfection

The Wealth of the Earth

The Earth is the Original Black Woman, who has been drawn up to her fullest *equality* by her Black Man (God). The Knowledge of God (17) allows her to Build (8) on the positive, and Destroy the negative in her *cipher*, so that He and She (Her) can *build* a heaven on earth to bring balance to their Universe, which is Love, Peace, and Happiness. She does not cause confusion, lie, steal, cheat, nor *try to master the Original Man*. She comes to *build* and to add on to the *cipher* of life. The Earth is worth more than gold, diamonds, and pearls. These are jewels that come from the planet earth. So, if they come from her, then she is greater than the jewels that came from her. Her jewels (Knowledge, Wisdom, and Understanding) are knowing how to raise her children, how to keep her God (man), how to keep their home, *how to sew, cook, and in general how to act at home and abroad*. She is wise in the ways of education, business, and life skills that she needs in order to *build* (survive) in this day and time—not to be barefoot, pregnant, and always in the kitchen like the slave master taught the Black Men, and Black Women to be during the time of slavery. We are free, and as a free people, we need to know that *the wealth of the Earth* (Black Woman) is priceless.

The Earth is a Black Woman, like no other woman on this planet. Her duty is to reflect the Knowledge (light) of her God, and to teach the babies the righteous way of life, which is to teach them how to live according to the Supreme Mathematics (life). The Earth is a Black Woman who loves to do her duty, which is to help bring peace and balance to the Universe (home). You think you know what it takes to be a good Earth? Some of you have no idea. You must understand that this Earth has a big job to do. Some of you Gods do not treat the Earth as she needs to be treated—like she is God's gift in our Universe (life). Some of you can't hold the weight of the Earth—six sex-tillions tons, a unit followed by 21 ciphers—because you can't hold your own weight, by teaching her to be your help/mate, not your footstool; by teaching her to learn *120 Degrees*; to build within the *120 Degrees*; and, to show and prove that her Black Man is the true and living God that he said he is. Show her how to make her *mathematics* walk and talk. Don't be afraid to teach her what she needs to know because when you're not around, she has to reflect your (light) in your absence. This is not for her to be a God, but to be the Earth—strong in the *Knowledge* of her God (17). *The wealth of the Earth* is priceless!

The duty of the Earth is to reflect God's Knowledge by teaching Knowledge and Wisdom to those who are UNcivilized. This is done by the God building within the Earth's core (mind), not her mantle (flesh). The mind of the Earth, when building with *supreme* Knowledge, is better than having sex with her body because her mind is more fulfilled when she gives you back what you give her—mental stimulation. You Gods try it some time. Just create a peaceful evening, with a little soft music, burn some incense, and ask her, “Earth, what's on your MIND?” Why don't you check out her mind? You will be surprised at what you may find. **Happy Earth Appreciation Month.** The wealth of your Earth is priceless!

Peace your brother,
Lord Born Justice- the light provider

The Equality of the Earth

First and foremost, I would like to thank our sisters of this Nation for organizing the God Appreciation presentation at last month's parliament. The works of the Nation are hard jobs to perform. So, the recognition gives the Gods an extra motivation to continue teaching civilization all over the planet. In return, I offer this degree of understanding.

The woman is man's means of reproducing on the planet. By this very dictate she has a multiplicity of aspects to her existence. She has, within her, a nature that is mathematically dictated in relation to the Sun and Moon. Just as these 2 celestial bodies have attractive powers on the planet earth, so too does Father (Sun) and Mother (Moon) have attractive powers on their daughter (Earth). Thus, creating a cycle of wisdom (water cycle) in the daughter's life. The Moon has control over the tides/waters of the planet, much like a mother controls the emotional tides of her daughter in growth. Meanwhile, the Sun holds the power to evaporate any of the mayhem created by those tides.

As within, so without. As above, so below. As the universe, so is the Soul. ~Hermetic Philosophy

Women, on the surface of the planet, must obey the same laws. Her reproductive cycles/tides are controlled by the moon. Her life is guided by her father. Her emotional intelligence and temperance comes from her mother. How many women do you know that are not emotionally close to their mother and adherent to the rules/laws of her father, and later in life submit to the guidance of her husband (mate/man/God).

Now, please don't get me wrong, I highly commend those women who have been forced by choice or circumstance to form a *Solo-verse*, rather than a *Uni-verse*. Yet, the fact remains, these roles must be filled for the proper growth and development of the child(ren). All throughout, she must acknowledge the presence of man or the absence thereof.

In my understanding, the Black Woman operates in 3 basic modes within the Nation of the 5%.

Queen- a title relative to young sisters; those without children; female mates to male 5%ers.

Moon- women who, through their wisdom and culture, reflect the teachings of the 5% Nation.

Earth- the Black Woman, within whom the teachings of the 5% has taken root. One whose *wisdom* and *culture* is designed to keep man strong.

Now, let's look at this supremely utilizing the *keys* of Mathematics and Alphabet.

6- Equality

E- Equality or Evil

Queen has 2 equalities. One that is *equal*. One that is *evil*. It is only through the Knowledge of God that she is able to control the impulses of the lower aspects of 6.

Moon has 2 equalities as well. She has the Obedience to the Sun, as well as an Obligation to the Earth. Any of you who have daughters know that between or betwixt the equality is rarely *equal*, and sometimes evil.

Earth has one equality. Her greatest equality is that of motherhood. It is the sustenance of man. And as she sustains him, it is his job to build upon and improve her. The Earth understands the importance of Maintaining God's Truth (MGT), and General Civilization and Cleanliness (GCC) *at home and abroad*.

And with that, I have come full circle.

Peace,
Your Brother,
IBahiem

THE EARTH AND THE MOON

We were taught that the moon was separated from the Earth over 67 trillion years ago, and at this time the original man walked the Earth. This separation was caused by the Son of Man experimenting with high explosives, not explosives as we know them today. The explosives used then, as today, were exercises in the understanding of high science on a mental level. I was taught that this separation took place where the Grand Canyon is today, making it the womb of the Earth. Our women and daughters have always reflected this understanding, the Earth being only the women who have given birth, and the Moon being one who has not yet been cultivated, watered, or given birth. So, you see, if a Sister has not given birth, she is still a Moon-barren planet. Regardless of her age, this is why our mothers are called the Earth and until a Five Percenter has proved that he is the Maker, the Owner, the Cream, of the Planet Earth, the Father of Civilization, and the God of the Universe by reproducing life, his mother is his Earth. After producing life on the Moon his Mother becomes the Old Earth, his woman then becomes the Earth, and the daughter the New Moon. The very first command Allah gave to us was to be fruitful and multiply, the first commandment given to man and women was to be fruitful and multiply as well; Genesis 1:28. So, we have never advocated any type of birth control, for any reason whatsoever. It is a form of genocide and self-destruction. We were taught that if a woman cannot or will not bear children to move on down the line, and not to believe in all of the teachings of the medical field, as we know it today, it is their job to stick mental and physical needles and pins into the minds and bodies of our people. We see it every day. Some men spend weeks, months, and years trying to get their women undressed, and these same women will go to their doctors and he'll have them nude in 15 seconds. He sells them a bucket of steam (B.S.) and she'll come home and make you pay the bill! That doctor is your true serpent in the Garden my beloved. This is why Allah taught us that we would have to be our own doctors.

USA, Sun of Man, April 1984

Peace to my beloved Nation. All Praises Due to Allah and Justice because if it wasn't for them, we wouldn't exist as a Nation. I come in the name of Virtuous Allah from the head of Medina. It's been a while since I wrote anything or spoke at a parliament. Now is the time, so here I am!

This month is March, and in March most people around the world celebrate Women's History Month. We, the 5%, appreciate our women, whom we call Queens, Young Earths, Earths, and Old Earths, each respectively reflecting different degrees of womanhood. I give praises to all mothers, aunts, sisters, cousins, daughters, and nieces for doing a fabulous job *at home and abroad*.

I mostly speak at parliaments when I'm asked to or have things on my mind that it seems no one wants to address. Now, to the business at hand, let's get to the subjects that I want to address:

First of all, as a *Nation*, we are not addressing the things that are separating us from each other. I will address a couple of those things in this article. They are the lack of BROTHERHOOD and lack of COMMUNICATION. These are the main reasons why we cannot move forward with any of the projects that are presented to us because without these two things—THERE'S NO TRUST! We are supposed to be THE ALL-KNOWING, ALL-WISE, ALL-EYE-SEEING, Nation that does everything RIGHT and EXACT! If we truly are ALL of these things, then, as a *nation*, we got \$#!+ twisted.

COMMUNICATION

That word is used, but not applied or it's misapplied. Let me explain. When my peers and I were coming up we used to check on each other. Also, the firstborn of Medina showed us what brotherhood was all about. Walking, and talking with God was all we knew. Anytime something happened, we were on speed dial (before beepers and cell phones). Any disagreement was settled or put to the side, no questions asked. We will always be bonded by the word "*life*" because we took time out of our lives to make sure that our *knowledge* was the same, so our-*wisdom* was the same, and *understanding* could be *born*.

I'm kind of upset with social media because a lot of *the teachings* are being taken out of context. Where are the bridges to the next generation? Everyone is wondering where the youth are. Most of my peers are in their 50s and it would look kind of strange for us to be around little kids, unless they are brought to us by someone close to them and/or to their age. That's what I mean about bridges.

Another word used loosely is...

BROTHERHOOD

Has anyone taken the time to identify or look at the definition of what this word means? *It's an association, society, or community of people linked by a common interest, religion, or trade (one*

common cause). *It is also the relationship between brothers*. What bonds us together are the teachings that were passed down from the Lord and Master of All the Worlds, Allah, through His 5%. So now, **what is a brother?** Think about it before answering or better yet, look in the mirror and ask yourself, **“Am I a brother? Am I my brother's keeper?”** Don't be surprised by your answer. A chain is as strong as its weakest link.

When I came to the point in my life when I started teaching, I taught the things that were taught to me as a young man in this *Nation*. The term **“Uniting the seeds”** is, was, and always will be at the forefront of it all. When it comes to this KNOWLEDGE OF SELF there should be NO SEPARATION REGARDLESS TO WHOM OR WHAT.

**A Black seed should have a Brown and Yellow seed.
A Brown seed should have a Black and Yellow seed.
A Yellow seed should have a Black and Brown seed.**

The 18th Degree in the LFML#2 (1-40) states:

“What is the duty of a civilized person? To teach the uncivilized people, who are savage, Civilization, Righteousness, the Knowledge of Himself; Science of Everything in Life; Love, Peace, and Happiness.”

Religion is not our teachings. We are taught to be **right and exact**. Some of us are content with just being right, so that's the main reason we are still stuck on what to do with 2122 Adam Clayton Powell Boulevard (Allah School in Mecca). Some of us would like to keep the same structure of that building, and I don't know why. There is nothing there that resembles anything that was there in 1967. Or better yet, not even from 1982. When I physically walked in there for the first time. So what are we holding on to? If that's not religious, then I don't know what is. Some of us cling onto people, places, and things, but there's a saying to remedy that; “You have to let go of the past in order to move forward.” And that applies to everything in life. *The science of everything in life* is not *love, peace, and happiness* like some of you may think because you don't know how to read your lessons; therefore your understanding is misconstrued. **The things you do righteously for the growth and development of the whole** is the science of everything in life. Actually, what are your accomplishments? What's your job, trade, and education? How have you prepared yourself? Look at the so-called 85% that is supposed to be blind, deaf, and dumb. They have schools—places for education/studying, churches—places for worship and practice of their religion/culture, farmland—places for, businesses—places for..., etc. We should take a page from whatever book they're using because ours is not working. But, as my *knowledge seed* often says, “I digress!”

Most of us were raised by older Brothers and Sisters in this *nation* and we have a saying that goes, "If you want to see Allah, all we have to do is come together." OK, that sounds good. However, the truth of the matter is where there's no trust, communication, brotherhood, unity, self-discipline, etc. that would

be hard to see. I'm going to end this article with a lesson that was taught to me by *The Mack* (Black Messiah).

In 1986, I was a messenger (courier) in Manhattan (Mecca). One day, I was walking uptown on 7th Ave, on my way to 28th Street, to pick up a package. As I approached 25th street, I heard someone call my name. I turned around and didn't see anyone. He called my name again, so I turned around again, and saw Black Messiah and he looked "high as a kite" as we say. I asked him what he was doing down here, and he told me that he was working. In my head I thought... "Working where?" Anyway, he asked me if I had a couple of dollars because he wanted to get something to eat. So, I gave him \$5 and he said he'd give it back to me at *the parliament*. Then, he asked me if I live alone, and I replied, no I live with my mom. He said "that's peace". He explained that he was living with a woman, but he had to get his own place because no matter how much you teach them, they will always distill back to what they know (meaning eating pork). He went on to tell me that when he woke up, it seemed like someone was repeatedly punching him in the nose, but it was actually the smell of bacon cooking. He questioned his host about it, and she said, "This is my house; you can leave!" Then, he told me what Allah said about not being like a poor rat, having only one hole, and the importance of having your own place. So, I asked him what he was going to do. He said, "Go and get me something to eat." I laughed, and that was the last time I saw him because he passed away in 1987. Clearly, my brother was referring to the dynamics of living with a woman that did not know how to keep a home FOR HIM. He was a guest in her home and had a hard time to civilize the woman that he was referring to. We must show love and appreciation to the women (Earths) that receive and reflect our light and know how to keep a home for us. To all of the women that have supported this Nation and have sacrificed for all children, I give a resounding..PEACE!!!

Virtuous Allah

A WORD TO THE WISE:

Understanding Build (or Destroy) to SHOW and PROVE

As we build in life, a crucial key,
To change the game, to set us free,
We lift our heads, the sand we leave,
To face the world, not to deceive.

With strength we find, within our core,
The will to stand, to ask for more,

For in our limits, truth we see,
A chance to grow, to truly be.

Embrace the real, the hurdles too,
With open hearts, the world we view,
And in this journey, as we flow,
The magic sparks, and starts to grow

REVERSING THE POLARITY OF THE OSTRICH SYNDROME

till our thoughts reunite,
Peace M.A.C

In The Name of Allah and all His righteous sons who showed us the way to Supreme Knowledge which Brings us to Understanding I greet You all in Peace.

“Master All Rights (and wrongs) to See Heaven or Hell” (MARCH)

In and on the Gregorian calendar, which we currently use, March is the 3rd month. Yet, when using some of the old systems of calculating the days of the months, March is the beginning of the year, which makes her the 1st month. This means that there would be 13 months and every month contains 28 days—a 364-day calendar. With more time we can build on this topic, yet I want to get to the basis of March (Mothers arch) or Earth’s Appreciation Month. Being that Earth is the 3rd planet from the Sun in our galaxy (universe) and March is the 3rd month in our calendar, we must give the women who are our mothers, grandmothers, Earths, women, sisters, and daughters their just due. We must show them that as the men, sons, brothers, husbands, and Gods we are, that we appreciate them, love them, and adore them in every way possible under the Sun.

E = MC²: Earth the Mother of Cultivation through the womb (wisdom), in which all light is being reflected from the energy of the Sun.

Pi \cong 3.14: The power in “I”, understanding of MGT and GCC when applying these principles to our lessons and degrees.

LFML#2, 3° What is the Diameter? 7,926 miles—in Supreme Mathematics meaning, *Allah (God)* has *born*, through his *wisdom* the weight of our planet Earth (Six Sextillion Tons).

Let’s all be crystal clear, Master-Allah-Rule-See-He is the *understanding* month and understanding is to see, and what is seen on and within our planet Earth, we can see within and on our mothers, Earths and Moons. Let us cherish them (her) and protect them (her) and show them (her) that we love them (her), for she is the bearer, and receiver of our life (light). Understanding is obtained by drawing all things up into the Earth's atmosphere by the Sun and Moon, just as the things which are not drawn above 6 miles from the earth’s surface distill back to the planet in the form of drops of water or this is a rough drop of ice. Draw these things up and it will be manifested so that your understanding may be culturally sound.

At the date of this writing; year = 2024, month = March, day= 13th

With that said, let's honor those women we love, and that love us, so that we may keep and maintain the balance needed to keep our Earths and Moons on their axis.

In the name of Allah, your brother,
D’Jaa (Divinejustice), of Medina
Peace!

Traveling At Godspeed

First and foremost, I would like to extend the universal greeting of Peace to every human family settled on the best part of this planet Earth! I come in the righteous name of Born Almighty Allah, the Understanding Seed from H-Medina (Houston, TX). I fast and build that this issue of the Sun of Man finds each and every reader in the utmost health. Our sole purpose here is to further the growth and development of every Man, Woman, and Child that takes the time to do the knowledge to this publication. May you walk away with the best parts and find meaningful, useful information to add on to your life regarding the 5% and this digest. I would also like to send salutations to all the Earths that are a part of this Nation, who have not only acknowledged the true and living God, b.u.t carried out their lord's will by teaching civilization, and upholding the teachings of Almighty God Allah. While, at the same time, showing and proving what being a nurturer of a Nation is all about. We are most grateful and appreciative of all the work you all have done and are currently doing in reflecting the light of God graciously.

RULE IS SUPREME MATHEMATICS.

RULER IS THE RIGHTEOUS POSSESSOR OF SUPREME MATHEMATICS.

~Supreme Alphabet

As you may know, this month we are dealing with Master Allah's Rules (MAR). I would like to first address the misconceptions that Allah's World Manifest doesn't deal with any rules or regulations. This would happen to be the furthest from the truth. EVERY civilization ever KNOWN to EXIST deals with rules and regulations! This is the checks and balances of any Nation! Which is also known as "law and order". We, in this culture, know that the law and order of the universe is none other than Supreme Mathematics. The mathematical principles that govern the reality of EVERYTHING that we know to EXIST! Name one thing that doesn't go from Knowledge to Born... YOU CAN'T!!! More importantly, name one thing that is able to be brought to SUPREME COMPLETION without following the proper order or stages that it takes ANYTHING to be made manifested CORRECTLY? Or, as we, in this Nation, know as being "Born Alive." In simple terms, for those who have never heard of such a thing, this simply means to be aware of your completion. There are two types of births; first, you have a *natural birth* that deals with being born alive, then you have what's known as a *stillbirth* which is being born dead. Now, for the record, I want everyone to know the type of births I am speaking about are dealing with the mind or one's state of mind. 85% of the population in today's time have been made blind, deaf, and dumb as babies. Straight out of the womb, society has in some form or fashion strived to socially engineer restrictive trains of thoughts which bring about a dead mind state that has always been fueled by ignorance. This, like any other thing in this universe that falls short of its glory (completion), is due to a lack of order. Remember chaos and confusion exist because law and order are not present.

STICK TO THE SCRIPT!!!

Our Supreme Mathematics are SUPREME for a reason, because when followed through, and applied correctly, it brings about the greatest type of change. That change being GROWTH and DEVELOPMENT in its natural state. This is very important, especially to all the newborn that are a part of this Nation, for them to grasp the concept of leaving things as is. **Don't add to or take nothing away from the original.** Let me be clearer, I am not saying not to add on in the sense of being productive and contributing. Moreso, do not *add to* in the sense of mixing, diluting or tampering with something that doesn't need mixing/fixing. The blueprint for success has already been laid out for you. YOU must learn to do the KNOWLEDGE, and add on to your CIPHER as YOU SEE FIT in order to come into a proper UNDERSTANDING of ALLAH GOD. Which, in turn, will bring you into the KNOWLEDGE and UNDERSTANDING of SELF!

As I touched on earlier, all things have a proper order and structure. What I would like to build on today is the proper structure, and order of the unified Black family traveling at that terrific speed of 1,037 ½ mph. This is the rate at which our planet travels as it spins on its axis everyday.

“The Universe is everything, Sun, Moon and Stars. They are all planets. Planets are something that have been made or grown from the beginning.” ~ 9°, 1-40

Made planets are the ones you put time and energy into in order to make complete (people, places and things). Grown planets are the ones you grow, specifically your son(s) and/or daughter(s). Hence the terms “plan it” or “plant it”. “It” being your idea (MIND) or seed/soil. Everyone has a role to play in this Universe. First things first, the role of the Original Man is vital to the activation and completion of the whole. For reasons, it is the Original Man who is the *Father of civilization*, which means the one whose job it is to further his family's intelligence through Good Orderly Direction. If you are out here calling yourself “God,” how have you qualified yourself as such? You learned 120 lessons? Oh, so you “think” that makes you God? Emphatically, NO!!! A parrot can quote 120 lessons. You show and prove being God by being a MAN first! That means you have to MASTER ALLAH NOW!!! It takes a MAN to lead his family. I was told a while back, by one of my brothers in this nation, that Atlas carries the weight of the planet on his back; however, God carries the weight of the UNIVERSE! It is the sole duty of the Sun of Man to shine his light (intelligence) throughout the universe in all places where such light is needed, especially in the place that he calls home.

“The Planet Earth which is the home of ISLAM...” ~ 1°, 1-40

Most of us have heard the expression, “It takes two to tango.” Well, most of us already know as well, it takes Man and Woman to establish civilization. That is bringing forth and nurturing life. A wise man knows the importance of weighing the atmosphere and doing the knowledge to the soil in which he looks to plant his seed. Everything is REAL. There are no rewinds in this lifetime. *There are some layers or currents real cold and warm and some very swift and changeable.* Sometimes the soil can be tilled, sometimes it cannot. ALLAH is the best knower of ALL things. This soil I am speaking on is the Black Woman and her mind. First, let’s make it known that the Black Woman is not Earth by nature. I repeat, the BLACK WOMAN IS NOT EARTH BY NATURE! As the saying goes, “A house isn’t a home.” A HOME IS WHAT YOU MAKE IT! There are many types of soil (women)—some fertile, some infertile. Just like there are many types of planets, some habitable and some uninhabitable. The overall factor, when dealing with identifying soils and planets, is keeping in mind how long it takes for light to reach that planet, as well as how the nature of that planet receives or rejects the light you give. I mentioned earlier that some planets are made and some are grown. The woman who you choose to give light to and accepts that light is your made planet. For you made a choice to build with her and she made a conscious decision to accept and embrace YOU! The Black Woman, with the proper knowledge of self is in complete compliance with the Good Orderly Direction that is given to her. Not because she is dumb or submissive, b.u.t because she has *done the knowledge* and understands that her God knows and understands his duty, which is to further her well-being through education. Therefore, she is able to gain wisdom, and willingly receives that light (intelligence) where it is needed on her surface. Just like photosynthesis, once that light reaches the surface it penetrates down to the soil which is beneficial for all life to flourish.

“The Earth is approximately covered under water, approximately 3/4ths of its surface.” ~ 8°, 1-40

The planet is covered under water approximately $\frac{3}{4}$ of its surface. When dealing with the Black Woman, I drew this up as the water being relative to her ways and actions. See, the wise Black Woman is able to calm her waters, while the ignorant Black Woman deals with disruptive waters, which is detrimental to her navigating through life properly. The Original Black Woman, who is the Earth, Understands her Culture, so she is able to deal with $\frac{3}{4}$ accordingly. Even further, she is able to Understand her Culture in no limits of time because you gave her the opportunity to do the Knowledge to your Culture. Understanding is to see things clearly. When you make this Culture tangible by living Mathematics, then she too, in her own good time, will See the Culture CLEARLY. Thus the seed has been planted, $\frac{1}{4}$ and $\frac{3}{4}$ equals $\frac{4}{4}$, that’s 1 WHOLE, as in ALL MINDS ARE ONE! This means she has been Born Alive. Now, once she is able to bring your seed to fruition—mentally—she will be able to bring your seed into existence physically, thus becoming COMPLETE—A TRUE AND LIVING EARTH.

**Young MAN, before you plant your seed physically,
you MUST plant your seed mentally!**

Young men and young women, I am here to tell you about a valuable lesson that I was taught, “SIX over SEX.” What is meant by this is, you both have to choose EQUALITY. That means dealing equally with each other, mentally before you even think about engaging in each other physically. Dealing equally means getting to know each other; learning about each other’s strengths and weaknesses; being able to teach one another, and hold each other to the highest standards. Young men, your duty is to raise up your Black Woman to her fullest equality by teaching her ALL that is RIGHT and EXACT. Young women, your duty is to pay attention, and find the right MAN who is all-wise, that can properly teach you, and raise you up to your highest self. Young Men, if she doesn’t choose you, then she ain’t for you plain and simple. Young Women, if he doesn’t respect himself, then he can NEVER respect you. Plain and simple. Knowledge is the first step to all life, and Knowledge also means to RESPECT. Everyone has a job to carry out, so respect each other’s position and most importantly respect yourselves.

**“THE UNIFIED BLACK FAMILY IS THE VITAL
BUILDING BLOCK OF OUR NATION!” ~What We Teach**

Young men, the first step in your Black Woman learning from you is, she will pay attention to how you conduct yourself at home and abroad. Before you even have the opportunity to tell her anything, she will have already predetermined your character by your ways and actions. This will be the biggest factor in which she either accepts or rejects what comes out of your mouth. So, be a MAN—keep your word bond, say what you mean and mean what you say, honor all agreements, and act accordingly. Remember, before you plant your seed physically, you have to plant your seed mentally, and depending on how that seed is born (alive or dead), that will be the overall factor in how that said relationship will grow or come to a halt. Remember, if she doesn’t choose you, then she’s not for you! The reason being because ISLAM is a natural way of life. If she doesn’t choose that, then she doesn’t choose herself, for her highest equality is the planet Earth, which is home of ISLAM! ISLAM is Mathematics, and Supreme Mathematics is the LAW that governs the heavens above and the Earth below. *“The Sun and Moon have attracting powers on our planet...”* The Sun is YOU, once you have gained the proper knowledge of yourself, and you have shown and proven through actions that you are ALL-WISE by utilizing your mind properly. The Moon is the Black Woman’s mind, and emotions. When you teach her properly, and she marries onto your mind, then there will be no dissatisfaction or separation between the two of you, and her emotions will become stable. Then ALL MINDS WILL BECOME ONE. She will willingly reflect the intelligence that you have given her, which will have a positive effect on our (your) planet. The 85% use the expression “Out of sight, out of mind.” However, the Original Black Woman, with knowledge of self, ALWAYS keeps in mind and utilizes the divine wisdom that God has bestowed upon her while *at home or ABROAD, regardless to whom or what.*

AS I ADD TRUTH, I SEE

Everything comes in its own good time. You CAN'T rush perfection (completion). We are not Russian (rushing), WE ARE ASIATIC. As I Add Truth I See... *Understanding comes in its own good time.* One of the things I love about this term that we utilize, "ASIATIC," is that it stems from the root word Asia, which we use to describe the Planet Earth's land mass. The word Asia originates from the word *Asu*, which means "land of the rising Sun." Showing and proving that the Original Man is God and owner of the planet Earth. For it is the cream that rises to the top! That very cream being, none other than, the Sun of Man rising to the heights of Supreme divinity, being a beacon of light for the whole planet to see, while traveling in his calculated footsteps, progressing at that *terrific speed of 1,037 1/3 mph.* In the Actual Fact, light travels at the rate of 186,000 miles per second, and it takes approximately 8 minutes and 20 seconds (8 1/3) for light to reach our planet. I am here to tell you that the Sun of Man (MIND) reaches your planet INSTANTLY! The speed of thought cannot be measured, IT JUST IS... change and progression is one thought away. All you have to do is BE and so will she. Show and Prove the science of being God, so she can show and prove the science of being the Earth, and watch as the babies show and prove the science of being the GREATEST! Simple science goes a long way. Too much Sunlight can stunt the growth of a seed and too little will cause it to die. It takes a perfect (complete) balance for life to flourish. The Wise Man of the East, BLACK MAN... Who is ALLAH the Supreme Being of ASIA knows to keep his Black Woman 93,000,000 miles in-tune, so that his determined idea can settle on the best part of the planet Earth. This is how she will be raised to her fullest equality which is 6 1/2 . Only then will you—and the rest of the planet—be able to see her revolve at her magnificent speed of 66,666 (approximately 67,000) mph around YOU!

How Fast Can GOD Travel?

God is the Supreme Being. Supreme means most high, and being means to exist. Speed is defined as the rate at which someone or something is able to move or operate. The Original Man, with proper Knowledge of SELF, is outside the realms of limitations. A speed so INFINITE that it cannot be measured. ALLAH COMES IN HIS OWN GOOD TIME. Then, how will you know when you have reached Godspeed? Simple. When the time comes, YOU WILL KNOW...

Until Our Minds Meet Again...

(P)ROPER (E)DUCATION (A)LWAYS (C)ORRECTS (E)RROR !



Your Brother in Trial and Tribulations,

BORN ALMIGHTY ALLAH!

The Understanding Seed Of Perfection,

THE SUPREME EXAMINER



H-MEDINA

Vol. 2 (1969-1979): First Call

Peace to the Gods and Earths of this beautiful Nation. This is my **FIRST CALL**. I'm giving priority to those of you who were around (walked and talked with Allah), **between day one until June 13, 1969**, and did not get a chance to enter a chapter in *The True History of Allah and His 5%*. This is an opportunity for you to submit it, and have it included in the beginning of Volume 2. If you're qualified to write someone's story, that has gone back to the essence, this is the time to put their history out. **Gather any pictures, articles, proof, etc. Your/their history and story will have to be verified before publication.** Therefore, **if you know that you/they were not around, please do not waste my time.** Please submit your chapter to Understanding Allah at GrniUn7@gmail.com by **June 30, 2024—ABSOLUTELY NO EXCUSES!!!** I will make extensions as I see fit. In the subject bar, enter **First Call and your or the person's name.**

The other calls will be announced in the upcoming SOM issues. So, heads up, **if you got Knowledge of Self post the assassination in 1969 and up to Dec 31, 1979**, I would suggest that you **start writing, gathering your artifacts, proof, etc.** And if you're qualified to write someone's story, that has gone back to the essence, this is an opportunity for you, too. **However, please do not begin to submit anything yet.**

Peace and lots of Love,
Your Brother and Companion,
Understanding Allah

Join Us at the

5% Nation's 54th Annual Educational Show & Prove



June 9th, 2024
3 pm - 6 pm

Children of All Ages (Grades K-12) are Encouraged to Join. Enter for a chance to win a \$500 Educational Stipend/Scholarship. All Participants will receive gifts and prizes.



P.S. 092 Mary McLeod Bethune
222 W 134th St, New York, NY 10030

Participants, and volunteers, please email: Nevels7@YAHOO.COM for further details. Late entries will be considered.

