

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...

ROMANS: 8: 6

SURAH: 53: 17

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 person must swim their 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 form 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.

As we approach another Tri-master, which is the 18 month period between the sixth month of a year ending in six i.e. '06, '16, '26 to the twelfth month of the following year i.e. '07, '17, '27, Universal Shaamgaudd Allah's writing about the trimaster was focused on substance abuse. In his spaghetti month article, he clearly stated that you are the best knower of what you have to fast from. The importance of being in the driver's seat of habit formation in your own life cannot be overstressed, the life you save may be your own, and the example you set could save the world. We fast and pray that you will find this issue inspirational in transcendence towards a better you beyond what you could imagine. Enjoy! Peace!

Any questions, requests, or concerns;

Email: SunOfManRemastered@gmail.com DM: <https://www.instagram.com/sunofmanremastered/>

In the name of Mahdi and all Medinans, I humbly greet you all with the word "Peace!" As always, we here at the Sun of Man want nothing but health and prosperity for you and your loved ones and offer this gentle reminder: Life is a competitive sport, if it wasn't we'd still be single-cell organisms. So, love yourself, love your people, love life itself, and if you need help, ask for it.

Happy Degree Day to all of you who have birthdays this month or in the one to come. In honor of the Firstborn of Medina: Hasheem, Gykee Mathematics, Byheem, Taleak, Universal Shamgaudd, Sha Sha (Brown Seed), God Def, Knowledge God, Ahmad, Akim, Raleak (Black Seed), Uhuso, Bali, Ali, and Siheem, we celebrate all the graduates of 2024. YOU DID IT! You are our pride and joy! Allah's Cream!! Congratulations!!!

All praises to Allah for the privilege to host these summer rallies for our universal family, here in Medina in lieu of universal parliaments in Mecca. It's truly an honor to have you all visit our childhood home, the *broken land* where we received the knowledge of His will. Also, for His suns, in particular Gerrel for proposing the idea to The Father, and ABG#7 for doing his duty as the Bilal, here, in the early sixties.

Welcome to Medina (Brooklyn)!

Did you know Brooklyn was once its own city, before merging with the City of New York (Manhattan and part of The Bronx) in 1898 to form the 5 boroughs? Explore the borough's rich past through landmarks like the Brooklyn Bridge, Coney Island, and Weeksville Heritage Center to uncover some of this rich heritage. Brooklyn has been a hub for prominent black artists, writers, and activists, shaping movements from the Harlem Renaissance to the Civil Rights era. Enjoy diverse neighborhoods like Williamsburg, known for its vibrant arts scene, and Sunset Park, with stunning views of Manhattan. Whether strolling through Prospect Park or savoring iconic Brooklyn pizza, you're in for a cultural journey unlike any other.

Geographically, Brooklyn spans 71 square miles and houses over 2.6 million residents, making it New York City's most populous borough. Neighborhoods like the Heart of Medina (Bedford-Stuyvesant) have been centers of black culture for decades, offering soul food spots, and historic brownstones. Here at the Head of Medina (Fort Greene), we have the Prison Ship Martyrs' Monument at the apex of Fort Greene Park to commemorate more than 11,000 American patriots who died on British controlled prison ships during the Revolutionary War. From the Brooklyn Academy of Music (BAM) to local jazz clubs, Brooklyn celebrates its black legacy with pride. It continues to be a beacon of hope and inspiration for fostering freedom, justice, equality, and collective progress.

Peace

*In the name of Allah; the Supreme Being; Lord and Master of this Universe, and in the name of His Brother and Companion in the tribulations of this world, Justice C., do I greet you my mighty Nation with the highest salutation of civilized people. **PEACE!***

HQ, Surah 51:45

HB, Ecclesiastes 4:9-10

Many within this Nation give the highest regard and praises to Allah as the founding father of the 5%. Yet, few give that same regard and praise to His *brown seed*, Justice C, the one to whom He gave His clear understanding and mission to. He became that because he shared the same compassion that Allah did for the youth. Unlike the one Allah had confided in initially, which was Abu Shaheed who used his contact with the youth to manipulate them into criminal behaviors and drug culture. I'm not speaking ill of the dead because the history is set in stone.

Justice was honorably known as James Howard and was born on 6/3/1924. He had been a merchant marine during his time. The merchant marine is that part of the maritime trade industry concerned with transporting cargo (and sometimes passengers) from place to place via water routes. This gave him a greater understanding of the world, and how different people lived; an understanding that would prove useful as Allah's idea to *unite the seeds* would be made born.

As a young 5%er, I was taught that Justice was never in the mosque, which was confirmed by one of his students, our brother, Allah Real (R.I.P.). Rather, like many of the young black people of Harlem in that day, he frequently hung out on 116th Street, 125th Street, or in Mt. Morris Park. In fact, it was in Mt. Morris Park that Justice first met Allah. He was known, then, as Jimmy. As he began to accept the teachings of Allah, he took on the name Akbar. The two grew closer and eventually Allah poured most of His understanding into Justice. So much so that, eventually the two created the Supreme Alphabet and Justice would be known, then, as Free Cipher Akbar, which signified his age in 1964. He was the only brother in this Nation that was older than Allah, and so the Gods referred to him as the "old man." And he would remain that until the edicts came down from Matteawan in June of 1966 for the Gods to change their names from Muslim names, and to take their names from the Supreme Mathematics and Supreme Alphabet. From then on, he would be known as *old man* Justice C, which signified his degree month and day.

For the young 5%, he was an extension of Allah, and in His absence served the young much in the same way. He was known as the *lord of the streets* and a master of "City Science", which is applying the Supreme Mathematics to daily living. And just like Allah, he would not tell those young brothers what to do, he just gave them the understanding of the solids, liquids and gasses they dealt with on a daily basis, and how to abstain when the time was needed.

Justice never wanted to be a leader of this Nation. He understood that what was required was a Nation of leaders, and not a Nation with a leader. Therefore, after Allah was assassinated, he helped guide the Nation for nine additional years, until his physical passing on 7/19/1978. Let us not forget the *old man* Justice, when we give the praises due. For in the manifested world of Allah, Justice you now equal.

As we move forward into the next month, July, I ask that you all take a moment to reflect on times gone by and people passed on. In particular, I want to give a grand salutation to our Brother, BlackSun, who returned to the essence of his life on the understanding day, which is Old Man Justice's degree day.

His living was a reminder to us of diligence in the will of Allah. And, his passing is a reminder that everything is real. Time is of the utmost importance, and the only time that is truly relevant is NOW!

The remembrance of the righteous resides with those righteous who survive them. Know for a fact that although many of us have physical families and so-called "friends" that care about us. They love the body more than the mind. Because when you start to lay into them with the truths of this world they will either ignore you, argue pointlessly, or avoid you altogether. Most Gods and Earths, after taking this Knowledge seriously, will suffer a loss of social relationships. Be not dismayed. This is the journey of the enlightened. In the end, you will come to the realization that the only one(s) who love(s) you unconditionally is you—meaning yourself and those of like mind and heart. For, when you start to lay down the truth they *add on*, not take away.

Just yo(U) Love (Y)ou

Love to a fool is an illusion based on passing emotions. However, Love to the wise is an elevated form of understanding that bonds people together.

Peace!

Your brother,
IBahiem

The 54th Annual Show & Prove Science Fair

In the name of Allah, Justice C, and the 5% Nation.

Peace. Our 54th Annual Show and Prove Science Fair was magnificent. The children and youth had a great time while learning and teaching. We had the gymnasium, the playground, as well as the parking lot full of activities that lasted into the evening. It was a sight to see. It's been quite some time since *that* many children and youth attended the Show and Prove Science Fair, and were *that* actively engaged. From the backpack giveaway, Supreme Mathematics Crossword Puzzle, tie dye shirts, face painting, push up contest, relay races, spelling bee, to the Gods, Supreme and Life, feeding the children, out of their food truck, for free, as well as many more events. It was a great outcome.

Special shout out to the young God Latik Borngod, who participated in the Science Fair. Latik made a mock car engine and a remote controlled car with a claw on the front of it. Job well done!

We, here at the Sun of Man: Suns of Medina, would like to thank everyone that assisted in making sure that our event, specifically for the children, was a blast for everyone who attended;

Mahdi Allah (Brown Seed) & Queen I Qey (NY Youth Office), Amar (1CC), Elevation (1CC), MyWisdom, Allah Justice (NY Youth Office), Saleem (NY Youth Office), Born Almighty (H-Medina Youth Office), Ishear (Allah's Paradise), Nakal Ikim (Allah's Paradise), Bahashim (Allah's Paradise), Victorious (Allah's Paradise), Powerful (GOD Security), Divine Ruler (Videographer), Original Self, Freebar (Cleveland), Self Ruler, CZ Allah, True Self and King Allah (H-Medina), Infinite I Real, Allah Intelligence (1CC), Allah Lyfe, Be Original, Master Rule (H-Medina), Shaborn Infinite, Truth Sencere (A-Medina), Be Knowledge, Be Reality, Born Justice, Ms. Young (Science Teacher), Powerful Almighty, Knowledge Born, Justice Rahking, Wise Supreme, Aisha (Face Painting), Divine Equality (Power Hill), Momma Lo (from Delaware), Kpreme & Hillarie (Divine See), ElSouljah, Justice Allah (Lords Island), Myself Righteous Born Allah & Queen Key (See Truth), SciHonor Devotion, Dr. Bilal, Ms. Cynthia Barr (Principal of PS 092), Understanding (1CC), Born Justice, Supreme and Life (from He Savior with the food truck), The Black Seed Brothers (from 139th and Lenox Ave, who provided free watermelons), Freedom (from Love Allah), Ras Supreme and Knowledge God, the Gods of One Common Cause, Inc., the Show & Prove Committee, the Youth Offices of NY and H-Medina, and Trueborn My Allah (myself).

Shout out to all of the children and youth that attended. We're looking forward to seeing you in Medina (Brooklyn) for our annual summer parliaments, especially Children's Day in July.

Peace until the next time,

Trueborn My Allah and Mahdi Allah (Brown Seed)

WORD TO THE WISE

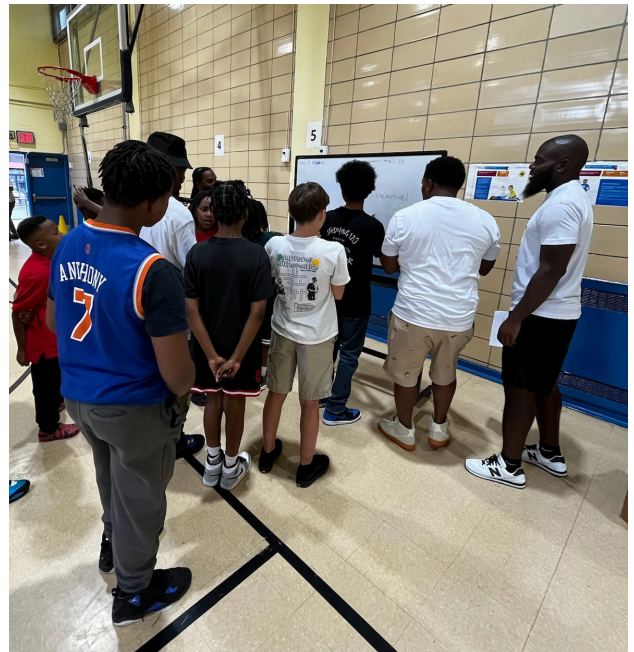
“Allah didn't want us to sit around and just speak about Him because He showed and proved His greatness. We can't do that for Him because He already did that for Himself. However, we must show and prove our own greatness, by equalizing our magnetism with Allah. Sometimes, we could waste our own life away talking and teaching about another man, that we never take the time to glorify our own greatness, and Allah didn't want that. Each man must show and prove for himself, we don't need to prove that Allah is the God. He already did that. Show and prove that YOU are the God because everyone doesn't know that! PROVE your own existence as the True and Living God and be one with Allah God.” Shariff Allah ©1983

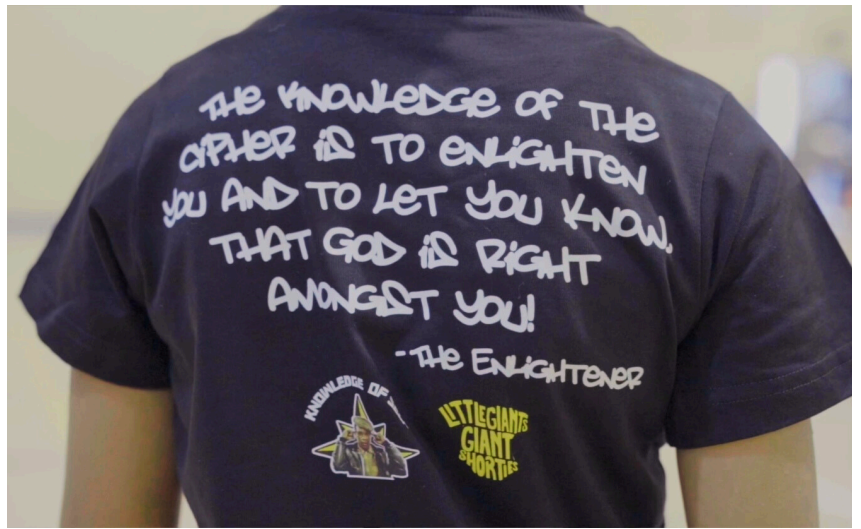
Edited by Understanding Allah for the Sun Of Man: Sun's Of Medina Edition

Vol. 2 (1969-1979): Second Call

Peace to the Gods and Earths of this beautiful Nation. This is my SECOND CALL. Those of you who got knowledge of self and were around after June 13, 1969 up to 1973, and would like a chance to enter a chapter in The True History of Allah and His 5% Vol. 2 (1969-1979). This is an opportunity for you to submit it, and have it included in 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 GruniUn7@Gmail.com by September 30, 2024—ABSOLUTELY NO EXCUSES!!! I will make extensions as I see fit. In the subject bar, enter Second Call and your or the person's name. The other calls will be announced in the upcoming SOM issues. So, heads up, if you received the 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





PHILADELPHIA FAMILY COOK OUT

WHEN

July 14, 2024 at Leaving the Allah
School In Mecca at 09:30 and
Leaving their at 05:30 pm

WHERE



1101 W. HUNTING PARK AVENUE
PHILADELPHIA PA

1P - 6PM

**ALL AGES
EVENT**

TICKETS

40 dollars for everyone
who can occupy a seat

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App at \$1Allah7

**IN MEMORY OF
RAHMEL ALLAH**





THE 5% NATION



Justice See (Jersey City, NJ)

PRESENTS



FAMILY



DAY



Sunday July 21st, 2024

(2pm-8pm) • LINCOLN PARK

• **FOOD**

West Side Ave

• **REFRESHMENTS**

Jersey City, NJ 07304

• **ENTERTAINMENT**

• **GAMES**

**Entry @ Communipaw Ave Side
Across From The Auto Body Shop.**

Bring The Children !!!

For More Information Contact : Born Everlasting (201) 873-9911



COME ONE, COME ALL!
Join Us, The 5% Nation
At



CHILDRENS **2024 DAY 24**

JULY 28TH , 2024

(2 PM - 6 PM)

IN MEDINA

FORT GREENE PARK

**Myrtle Ave between North
Portland and St Edwards**

- Music
- Food
- Face Painting
- Sand Art
- Potato Sack Race (BBQ Area And Playground)
- Relay Race
- Kickball
- Tug Of War
- Spoon Race

- Math Match Up
- Pony Ride
- New Playground
- Water Sprinklers
- Tablet Raffles
- T-Shirt Giveaway
- Much More

**Also
Scholarship/Educational
Stipened Ceremony.**

CODE OF CONDUCT

- NO SELLING OF ANY KIND
 - NO WEAPONS, DRUGS OR ALCOHOL
 - KEEP YOUR ISSUES OUT OF THE CIPHER
- INCLUDING PAC MATH AND SPACE INVADER LESSONS !**

THE 5% NATION

CHILDRENS

20D 7 Y 24

2ND ANNUAL

H-MEDINA

FREE

(HOUSTON , TX)

FUN

SUNDAY JULY 28TH, 2024

(2 PM - 8 PM)



- **FOOD**
- **GAMES**
- **PRIZES**
- **MUSIC**

(EMANCIPATION PARK)

**3018 Emancipation Ave
Houston, TX 77004**

**FREE
BRING
YOUR
KIDS !**

For More Info Contact : IG @TheFivePercentNation

5% Nation

CIVILIZATION DAY

NOW JUSTICE (NEW JERSEY)

AUG. 4th, 2024

12-8pm

• **Potato Sack Race**

• **3 Leg Race**

• **Tug Of War**

• **Trail Hike**

• **Food**

• **Music**

Bring

Family

Friends

And

Especially

The

Children !!!

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(Bring Chairs!)

Garret Mountain
Reservation

8 Mountain Ave
Woodland Park,
NJ 07424

GARRET MOUNTAIN
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Any questions contact Knowledge God (862) 899-1479

