

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...**

LIGHT — Traveling at the speed of — THOUGHT

BEHOLD THE SUN OF MAN

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 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.

Moving forward, The Suns of Medina 5% Digest is working on our subscription programs. The yearly membership fee to access the digital version will be \$37.00. There will also be a special collectors edition hard copy magazine subscription in the near future. The price of the collector's edition is still being worked out, and the premiere issue will probably coincide with Medina's anniversary. These funds will be used to cover our overhead cost and some of the profits shall go towards facilitating the Universal Rallies in Medina being June: Honoring the Firstborn of Medina by Celebrating Allah's Cream (the graduating classes), July: Children's Day and August: USA-B2S (Universal Shaamgaudd Allah/Back to School giveaway). Thanks in advance for your patience and support. Any questions, requests, or concerns;

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In the name of Allah, Justice C, their 5% Nation, and in my own name, MAHDI, I greet all our readers and supporters in the highest regard with the word, Peace! As usual, we here at the Sun of Man-Suns of Medina Five Percent digest hope that this back-to-school issue finds you, your loved ones, and all humanity in optimal health mentally and physically.

We would also like to congratulate you all on every milestone you've celebrated or are about to celebrate. Whether it's your birthday, the completion of a loved one's physical existence, a new job or promotion, going back to school, taking on a new business venture, staying out of jail/trouble, falling in love, having a baby, or finding a little peace of mind throughout your day. These are just some things that came to mind because the possibilities are endless. Nonetheless, these are all reference points for future goals and to help you understand what it took to reach them so you can set realistic objectives for your future. All Praises Due!

On that same note, let us give praise to Allah in the names and persons of all that supported and worked to make Children's Day in Medina 2024 a success that exceeded expectations. To the man with the idea Shatiek, his co-founders AllahShaSha, Virtuous (and even those that are no longer with us that shall remain nameless), and the Godhead of Medina, kudos to you for coming together and setting up this platform for those of us that came after to do His will. We would be remiss not to mention our special guest from the Mayor's Office, the Citywide Youth Coordinator, and Brooklyn Borough Director Hercules E. Reid. Among the many second-generation 5 %ers present, Superintendent Dumar Paden from the Department of Education, and Siheem Allah Roseborough, Assistant Commissioner of Human Resources Operations at NYC Administration for Children's Services, were front and center. Regardless of whom or what, from architects to custodial engineers, including the chief cook and bottle washers, we all showed up and showed out!

- As we complete the 2nd 1/3 of the year 2024, and approach the 2024 autumnal equinox on the 22nd of September at 8:43 AM EST. We, as a Nation, are also reaching some milestones: the anniversary of the Knowledge being born Alive in the minds of the inner city youth of NYC. First in Mecca, where they agreed on the said date of October 10th to mark their immaculate conception. Then, my home, Brooklyn, aka Medina, where the Bilal came from Mecca to what is now known as the Head of Medina on December 19th and stood until (Christmas Day) the 25th, on a mission to Build All and spread the word that "Allah Born God" in the flesh. We are forever grateful to our Meccan brothers, especially Black Messiah, whose style and grace inspired even the hardest and roughest of the Medinan jitterbugs to be their best selves to be brought in and presented to their patriarch, Allah.

PEACE!

In the name of Allah and Justice C—the Black and the Brown. The two in the oneness of God. And in the service of the Sun of Man, Suns of Medina, a 5% Digest, do I greet you all with the Universal greeting of the righteous. Peace!

Allah U God
Are you God – God you are

Most of us began this journey into the *Knowledge of Self* by having a conversation about “God”—whether or not we believed in a God, what we thought he looked like, etc. For a young mind, these are very perplexing questions. Especially for those who came from religious families. The first challenge in this endeavor comes in rejecting everything you have been taught about God up to this point. The religious institutions of the world *teach that God is a righteous, but unseen being that exists everywhere*. Omnipresence is the word used to describe this type of existence. They teach that he is omnipotent, meaning “all-powerful”. They teach that he is omniscient, meaning “all-knowing”. All these things are covered in mystery and accepted only through faith value.

Let’s begin by removing the mystery from God. The word God means *a supreme being or person of exceptional character; a role model in a given field*. God is synonymous with *guide* and *guardian*. These are all qualities of man. For who, other than man, guides and guards his family? Who, other than Man, through exceptional character guided by truth can be a fit guardian?

Even the religions of the world have concluded that these qualities depict a man. We see the man before us daily. There is no mystery in what we see. Man is guided by either his intelligence or his emotions and guarded by the first law inscribed in his essence, which is self-preservation. By his intelligence, civilizations have been built, and by his emotions, the same have been destroyed.

Now, this is no slight/shade to my sisters and women of the world. The fact remains that if the “omni” aspect of God is true, then the variance of “all” must be in his makeup. His chromosomal variance of XY makes him the creator (omni) of life.

Furthermore, the law of correspondence, which states “as it is above, so it is below,” sets the essence of man as creator, progenitor, guide, and guardian just as the Sun is the same in our solar system. Meanwhile, the nature of women is aligned with the created planets/celestial bodies. Namely, the Moon and the Earth. The proof is that the woman is bound to the 28-day cycle of Mo, which represents her in her childbearing years. She is not even recognized as being a “grown” woman until the event of her menstruation. It is at this point that she is made to grow from her beginning and able to add to the ever-expanding universe.

Now, let's break it down and draw it back up. Man is God! And the Black man is supreme in his being! Meaning that he is the Father of all civilization, all man (original), and mankind (human families). God of Gods. From He comes forth all life.

Now, I know it might be tempting for some to join in now with their anti-White sentiments, as well as the pro-Black affirmations. One of the things that the Supreme Being, Allah, made known was that the white man is the god of everything in six. The 6000-year rule made it so. Because the world has been following Yacub's laws, in the name of religion, unbeknownst to them. Nor am I inclined to listen to those who advocate that "the Black man is God by Nature." I will repeat that man is God! And the Black man is supreme in his being! Black, Brown, and Yellow! Nature is the law that was set in motion to govern the Earth like MGT and GCC. While Supreme Mathematics governs the universe and everything in it. Supreme Mathematics is Islam! And Islam is the intelligence that is built into every living thing which continues to live and stimulate life and matter around it. It was not until man began to activate off of his lower self and not keep and obey the laws of intelligence that civilizations fell victim to lust, envy, hate, and greed. Man, in his weakness, became wicked, and we know how the rest of that story goes. I could go on, yet the aim here was simple—to break the spell of the mental death of religion for the newcomer/person thinking about getting *knowledge* or the one who's been around and didn't get the memo. With that, I will leave you with this:

Psalms 82:8

Surah 49:13

It is our sincere will that you all enjoyed the summer vacation, and as we close out this month of August in preparation for September and back to school, let us bear in mind that nothing happens in a vacuum. Each day adds to the next to make weeks; weeks add to make months; months add to make years. Our years add to make a life span. In that span, we gain knowledge of the world around us by looking, listening, and observing. That is Knowledge on a very basic level of existence and relies heavily upon personal experience as a medium. The Wisdom gained from personal experience is limited. However, the wisdom obtained from formal education is boundless in its potential to elevate the mind and change the condition of the student. Although many may take school as a mere painful necessity of 12 years, it is only through education that one can truly see elevation.

Education is both the act of teaching knowledge to others and the act of receiving knowledge from someone else.

An elevation is a rise or the raising of something.

The most intense aspect of Allah's *determined idea* was to relay the importance of education to His 5%. It was through this idea that He was able to get the assistance of NYC in acquiring the Street Academy in Mecca. An idea intended to "educate" His 5 %ers and the youth of the community. An idea that the Mayor of New York, at the time, would adjoin because it would help to address his citywide problem of youth crime and lawlessness—God and the devil working hand-in-hand!

Get a diploma! Get a degree! Get a trade!

Commandments that were echoed in Mecca (Manhattan, NY) and Medina (Brooklyn, NY) in the early days of the 5%. It is through these commandments that Allah's 5% Nation would be destined to elevate and become self-sufficient. A task not easily performed because everyone who came forward to be "taught" was not studious beyond 120 Degrees. Many felt that learning the Supreme Wisdom lessons that Allah brought out of the Mosque was sufficient knowledge to go through life.

Why would He stress the need for an education if what He was teaching was all they needed?

"Now, I know for a fact that in this day and time, my people are so dumb, and they are the only people on this planet Earth that have to be paid to go and get what? Education."
Allah, Otisville interview, Nov. 15, 1967

Now, beware because the devil has been known to teach and *keep our people illiterate so that he can use them as a tool and a slave* to his systems. And although we are living in an age containing more information than was ever available, the snares of misinformation still exist. Today, many Black sociologists are making a critical review of history to prove that racism and discrimination are a part of America's social stratum. A stratum is a level or class to which people are assigned according to their social status, education, or income.

The American Social stratum is that which forms the *society of men or group of men* advocated for the common cause of keeping original people subjugated. We are in the 8th month. The 8th degree of 1-14 tells us *the devil keeps us apart from their social equality because he does not want us to know how filthy he is in all his affairs*. Our beloved brother and memorialized National Spokesman, Dumar Wa'de, showed us the four heads of this *society* in his breakdown of the 28th degree of the 1-40. The first is the doctor. The doctorate is one of the highest levels of education. PhD is a doctorate intended for students interested in generating new knowledge through scientific research (i.e., setting up experiments, collecting data, applying statistical and analytical techniques). That is wisdom to build a nation.

Finally, the 38th degree tells us that God made the devil show forth his power and that he is ALL WISE....now let's pull the best part out. As a young 5%, I was taught that God is the best at what he does. ALL WISE... from a janitor to an Architect. In any field of endeavor, we prove that we have an understanding of the world. The task is *to Show and Prove that Allah is God! Always has been! Always will be!*

I would like to add one more thing in closing, which for me was showing proof of all the above. Our big brother and baby of Medina, Firstborn Siheem, would tell those of us whom he allowed in his home that he does not teach kindergarten. In other words, you have to be sharp and know your lessons. Likewise, Siheem told us that Allah said to him, "Don't bring nobody up here that doesn't know the birth record." Both statements signify the need for prior Knowledge to Understand God. So, embrace the moment. To do better one must learn better! **Education is Elevation!**

Until our minds meet again in a supreme embrace, I leave you as I came, Peace!
Your brother and companion through these troubling times, in the service of Allah's will,
IBahiem

In the name of Allah, Justice C, and The Five Percent Nation.

ALLAH-YOU-GOD-YOU-SURELY-TAUGHT

In commemoration and salutation to our universal savior God and divine deliverer, UNIVERSAL SHAAMGAUDD ALLAH, along with our Back-to-School giveaway for the children, we, here at the Sun Of Man, extend our Peace, Our Love, and Our Loyalty in upholding that which was put in place to ensure that our big brother and his great work is never forgotten. Along with our obligation in giving all we have and all within our power to prepare the children for their up and coming school year.

Here we are, once again, in Medina (Brooklyn)—the land of the intellectual warriors with the great understanding given by Almighty God Allah—to host The Five Percent Nation’s Summer Rallies (June, July, and August). It has always been an honor for us to host, from day one when our big brother Gerrel asked Allah when He was going to bless Medina with His presence and Allah said we can have our summer rallies here in the Head of Medina (Fort Greene). We appreciate all those who have come from near and far to experience how we do it here in the “broken land” that was fixed through Allah’s Living Mathematics.

Universal Shaamgaudd, the creator of the 5% Nation’s Universal Flag, The Sun Of Man: A 5% Digest, Operation Intellect, and The 5% Nation Banking System—just to name a few of the great things he did for the 5% Nation—was/is a breath of fresh air and a beacon of light for all those to acknowledge and see what “Nation Building” is all about.

For all those who don’t or didn’t know, THE SUN OF MAN WAS CREATED TO *ENSURE AND INSURE* THAT *THE TEACHINGS* OF ALLAH AND HIS 5% NATION *REMAINED AS IS*. THE ARTICLES IN THE SUN OF MAN ARE *NOT PLUS LESSONS*. EVERY ARTICLE FROM UNIVERSAL SHAAMGAUDD, PUBLISHED IN THE SUN OF MAN, IS/WAS TO SHARE *THE CULTURAL TENETS OF THE 5% NATION*. WE UNDERSTAND THAT MANY PEOPLE DON’T HAVE THE KNOWLEDGE OF THIS, AND ERRONEOUSLY THINK AND HAVE SAID THAT HIS ARTICLES ARE PLUS LESSONS; HOWEVER, PROPER EDUCATION ALWAYS CORRECTS THE ERRORS. IT’S UP TO YOU TO CORRECT IT YOURSELF OR GET CORRECTED BY ONE OF US THAT HAVE THE PROPER KNOWLEDGE. SOCIAL MEDIA, YOUTUBE, AND MANY OF THESE BOOKS HAVE TO MISLEAD THE PEOPLE SEEKING THE PROPER KNOWLEDGE OF THEMSELVES, AND WE, THE REAL 5% NATION (NOT THE NATION OF GODS AND EARTHS AKA NGE OR NOGE) ARE HERE TO ASSIST ALL THOSE WHO TAKE THE INITIATIVE TO LEARN WHO AND WHAT GOD IS. Our big brother UNIVERSAL SHAAMGAUDD stated that we must “BEWARE OF FALSE KNOWLEDGE, FOR IT IS WORSE THAN IGNORANCE!” Remember, YOU DON’T KNOW EVERYTHING THAT YOU SHOULD, ESPECIALLY THOSE THAT WEREN’T THERE. SEEING SOMEONE AT A NATIONAL EVENT OR HEARING THEM SPEAK DOES NOT MEAN THAT YOU KNOW THAT PERSON. WHEN I WAS YOUNG, WE CALLED THAT “CLAIM JUMPING,” AND MANY PEOPLE GOT RUN FROM AMONGST US FOR THAT TYPE OF BEHAVIOR.

The purpose of this Publication is to unite our Nation as One, and return to the Original Teaching of Almighty God Allah, so that brothers and sisters who wish to learn the Righteous Teachings will not be misled by false prophets who use *our* Teachings and *our* Flag to shield their filthy ways and actions.

This publication will give the Truth! The real deal! We will never print anything that you wouldn't want your Father, Mother, Son, or Daughter to read. THE SUN of MAN (or S.O.M.) is a tribute to *our* father, Almighty God Allah, and His teachings of Supreme Knowledge and Supreme Understanding, which resurrected us from our graves in late 1963 and early 1964. This tribute shall 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. We, His suns, have been there before and;

“We ain't gonna let no body or bodies turn these teachings around, the title should be self-explanatory to those with Understanding, for the sake of those without. We, the Firstborn, the Elders, or the Older Gods, whichever you prefer, were taught patience and Understanding by The Supreme Being himself, and you'll have worn that patience very thin. We will not sit back and let the House of Allah be destroyed or disrespected. So, I say unto thee shape up or ship out!” Introduction in the first issue of The Sun of Man by Universal Shaamgaudd Allah, 1984

Allah taught His suns right and exact, His suns taught us right and exact, and today we are here to do the same for the next generation of 5%er, to uphold Allah's teachings. The way you see something holds no relevance whatsoever here, so keep it to yourself or do like many have done before you go build your own and leave us alone. We have Allah's *mindset*. It isn't broken, so we don't have to fix it. What must be fixed is the poor knowledge and practice of mixing, diluting, and tampering that has run rampant for years, months, and days. This, again, was the SOLE PURPOSE OF THE SUN OF MAN.

Many things have been addressed and universally acknowledged as such, yet the stiff-neck rusty locks have refused to accept the corrections while saying that they walked with and were taught by those who *corrected the errors*. The display of rebellious behavior appears to be rooted in the lack of knowledge and understanding. You don't like who the correction is coming from? You don't like where it's coming from? What is the problem/issue? Why, when presented with pure facts on how something goes, do you continue to uphold the opposite?

The 5% Nation is not in conjunction with hip-hop culture. The 5% has influenced that culture because many 5%ers became entertainers within that culture. Nor are we in conjunction with any street organization, political party, culture, or religion. The 5% brings the Knowledge to the Cipher (people, places, things) and adds on. The 5% does not become a member of ANY organization or group;, for those that know, it's the 5% that goes amongst different groups of people, and those people become 5 %ers, not the opposite way around. Don't allow anyone to tell you anything different. This is not how I see it; this is a FACT—you're either a 5 %er or you're not. And if your loyalty and allegiance are on the fence with another group of people, be they religious, cultural, political, etc., you don't belong amongst the 5% Nation, for you are a bad example for the young in whom these teachings are for.

All praise is due to our big brother Universal Shaamgaudd Allah and the children who are going back to school.

Peace,

Trueborn My Allah

ALIKE ATTRACT & UNALIKE REPEL

*Peace, Allah U God U Saviour True ↔ True Saviour U God U Allah. This is the Build or Destroy month of the Gregorian calendar, which means it's time to allow our Supreme Mathematics to transcend all boundaries and barriers placed in our way. All praises are forever due to the **Lord of all worlds, the maker and owner** of His 5%, whose proper name is Allah, for showing His maximum Equality by “borning” God. And to His right-hand man, Justice, for holding these teachings together in His absence. Also, praises are forever due to all his true and living suns for continuously keeping that magnetic oil burning perpetually.*

*I come in the righteous name of Allah Power Build or Destroy, meaning the one who can make it happen righteously by dismantling all things not right & exact. I **believe** that all those reading this remain supremely rooted in the mind of the most high as you travel through and into a more qualitative life. The topic of this build is **Alike Attract, Unalike Repel**, a topic that many and most have yet proven is equal to their **home (mind) circumference**.*

1-40; 21. “Who is the founder of unalike attract and a-like repel? Ans. An original man who was a scientist, by the name of Yacub, born 20 miles outside the Holy city of Mecca, in the year 8,400.” Now, I’m not here to speak about Yacub, because he doesn’t exist in our world. This is *Allah’s World Manifest (AWM)*, and in this world, we are taught and instructed to “reverse the polarities,” starting with the 21st degree in the 1-40 so that we can begin to tell *our own* story. So, when reversing the polarity of that degree, you will see ALIKE ATTRACT and UNALIKE REPEL, which is the very idea that this Nation was created. To further expound on that idea, it was said by Allah’s suns that “every seed must have a seed,” meaning that every *Black seed* must have a *Brown seed* and a *Yellow seed*; every *Brown seed* must have a *Black seed* and a *Yellow seed*; and, every *Yellow seed* must have a *Black seed* and a *Brown seed*. That’s uniting/reuniting the seeds, and the purpose is to keep the seed (idea) original, *strong, and healthy*. Within that, there are *doctors, ministers, nurses, and cremators* put in place to keep the seed the same. The doctor’s job is to examine all those who want to marry into the mind of Allah. The minister’s job is to marry all those of a like mind. The nurse’s job is to pull the pins and needles of ignorance out of the minds of those brought to them. And the cremator’s job is to burn all of the unalike ideas.

People who are “alike” are attracted to the same ideas, meaning one mind and no separation. Once you are truly married in the mind, there are no divorces—the Black, Brown, and Yellow have to marry in the mind to complete that *determined idea*. We are here to be fruitful and multiply to produce life in the minds of the 85%; however, that starts in the minds of the true and living Gods. Before we can successfully fix the problems of the world (abroad), we must first fix the issues at home. The solution is the proper unification of the seeds in and through the mind of Almighty God Allah.

There has been a lot of talk about who has Allah's teachings right and exact and who does not. To that, I say this: "If any man would allow their mind to detach from the feeling and/or emotional attachment to who, how, and what they were taught, it would clear their mind to see any truth." Allah's teachings are pure; however, to see it you have to be pure in the mind and the heart. Many and most won't get *free transportation to see their brother* in the mind—like Attract. Instead of having 50-year-old debates, I suggest we figure out exactly what we agree on, then build on that, and follow that process for no limit of time, and the unlike, or the things we don't agree on, will eventually thin out and will be no more. Within the science of *every seed having a seed* is a brotherhood, which is the very thread of Allah's 5% Nation. In knowing any small part of this history, you know that the brotherhood and bond that was forged in living out of these mathematics was and still is priceless. The one thing that kept and will keep brotherhood intact was/is the fact that they/we all agree(d) to that determined idea. 2 degrees have the word "agreed". One is right and exact and the other is only right! One thing about Supreme Mathematics is that "**If things ain't right and exact it won't add up, and if it doesn't add up it ain't right and exact.**" The only way to succeed or to be successful in this determined idea is our ability to accept the truth, no matter who says it, and no matter who it is about, even when it's about YOU (whole-heartedly)!

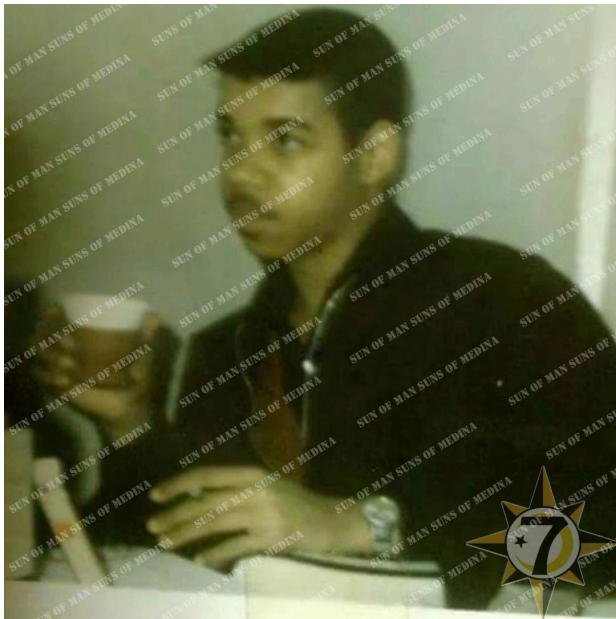
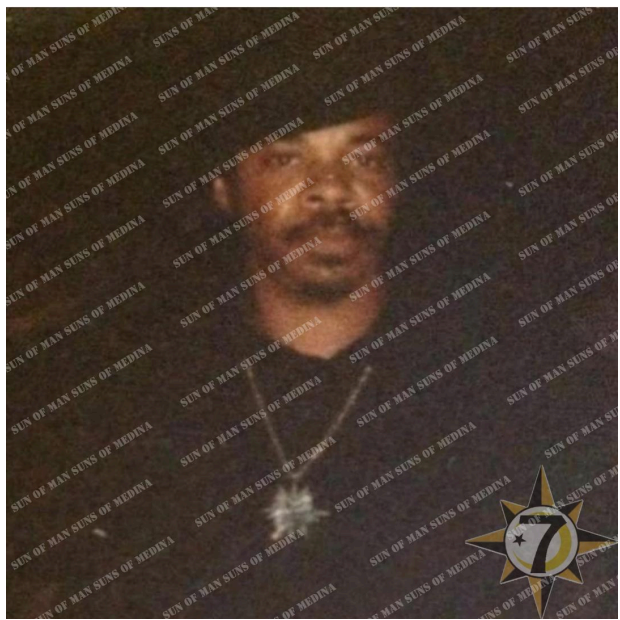
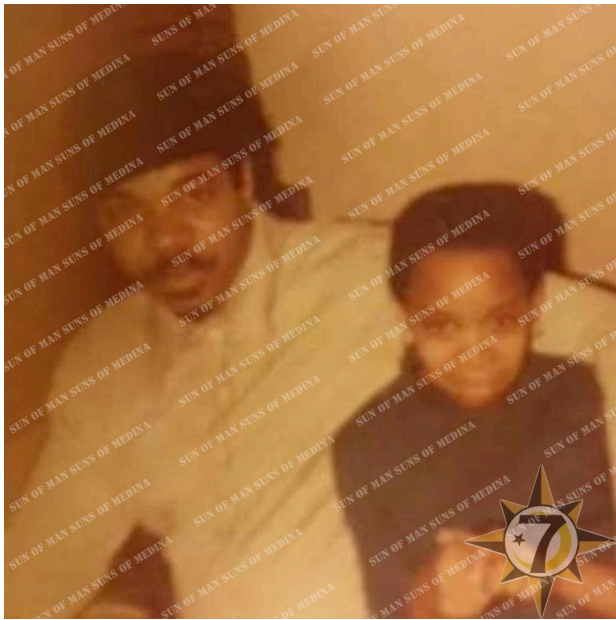
One of the things that makes all minds one, besides this Knowledge, is our ability to be righteous. Righteousness allows you to do what's right and exact, even when you don't want to—*there is no unrighteousness in him*. There is a fear of accepting the truth just like there's a fear of telling the truth. Many don't want to accept the truth because they have been *taught to eat the wrong foods*; therefore, making them other than self (unlike), and this is when you have to visit the doctor (your a-likes) so that he can check your food, and pull out those pins and needles (lies and false teachings). A lot of brothers may think that they have swam those *9,000 miles*; however, until you have gotten back to that original idea, you still have some laps to swim. There is only one way and that's Allah's way! We are here to build with that which He left us and *build to be born alive* in that idea.

There is only one mind, one truth, and one God, in Allah's World Manifest, radiating in many bodies. Many ideas are rooted in one idea, and many men are rooted in one man. *Alike Attract, Unlike Repel* is an idea that takes and preserves the best part for yourself because we don't care about the poor part (teachings that don't add up or poor knowledge).

Until Our Minds Meet Again on Paper,
Your Brother in Living Mathematics,
Allah Power Build or Destroy

A WORD TO THE WISE:

"Humility is the solid foundation of all virtues."



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 & lots of Love,

Your Brother and Companion,

Understanding Allah, M.Ed