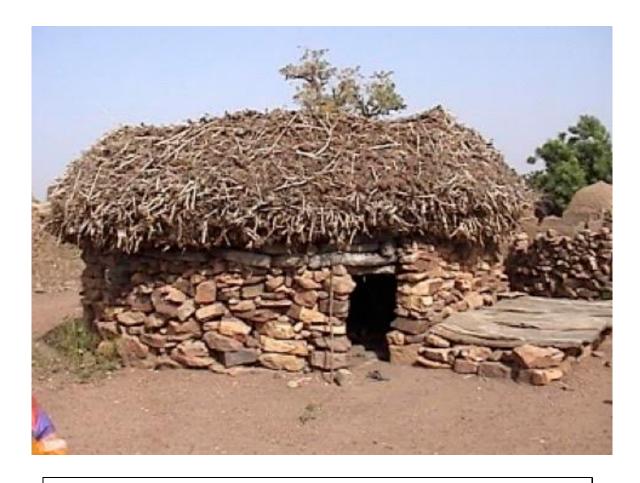
# While Sheltering in Place

(A Guide and Workbook)

**During the Time of Dread, the Corona Virus Global Pandemic** 



The Mbongi structure was (is) a physical structure that our Ancestors created to have a place where our best minds were charged with the responsibility to capture, critique and clarify those "things which concern us dearly," especially our wellbeing. Picture taken by Baba Dr. Wade Nobles in Mali, West Central Africa in 2002.

# #ZolaUpOnUs

# **User Guidelines**

This workbook is designed as a hands-on interactive tool to help us create ways and activities that intentionally guide our focus on being well. It is formatted as multiple strategies (five Star Zola up on Enhancing our Family; eight point Resurrecting our Community; ten Principles of Personhood Right Conduct; two Fundamental Rules of Culture; and Living the Virtuous Life). Try to complete some of the suggested activities in each cluster.

The first and main strategy is the "Zola up on Us Five Star Family Enhancement Plan." The esteemed, Nganga, Kimbwandende Kia Bunseki Fu-Kiau, taught us the BâNtu-Kôngo term Zola that means "love." Our African ancestors knew and understood that Zola ("love") is an energy/power that can and does "activate" our self-healing power (potential) which is called "Ngolo."

We pray that you will first review the entire workbook and then select one of the clustered strategies to work through with your family. Be creative. Be fearless and unapologetic and unashamed in your Zola "uppin" on Us. What do any of the strategies look like through your family's and your eyes? How do you do Zola as a dance, spoken word, game or other performance? Then as follow up and follow through, share what you have created with the rest of our family on our hash tag, #ZolaUpOnUs and send your special creativity to our restoring wellness archive to lawfordg@gmail.com

Remember only we can save ourselves. We must heal we and not just me.

Enjoy this workbook and value the time in creating ways to not only survive the Corona Virus Global Pandemic but to thrive in the post COVID-19 Pandemic and beyond.

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#### The Corona Virus Global Pandemic

Some negative impacts of COV-19 Pandemic are listed below. Pay attention to what you are feeling and experiencing. Behaviors to attend to are:

- 1. Impatience
- 2. Anger
- 3. Fear
- 4. Agitation
- 5. Dis-belief
- 6. Confusion
- 7. Unforgiving

This is a time when we must control the above seven, especially "Impatience," "anger," and "fear" by honoring and encouraging our ability to be well and to see our personal needs as the mirror of the needs of our family and community.

The following clusters are designed to guide, activate and focus our attention on wellness and not on the dread of Corona death and sickness.

### **Contending with the Moment**

Myers L. (2020) "Culturally-Grounded Conceptualizing and Contending with COVID19", ABPSi, Culturally-Grounding and Supporting Our Communities During COVID-19 Worldwide Pandemic DC

- Use the time to learn more about ourselves, one another, building trust and community.
- Establishing and strengthening our relationship to the Divine within us.
- Learning to love our true Divine selves by showing ourselves the same forgiveness, mercy and grace we would want extended to us and which we would extend to others.
- Increase authentic, non-judgmental communication with ourselves and others.
- increase courage and commitment to stand up for what is right, what is just, and what fulfills the role we have played historically as the moral and spiritual leaders of our time.
- Create and do rituals that demonstrate respect for all life flowing with music and dance.
- Do not to speak that which we do not wish to create. Food is medicine. Sleep and exercise are essential. Seek fellowship with those that uplift you, and stand for good.

### **Enhancing Family During and After this Time of Dread**

Nobles, W. (2020) ""Zola Up on Us" Five Star Family Enhancement Plan" ABPSi, Culturally-Grounding and Supporting Our Communities During COVID-19 Worldwide Pandemic

In our African traditional beliefs, "love" (KiKongo) is called "Zola" and "Zola" activates our "self-healing capacity." We should "Zola Up On" our families, each other and everyone we cherish. Consider each of the five stars as a "living star." As we engage in the five-star plan, we engage in activities that activate our life capacity to heal and be well. For each star, be creative and try to make up different things, dances, drama (play), word puzzles, proverbs, etc., that represents and brings to life the particular star.

## "Zola Up on Us:" Five Star Family Enhancement Plan

(Remember, Remind, Reframe, Revitalize and Reward)

1. Remember: Remember who we are and whose we are. We should remember that we are a magnificent people birthed from the womb of Mother Africa. We are African people living in the diaspora (USA). From Kemet (Egypt) to Kansas City, from Sudan to Suriname, from Ouagadugou to West Oakland, from South Africa to South Carolina, from St. Croix to St. Louis, from Mali to Mississippi, from Brixton to Brooklyn, we have been visionaries and have borne visionaries and the valiant, peacemakers, powerbrokers, scholars and seers scientists, business magnates, and healers. We are awesome beyond measure and as ancient as the origins of humanity itself. We belong to a people deeply rooted in spirit that is expressed in our bodies, traditions of family-hood and kinship.

Zola (Love) has healing power. Think about and discuss the many forms of Zola (love) expressed in our daily lives and strengthen and inspires us						

2.	we dor suprem people toxic ar outbre outdoo Syphilis steriliza youths	d: Sometimes thinking about the terror our people have endured angers us and n't want to talk about it. Even though many of us wish it were not so, White nacy/racism is still the underbelly of Western society; and, when it comes to Black (Diasporan and Continental), regardless of socio-economic status, we live in a nd hostile environment. We should remind ourselves that during the Ebola virus ak, the underbelly of white supremacy in this country facilitated the ease of oring more racial assaults, profiling and anti-Black sentiments based on skin color. It is testing was done on our ancestors and Black women suffered the forced action. We are experiencing massive government sanctioned police killings of our alarmed, fearful, and immobilized in your terror.  Think about and discuss ways to "Zola Up On" each other as a reminder of who we are and whose we are. Focus on the love.

3.	quaran not be the few	ne: In response to the various orders to shelter-in-place, selected areas being tine, etc., re-caste these directives according to our way. Shelter-in- place should a call for us to create and defend "family (man) caves" that are created for only to survive. Don't slip and slide into individualism, selfishness and fear. Our way the collective, the elevation, and enhancement of us all.  Think about and discuss ways to Zola Up On" each other as ways to redefine the various survival strategies to bring safety and protection to us all. How can we use this time, as an "incubation period," to create new ways of being family and community.

4.	we tak common and co- enjoy a so that of men the two space, read to inspire with even nutrition garlic, of vegeta oldest	e this time to uniy. We have mmunity look and learn from the we have are this would be this would be and elevate veryone playous meal using oregano, pashes. This comembers of ers and simp	o hold up in hive an opporture ated. We can modeling toget eas for honoring ilding a library every Black parties a good time in and have the through imaging a role. Use no immune stressionflower, tould be a perfect the family. Welly say, "I love the say, "I lov	gh regard and nity to examinuse this time her. This can ng our ancest of the twent rent should reto also engagem read to us ination. We determine the time to rengthening aurmeric, hone of time to interpretation to the could have you"	d deep respective our life and, to recall and, be a time to possess, being query books Blacked. With the ge in family recould co-authoco-create that and antiviral in y, Echinacea, erview and recour children our children of	children shou renovation of evitalizing active create family go or a family vict t most delicioungredients suc	amily and ly centered e ways we r living space mily repository lld read and the living rities. We could ames that corious play us and h as cayenne, uits and green cories of the absent
		even better	at living and o	doing what w	e do		

5.	should and de with th Seeing	d: Giving thanks for doing good is key to enhancing the fabric of family. We do good because it is good to do good. Rewarding our goodness in words, songs eds is a best practice that acknowledges our worth and value. Little girls dancing eir fathers or little boys dancing with their mothers is rewarding and restorative. our parents dancing and laughing together is healing. Saying I am better because or that my life goes better with you is rewarding.  Collectively think about and discuss ways in which we can acknowledge and reward the good that is a "Zola Up On" our families, each other and everyone we cherish.

### **Neighborhood (Resurrecting) Community**

Karenga, M (2020) "Black People Rising and Reaffirming: Resurrection, Repair, Renewal and Remaking Ourselves and the World." KIPAS NEWS & NOTES, LA

The central teachings of our traditional spiritual, psychological and social systems for living (renewal and resurrection) was to:

- 1. Seek and speak truth of ourselves and the world;
- 2. Do and demand justice in our relationships, society and the world;
- 3. Remember and revere our elders and ancestors;
- 4. Cherish and challenge our children to have and demonstrate ethical and expansive conceptions of themselves;
- 5. Care for and struggle with the vulnerable in their efforts to raise and liberate themselves;
- 6. Have a rightful relationship with the environment;
- 7. Love each other, AND respect each other
- 8. Constantly struggle to bring, increase and sustain good in the world.

Do this and do it righteously and together as Black men and women, then we can "stand up in the social coffins" constructed for us, as survivors of our intended burial, and as builders of a new world where life and love and the happiness they bring are cherished in an honored, deeply devoted and daily practice.

How can you and your family practice each one of these? Collectively create specific activities that inspires us to be even better at living and doing what we do.

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# Personhood (Revitalizing) Conduct

# The Ten Principles of Initiatory Mastery

- 1. Mastery of one's thoughts
- 2. Mastery of one's behavior/actions
- 3. Devotion to a higher purpose
- 4. Faith in the ability of the teacher to teach the truth
- 5. Faith that one can know/recognize the truth
- 6. Faith that one can use the truth
- 7. Freedom from resentment when punished
- 8. Freedom from resentment when wronged
- 9. Ability to tell right from wrong
- 10. Ability to tell the difference between the real and the unreal

Think about and discuss ways to do and show mastery of each so as to be and do that which is life affirming.

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10.			

#### **Two Rules of Culture**

- 1. <u>Sense of Appropriateness:</u> The rule of culture wherein behavior is governed by its purpose and directed by notions of formality, deference and civility.
- 2. <u>Sense of Excellence:</u> The rule of culture wherein behavior is governed by the synthesis between personal style and character and the desire for perfection, affirmation and ascension

Think about and discuss ways that you or how you can teach your children to conduct themselves in appropriate ways that demonstrated your (their) best

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2			

# Living the Virtuous (Society) Life

Goddard, L and Patricia Nunley, "Corona Pandemic: Suggestions for Maintaining Health and Wellness" (Submitted to Oakland Post Newspaper Group (2020) Oak, Ca.

Our Ancestors in ancient Kemet, believed that the cardinal virtues of Ma'at were designed to achieve human perfectibility and to keep order, maintain respect, and bring oneness with the Creator. Ma'at represents the ethical and moral principle that everyone was expected to follow throughout their daily lives. **The virtues are interdependent and inseparable.** 

During and after this time of dread, we should think about and discuss ways to practice living the "virtuous life" wherein we act with honor and truth in matters that involve family, the community, the world, the environment, and the Divine.

**Truth** – This is the perfect environment for rumors to spread like wildfire. Be especially mindful of this reality and diligently seek to ascertain the truth to avoid allowing reckless panic to drive your decisions.

How can you and your family speak and do truth? Create specific activities that inspire us practice truth telling, especially to power.

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**Justice** – The reality is during times like this, we as a people, will collectively be negatively impacted. Do not fall prey to participating in or encouraging behaviors that are unfair or unjust. Even if you have the power and authority. Do not be a bully. Share your power; allow others to practice having a "voice".

How can you and your family create specific activities that allow you to practice being just and fair?

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3.			

**Righteousness** – Engage in behaviors that demonstrate acts of kindness and consideration. Do unto others as you would like them to do to you. Heaping loving kindness on others keeps you in a positive state.

Think about and discuss ways you and your family can practice behaviors that demonstrate acts of kindness, even when it is not desired or warranted

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**Reciprocity** – Make sure everyone has a role in helping the family during this time. Engage in activities that are mutually beneficial to everyone. Do not blast music that only you like; do not hog shared spaces or items, etc.

Think about and discuss ways you and your family can model volunteering to do things for each other and the whole family.

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**Balance** – This principle relates directly to the strategies noted below in Harmony. Balance being in your "own space" with being "together in the space." Balance also is important as it relates to EVERYTHING the family consumes during this time.

Think about and discuss ways you and your family can find the right mix in everything you do (work, play, sleep time awake time, reading, watching TV, etc.)

1.

	2
	3.
Schedule inte journaling tin	As time passes getting along with each other can become more challenging. Intional breaks from each other. Call it meditation time, reading time, or ne.  about and discuss ways you and your family can find harmony in
	what you do beyond trying to balance "my time/space" and "our space."
	1.
	2.
	3.
Remember to Think a	dictably the current chaos that some are experiencing can be worse.  stay in control of the things that you can control.  about and discuss ways you and your family can intentionally establish and aim order, include eating, sleeping, and playing.
mante	1.

Each virtue, as interdependent and inseparable concepts, should also be used personally and collectively to address the emotional effects of this worldwide pandemic about the way we be we in the world.

In personally doing these life affirming activities, while "sheltering in place" and "beyond this time," we can break the chain to Western hegemony (thought domination) and mend the disconnect with the best of African being.

# **Follow Up and Follow Through**

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Which "activity" did you choose to try?		
What did you and your family do? be specific, describe what you did or are doing?		
How did the activity show Zola (love)		
How did it make you and/or members of your family feel?		

Tell us about yourself			
Age Group			
Child/youth (0-15)	youth (16-25)		
Adult (26-59)	Older Adult (60+)		
Unknown			
Gender			
Male Female	Prefer not to say		
Other			
Please indicate where you live.			
Town			
Country			

# Send these pages to

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Thank you for your responses