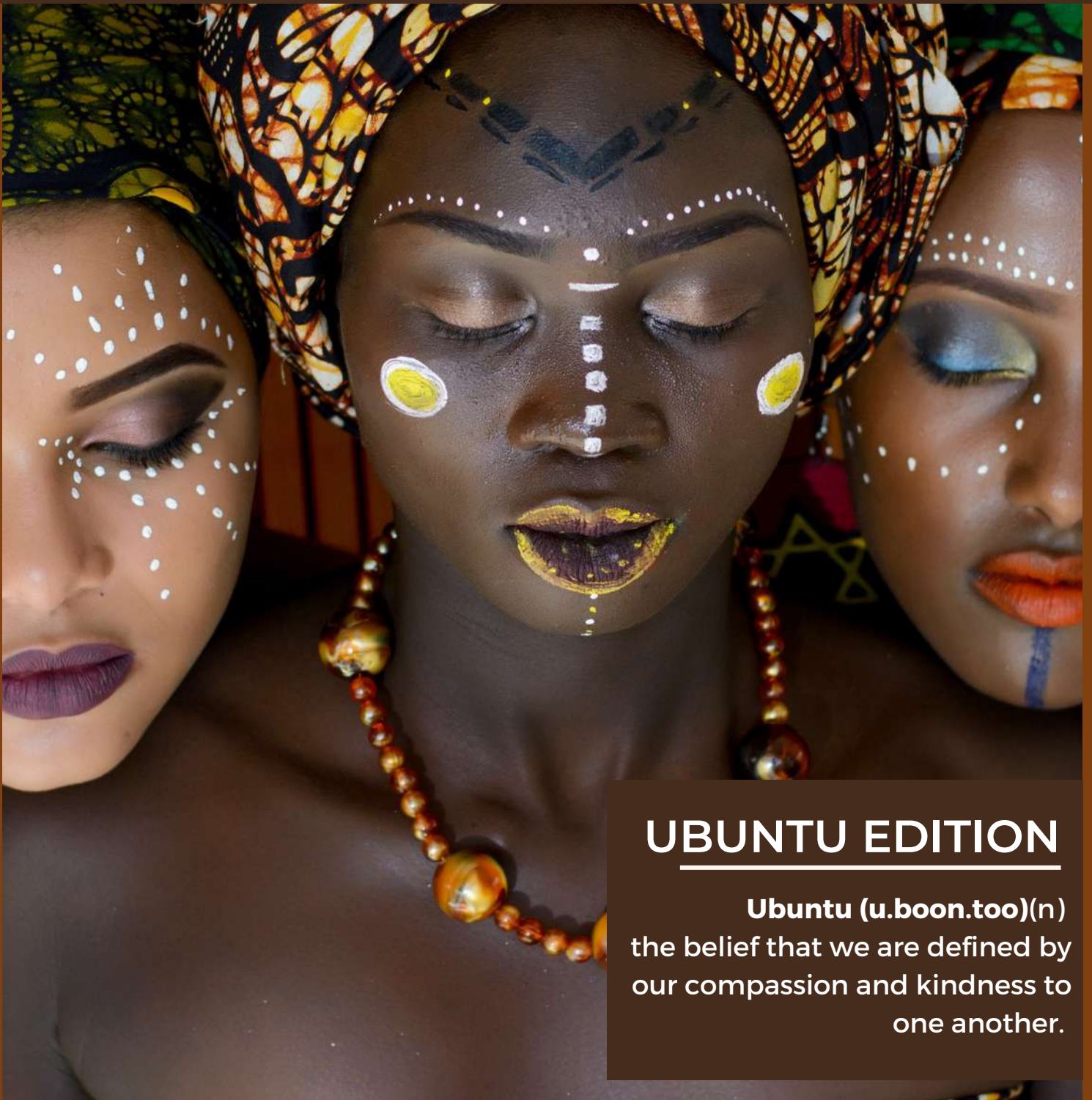


SPECIAL EDITION 001

# KULTURE

Kemet Kulture Konsciousness



## UBUNTU EDITION

**Ubuntu (u.boon.too)(n)**  
the belief that we are defined by  
our compassion and kindness to  
one another.

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JADA  
MARSHLEYS

Check out Jada Marshley's  
jewelry collection on pages  
17-27.

# Editor's Word

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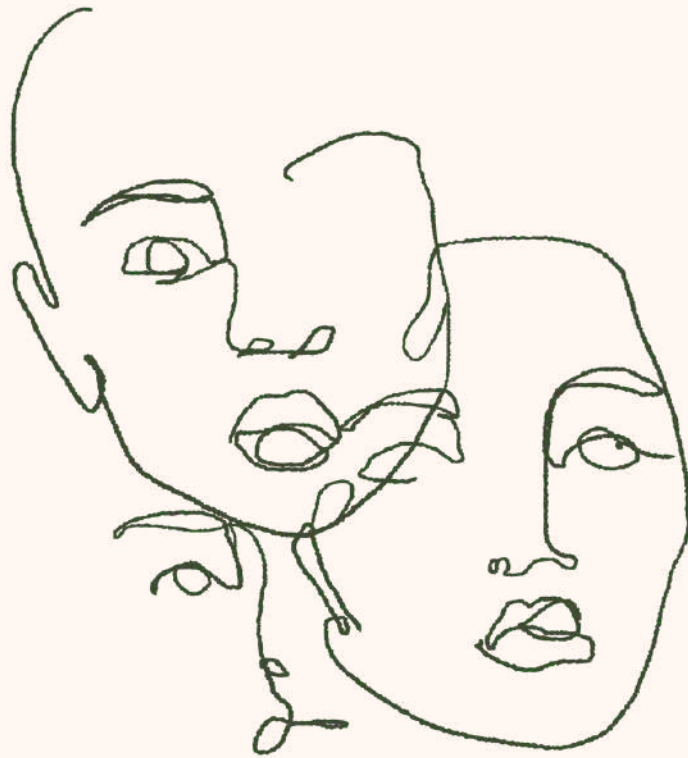
The beauty of a good story is the way its words ask you to question and challenge your assumptions. Within stories, we reframe and choose a narrative, tapping into creative power and another reality. Within our hearts and minds, we all carry stories. These tales guide us and shape us. It is only when we closely examine our motions and the movements of our communities that we can begin to discern even that overarching history many of us share. As you enjoy that which has been prepared for you here and elsewhere, may your story be one that incites you to everything you are meant to become and towards every good thing you desire.

Besides people-watching and navigating the strange world of adulting, G. Oletsa, the Nairobi-based filmmaker creates community through art. Oletsa is a magician and words are their playground. When Oletsa isn't neck-deep in birth work, they bring stories to life through musical poetry and a sense of humor that functions against all odds. Find more of their work [here](#).

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**G. Oletsa**  
Editor

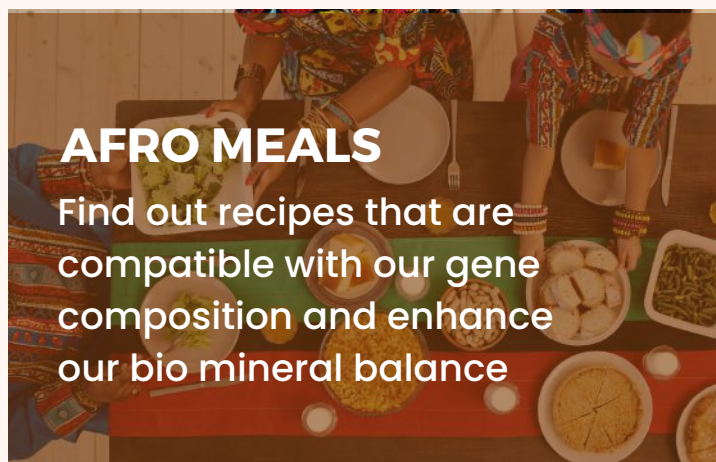
# UBUNTU



**UMUNTU**  
**NGUMUNTU**  
**NGABANTU**

# IN THIS ISSUE

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## AFRO MEALS

Find out recipes that are compatible with our gene composition and enhance our bio mineral balance

## HEALTH

Article by the Leopard man himself, Mwangi Wangome

## OUR STORY

The great sphinx. Queen Hatshepsut'

## PRODUCT SPREAD

Check out Jada Marshleys' Afro-Boho statements.

## LITERATURE RIVEIW

This edition's review is a story series called Kwayinde.

## UBUNTU

Explore the Ubuntu way of life and how it can serve as a guiding philosophy of life

## ABOUT KULTURE MAGAZINE

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Kulture Magazine is a quarterly magazine written for the African demographic and enthusiasts of Africa and the black nation at large. This magazine is made to inspire, to tell Black race stories as well as encourage healthy living that promotes the future of our MIGHTY race. .

“ ———  
Emancipate yourselves from mental slavery, none but ourselves can free our minds! Up, you mighty race, accomplish what you will. ——— ”

*Quote by Marcus Mosiah Garvey*

# Getting Down with Afrofuturism

A Zine by Grey Olesca



Discussing The Get Down and its  
application of Afrofuturistic  
technologies

Click [here](#) to purchase the  
zine :)



# HEALTH ARTICLE

MWANGI WANGOME

*When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied—Herophilus*

Health is the pillar that supports civilization, communities, and families and allows humans to function, dream, grow, inspire and create. Some understand health as the absence of disease, but the disease can be absent yet a person is not healthy. Why? Because health is general and it can be split into various domains such as mental, physical, spiritual, and intellectual health among others.

Health is not a guarantee to each human, it is something that we must always work to establish, and maintain because failure to it opens the floodway to disease in various manifestations. What is this 'maintenance' of health? It is the practices that support health such as optimal nutrition,

quality sleep, proper stress management, and doing activities that fulfil and nourish you as a human.

There are many approaches and philosophies to good health and the approach I advocate for is the use of exercise as the path to optimal health.







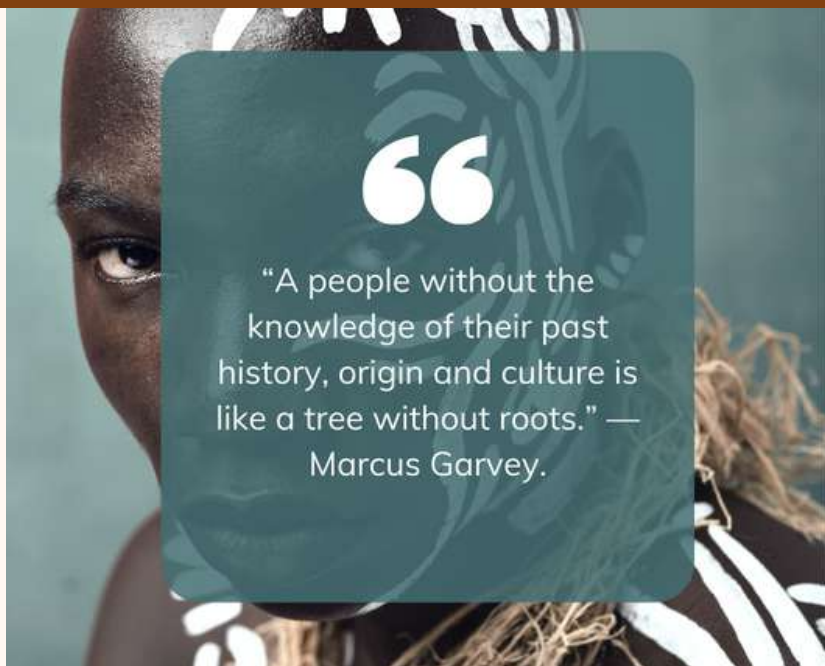
Exercise is intentional physical activity to achieve a goal: stress relief, building strength, cardiovascular health, and weight loss among others. At the most basic, the essence of exercise is to make the body light meaning better clarity, a and feeling of well-being. Sages asserted that exercise is the best medicine because of its enormous mental, physical, spiritual (yoga), and emotional benefits without negative side effects, especially if done properly.

In medicine, the dosage is important to avoid the negative effects of under or overdose. It is crucial to maintain balance in exercise by ensuring proper nutrition, frequency (minimum of three times a week for 40 minutes), and recovery (quality sleep) to reap the maximum benefits. The numerous resources we currently spend on healthcare are oppressive and deny most people and their communities the best they can offer each other. The good news it is preventable and reversible. The human body is one extraordinary machine when it comes to adapting to stress.

Start by walking, then walking intentionally, jogging, then running for it is a long walk to freedom, a journey that allows you to transcend barriers such as disease. Be free!

# UBUNTU BASICS

BY KULTURE QUEEN



“

“A people without the knowledge of their past history, origin and culture is like a tree without roots.” — Marcus Garvey.

I am because we are. It's not about you, and neither is it about me, but the both of us, working together as one, according to one other humanity as we go.

It is a tragedy that we have to study how to be human, something so innate within us, numbed by the state of the world today.

The powers that be try every single day to kill us. New technologies are developed to create weapons of mass destruction; violence is manufactured. We are even tuned to it through movies, video games and the news. We have been desensitized to violent acts, and we have come to value 'security' brought about by wanting to own weapons of destruction to be used against humanity.

We have lost our Ubuntu.

We can blame no one really because we were born into this world.



(Well, we chose to be here at this time, but that is a story for another time.) We came here and found the powers at be trying to kill us. And every once in a while, especially among the Black race, we fight each other, perpetuating xenophobia. Whites do it too. Look at Ukraine and Russia, or the holocaust, or the world wars. By the way, why do we call them world wars? It was just whites experiencing tribal conflict. Media. But, oh well.

Let's shift focus now to Ubuntu. You may have heard about Ubuntu as Linux software. Well, I say, the Ubuntu philosophy is humanity's software. Imagine if we lived in a world where we showed respect and compassion to one another. It would be unheard of to take that machete and kill your neighbour based on whom they did or did not vote for. Homeless populations would not exist and mental illnesses would cease to exist, especially those that stem from loneliness and stress.

Compassion is what drove our ancestors.

Let's look at the 42 laws of Ma'at. The Laws of Ma'at were guiding principles for the people of Kemet. Kemet means land of the blacks, which we know today as Egypt. If one lived by these laws, their heart would be as light as a feather. They would harbour no guilt, shame, hatred or fear, only pure love and kindness towards themselves and others. You can read the 42 laws of Ma'at at the end of this article.

Ubuntu means humanism. The fundamental concern for the human condition, a deep caring for fellow human beings with respect to their well-being, and a kind of openness, hospitality and compassion for those in need. The quality of Ubuntu has had the effect of tempering the harshness of other religions and bringing to the forefront the sufferings, needs, and inequities endured by others. Ubuntu is a kind of empathy, sympathy, and a heartfelt desire to share with others.

Ubuntu can also be applied as a method of leadership.



A leader is one who guides others to achieve a certain goal. In guiding people, one ought to display compassion and offer correction in love. A leader ought to open their chambers and have discussions with those they lead, chart a path together and come to an acceptable strategy that will lead to success. Ubuntu in leadership offers a sense of accommodation and appreciation for all. It does not accept tardiness but encourages and instils hard work in a way that will bring out the best in every individual involved in the process and for the benefit of every individual who shall enjoy the fruits of their labour.

In short, Ubuntu is a sensible way of life. A life that supports harmony and balance. A life that appreciates and acknowledges The Almighty in all of us.

# The Laws of Ma'at

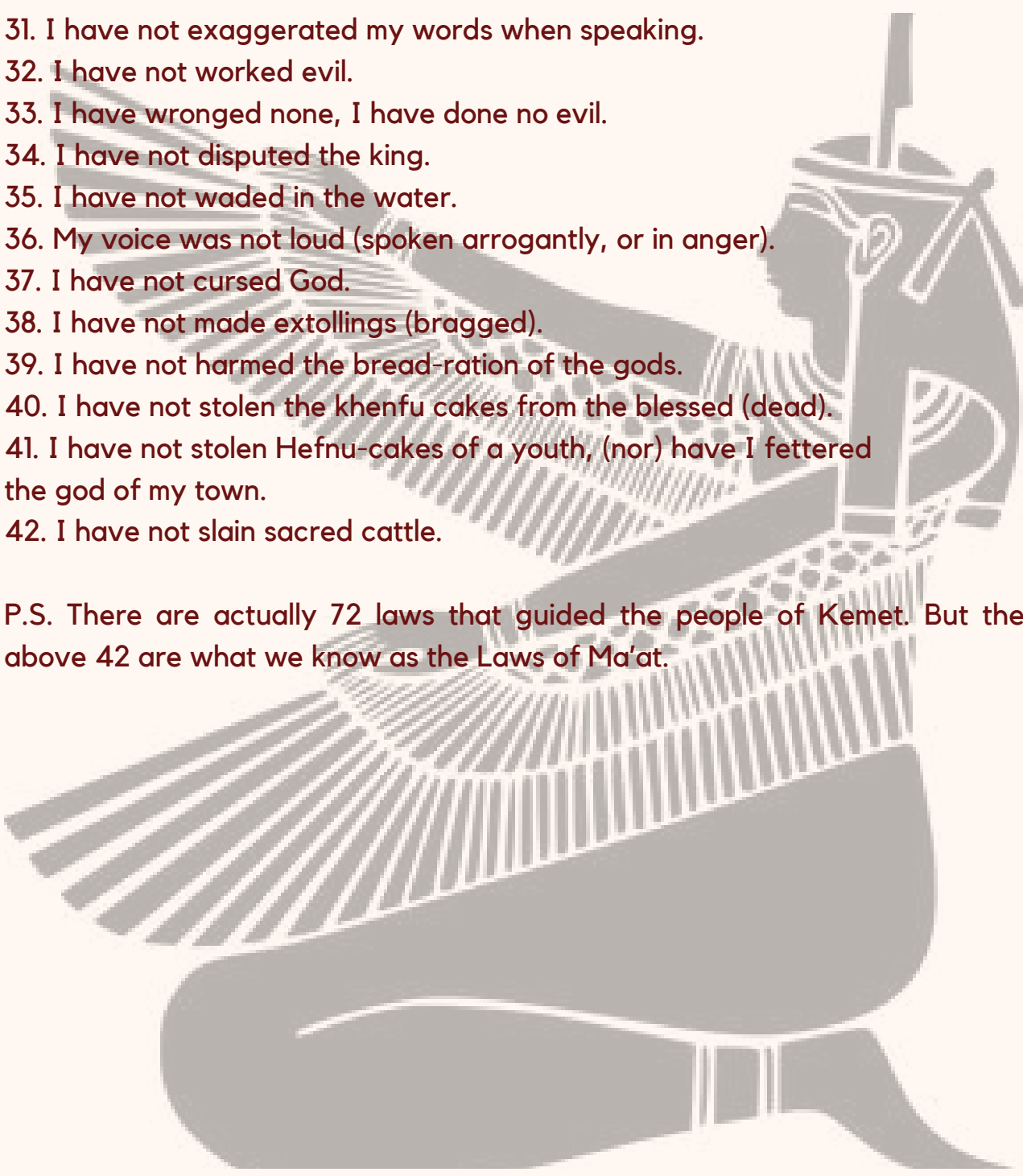


These are the 42 negative confessions that guided the people of Kemet.

They are found in the papyrus of Ani.

1. I have not done wrong.
2. I have not robbed.
3. I have not stolen.
4. I have not slain people.
5. I have not destroyed the food offerings.
6. I have not reduced measures.
7. I have not stolen the god's property.
8. I have not told lies.
9. I have not stolen food.
10. I was not sullen.
11. I have not fornicated with the fornicator.
12. I have not caused (anyone) to weep.
13. I have not dissembled.

14. I have not transgressed.
15. I have not done grain profiteering.
16. I have not robbed a parcel of land.
17. I have not discussed (secrets).
18. I have brought no lawsuits.
19. I have not disputed at all about property.
20. I have not had intercourse with a married woman.
21. I have not had intercourse with a married woman.
22. I have not (wrongly) copulated.
23. I have not struck terror.
24. I have not transgressed the Law.
25. I have not been hot(-tempered).
26. I have not been neglectful of truthful words.
27. I have not cursed.
28. I have not been violent.
29. I have not confounded (truth).
30. I have not been impatient.

- 
31. I have not exaggerated my words when speaking.
  32. I have not worked evil.
  33. I have wronged none, I have done no evil.
  34. I have not disputed the king.
  35. I have not waded in the water.
  36. My voice was not loud (spoken arrogantly, or in anger).
  37. I have not cursed God.
  38. I have not made extollings (bragged).
  39. I have not harmed the bread-ration of the gods.
  40. I have not stolen the khenfu cakes from the blessed (dead).
  41. I have not stolen Hefnu-cakes of a youth, (nor) have I fettered the god of my town.
  42. I have not slain sacred cattle.

P.S. There are actually 72 laws that guided the people of Kemet. But the above 42 are what we know as the Laws of Ma'at.



**EATING IS AN ACT  
OF COMMUNION  
WITH THE GOD  
WITHIN**

---

**MASTER HERBALIST YAH'KI**

# AFRIKAN CUISINE RECIPES

---



It has been proven in court by Dr Sebi that the black race needs to eat food that is compatible with our genetic composition. Our DNA is held together by minerals. Eating fast foods and GMO foods degenerates our DNA and therefore we get no access to our DNA. Going organic is one way to access what doctors term as junk DNA. Ideally, we are meant to live on a fruits and herbs diet, but as you begin your transition, It's best to go alkaline first. Plant-based meals.

## **YOU ARE WHAT YOU EAT!**

In this edition, I share a meal recipe as well as a herbal tea recipe,  
Enoy!





# **BANANA/ PLANTAINS/ MATOKE WITH PEANUT SAUCE**

A Ugandan Special that can be thoroughly enjoyed in  
Family get-togethers and community gatherings.

---

# Ingredients

This unique dish is made from green bananas or plantains and ground peanut powder. To serve four plates, you will need the following ingredients;

## Matoke recipe

- 14 green bananas/plantains
- 2 bulb onions
- Whole ginger to be ground about 3cm long and 1cm wide
- 2 diced carrots
- 1 cup of peas
- 1 whole turmeric to be ground
- 1 tsp. black pepper powder
- Salt to taste. Any salt is fine but I advise Himalayan salt
- 2 tsp. of cooking oil
- 2 tsp. curry powder
- A bunch of Coriander leaves/cilantro
- Water
- Optional ingredients include garlic, tomatoes, bell peppers, cayenne peppers,

## Peanut Sauce

- 2-3 cups of peeled roasted peanuts
- Salt
- Fresh herbs and spices of your choice e.g lemon grass, thyme, rosemary, celery, etc
- Tomatoes, garlic, ginger, turmeric, chillies, bell peppers and black pepper are optional
- Water.

# Cooking Instructions

- Wash the plantains and boil them in the water while still in the peel.
- Boil for about 10 minutes. Use a knife to check if they are ready.
- While the plantains are boiling, grind the peanuts in a grinder until they become powder. If you grind it for too long it will turn to peanut butter.
- Prepare your ingredients, chop your onions, and tomatoes, dice your carrots, chop the coriander, celery, and lemon grass, and have the thyme leaves, rosemary, etc, just prepare all your ingredients.
- Peel the plantains after they have cooled and chop them into bite sizes or any size you want. You can even cook them long and whole, chop them in half, quarter, or chop to your preference.
- Heat a sauce pot or sufuria and put in some cooking oil. Olive oil and avocado oil are the recommended oils for cooking, but if you have normal vegetable or corn or sunflower oil, it still works.
- Brown your onions, then add salt, then grated or ground ginger and turmeric, and black pepper. Garlic and chillies also go in here.
- After a minute or so, add your carrots and peas.
- After two to three minutes you can add your plantains, and a little bit of hot water, maybe a cup. Stir well.
- Add the coriander, but if you have tomatoes and bell peppers, add the tomatoes first, when they are ready, you can add the bell peppers and coriander. After a minute or two, you can stir well.
- After five minutes or less, you can stop the cooking.
- For the peanut sauce, you can cook it alongside the plantain or before or after. I prefer to do it alongside.
- Mix the peanut powder in a bowl with some warm water then set it aside. It should not be so watery; it should be somewhat thick but 'pourable'.
- Heat your sauce pot for about 30 seconds then pour in some oil and when the oil is hot, add your onions to brown.
- Add your salt and the optional ingredients if you prefer to use them, wait for the tomatoes to be soft and form a paste, and then you can add the peanut mixture. You can also add the peanut mixture after adding the salt if you are not using any of the optional ingredients.
- Add your herbs and stir as it boils. You can always add a bit of water.
- Once it thickens, boil it for a minute then stop the cooking, but you can add some water and let it boil for some time if it is too thick.
- Serve and Enjoy.



# HERBAL TEA RECIPES

Caffeinated drinks have become the norm in our society today. While these teas and coffees keep us alert and awake, they are not the very best healthwise. Today, I will present to you rosemary tea and dandelion drinks that can actually be used as tea and coffee respectively.

Herbal teas are not only refreshing, but they have immense healing properties when taken regularly. It is about time we considered adding herbal teas to our drinks collection. Herbal teas are more consistent with our gene composition than the manufactured tea and coffees we take today.



# Rosemary Tea

Rosemary tea is an herbal, caffeine free tea and is rich in vitamins, iron, and calcium and can be consumed all day long. The herb is commonly used in culinary dishes and to make essential oils.

Rosemary is a perennial plant, making it a popular garden plant. You can brew the tea using rosemary leaves straight from your garden.

Rosemary tea offers strong notes of pine with subtle undertones of lemon and mint. This tea also has a sharp, fragrant pine smell that invigorates the senses.

## Brewing the Tea

To brew a cup, you will need

- A teaspoon of dried or fresh rosemary leaves.
- About 300ml of water.
- An optional ingredient is honey.

## Preparation

- Boil the water on a stove or kettle.
- Put the leaves in a cup and add the water.
- Let the leaves steep for five minutes. You can also add honey at this stage.
- Enjoy your cup.
- You can add key lime juice or lemon juice, I think, orange juice would do well too.
- Other herbs you could use in this are peppermint, mint and thyme.

# **BENEFITS OF ROSEMARY TEA**

1. Improves mood and memory.
2. High in antioxidants, antimicrobial, and anti-inflammatory compounds.
3. May help lower your blood sugar.
4. May support brain health.
5. May protect vision and eye health.
6. Reduces risk of heart failure and heart attacks
7. Support digestion by promoting healthy balance of gut bacteria and reducing inflammation

Rosemary used in steaming offers relief to chest conditions and lung issues.



## Dandelion Tea

Dandelion tea is a herbal drink often made from the dandelion root and is an ancient herbal medicine. It can also be called dandelion coffee because of its dark colouring from the root. Dandelion tea is often made with the root of the plant but the stem, leaves, and the whole plant including the flowers can also be brewed. It is a weed with bright yellow flowers and it grows in grass fields and even in gardens as weeds. I've seen some on street pavements too.

# How To Brew

## BREWING FROM ROOTS TO MAKE COFFEE

- Wash and chop the root.
- Roast on low in the oven for 2 hours.
- Add some root to your cup. You can store some the same way you keep your tea or coffee in containers.
- Pour in some hot water.
- Let steep for ten minutes.
- Enjoy.



## BREWING FROM THE LEAVES

- Place 1-2 teaspoons of dried, crushed dandelion leaves, place in a teacup, add 1 cup of boiling water, and steep for 5-10 minutes.
- Serve hot or cold.



## BREWING THE TEA FROM FLOWERS

- Place six flowers or leaves in a cup.
- Add hot water and let steep for 15-20 minutes.
- Enjoy





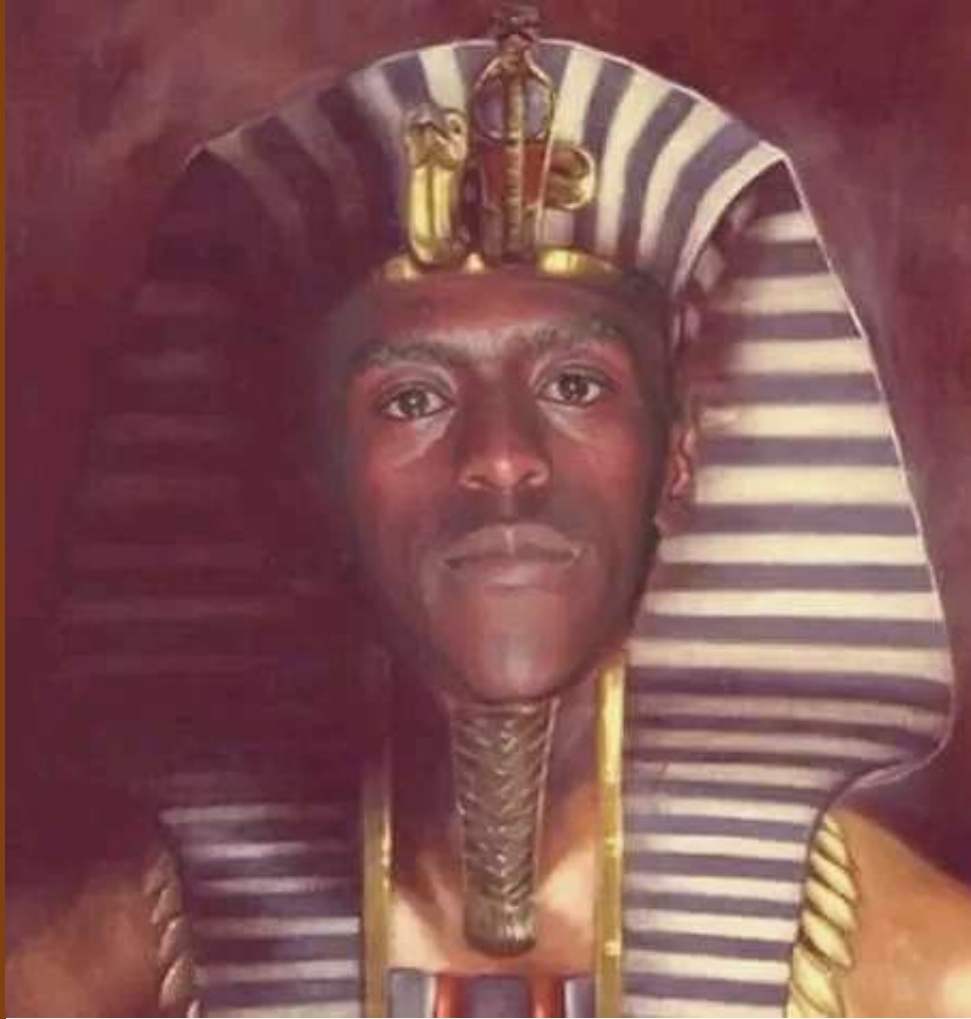
# Benefits of Dandelion Tea

1. It has a healing diuretic effect meaning one gets to remove more toxins through urination.
2. Lowers blood sugar.
3. High in anti oxidants.
4. Helps with detox.
5. Lowers cholesterol.
6. Promotes weight loss.
7. High in Vitamins A, C and K, as well as minerals like potassium, magnesium, and calcium.
8. Helps in Urinary Tract Infections.
9. Supports the immune system.
10. Lowers risk of cancer and promotes healing from cancer as well.
11. Shortens the length of the flu.
12. Promotes healthy gut flora.
13. Promotes skin health.
14. Naturally anti-inflammatory.
15. Lowers blood pressure.

# Innerview

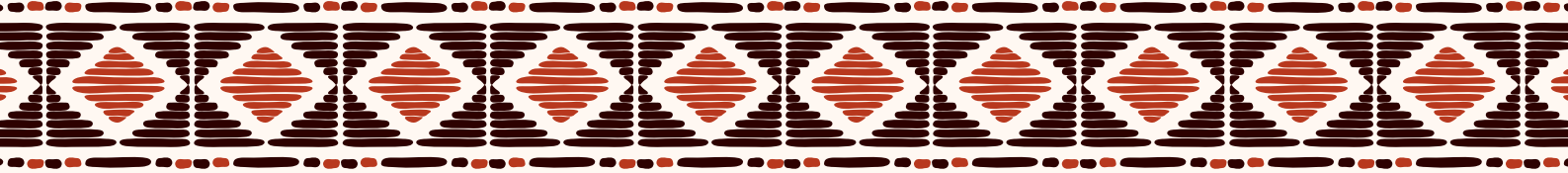
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Our  
personality for  
edition three is  
Amun Ra  
(Nyamai Nzele)



After Amun answered the questions for the innerview, I asked him to send me his photo. He sent me the one above. I laughed because the photo was edited. But on second thought, it occurred to me that you know what? This is what the Egyptian Pharaohs looked like. Don't let anybody tell you they were white or some light colour. Our Pharaohs were deeply melanated like the majority of the black race.

We must start to think of them as our Pharaohs because they are our direct ancestors. Especially if you are of Nilo-Saharan descent, Bantus could be of Hebrew descent. Ask Kikuyus, and they'll tell you. I hope you enjoy my brief innerview session with Amun Ra, a student of Dr Sebi.



## 1. Who is Amun Ra?

Amun RA is a poet, content creator, and Herbalist, practising the African Bio-Mineral Balance Therapeutic Approach to reverse diseases.

## 2. How did your journey on the Kemetic path start?

The path chose me, I can't really tell how I got into it... but I just knew this is the true path.. felt like home.

## 3. When did you realize you have a leadership calling and how do you nurture the gift?

Since childhood I've always known what ought to be done, guess it's imprinted in my DNA...and I nurture my gifts by helping others especially reversing ailments & giving advice not only on nutrition but about life in general.

## 4. What is the African Bio Mineral balance and why is it important to most especially the black race?

The African Bio-Mineral Balance was first introduced by Dr Sebi in the Supreme Court of New York in 1985...he won the case by telling the world that the Biological makeup of black people is consistent with nature... therefore, the black folks needed a medical approach that is consistent with their biological makeup from the cellular structure.

## 5. How does the Ubuntu philosophy fit into your healing practice and how does it fit into your leadership style?

Ubuntu is my livity. Ubuntu means I am because We are..from this philosophy, we understand that we are ONE.. the good things that I want for myself, I should also intend/want for others..since they are a reflection of me

## 6. Where do you see Africa in the next 10 years?

Africa will be free from the chains of Neo-colonialism..with me being among those fighting to see a free & redeemed Africa.. Furthermore, we are in the age of Aquarius, meaning many lies will be brought to light. Africa will Unite

## 7. What advice do you have for beginners in the Kemetic lifestyle or the Rasta livity.

This path is Beautiful..it's peaceful and most of All..it's empowering



## 8. What are your top three audio books or audio teachings.

- 1) Emerald Tablets of Thoth
- 2)The Hermetic Teachings of Tehuti(Kybalion)
- 3)The Hermetica

## 9. Parting shot

)The Last words of Thoth "Follow & heeds my words, for surely I will return & require of thee, that which ye guard"





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  - (vi) Skin Infections**
  - (vii) Gastro Intestinal Disorder**
- & Many more**



**CONTACT: 0703609620**

**LOCATION: Karanje, Limuru**



**@Nyamainzele Email: nasirhakim9@gmail.com**



JADA  
MARSHLEYS

# JADA MARSHLEYS PRODUCT SPREAD.

Welcome to the world of hand-crafted jewellery inspired by eclectic Afrocentric designs for the Afrobohemian vibe.



Jada Mashleys' Innerview included.



**Sisterhood picture - (faces and places) Photo Credits**

**Top/Standing(from left):**

Finela Nyaguthii (IG: @marie\_finela)

Bonitta Njuguini (IG: @bonitta.njuguini)

Angela Mumbi (IG: @angemubi)

Carol Njeri (IG: @c.njeri.n)

**Bottom/seated (from left):**

Marjorie Koimburi (IG: @marjorie\_koimburi)

Tracey Lawrence (IG: @tracey\_lawrence\_)

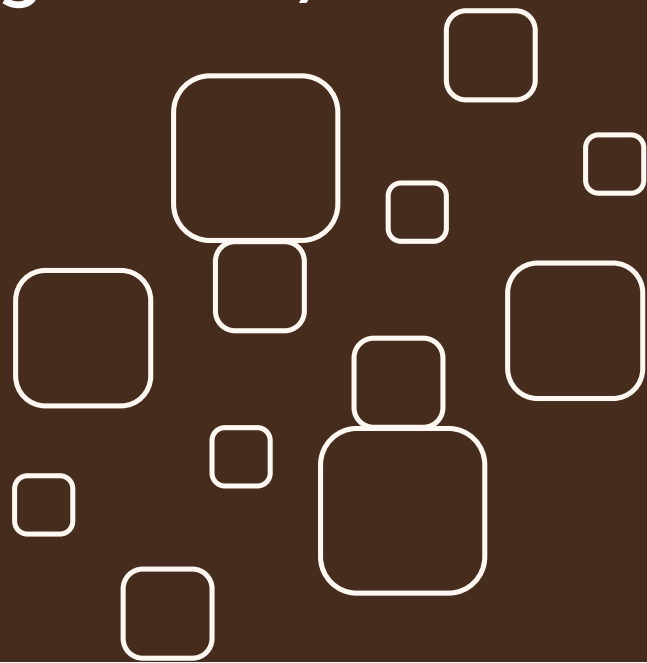
Nancy Uhuru (IG: @nancy.uhuru)



JADA  
MARSHLEYS

# Faces and Places Collection

(Launching in August '22)





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# Photo Credits

## Photography

Kevin Karanja (IG: @ranchos\_adventure)

Joy Kiarie (IG: @joy\_kiarie)

Tedd Kimani (IG: @thingsilikted)

## Creative Director and Concept

Marjorie Koimburi (IG: @marjorie\_koimburi)

## Project Coordinator

Judy Kori (IG: @judy\_kori)

## Make-up artist

Angela Mumbi (IG: @angemubi)

Melody Twiri (IG: @definetly\_twirified)

## Models

Lewis Gathua (IG: @lewi\_gi)

Tedd Kimani (IG: @thingsilikted) ring 1-

Tracey Lawrence (IG: @tracey\_lawrence\_) mumbi earrings

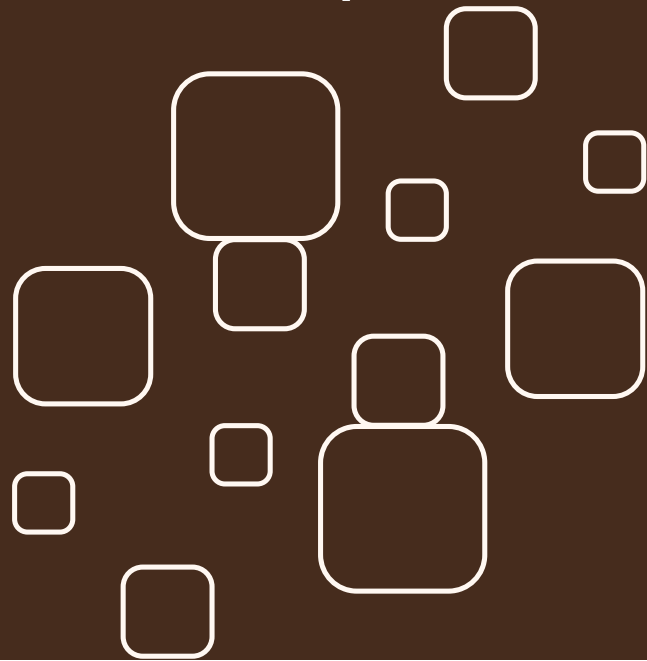
Marjorie Koimburi (IG: @marjorie\_koimburi) wangari earrings




JADA  
MARSHLEYS

# Genesis Collection

(Launched in November '20)





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KSHS. 1320

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# Photo Credits

## Photography

Karige Waithima (IG: @ka.rige )

## Creative Director

Marjorie Koimburi (IG: @marjorie\_koimburi )

## Photography Concept:

Karige Waithima (IG: @ka.rige )

## Project Coordinator

Judy Kori (IG: @judy\_kori )

## Models:

Ashley Wambui(IG: @\_k.wambui)Maumbo earrings

Norah Thuo (IG: @ora.norah) Kengele earrings

Judy Kori (IG: @judy\_kori)

Cleona Wangeci (IG: @cleonawangeci) Huru earrings



**JADA MARSHLEYS'  
INNER-VIEW**

# Jada Marshleys' inner view

## **1. Your brand has a beautiful name, what does it mean and where did it come from?**

My family is very dear to me and the name Jada Marshleys is my tribute to them. It is a combination of their first names.

## **2. What drew you to the art and craft of jewellery making?**

I started creating jewellery out of my own frustration in finding authentic and unique afro-centric jewellery.

## **3. What do you always want the wearer of your jewellery to feel? What values do you aspire they borrow from your brand?**

I always want them to feel beautiful, confident, and more connected to themselves. Jewellery and fashion is the one thing that lets you express yourself wholly and authentically.

I would like to inspire everyone that wears our jewellery to embody authenticity. Be bold, loud, loving, caring and compassionate to yourself and those around you.

#### **4. What is your process of collecting a new piece of jewellery from scratch?**

I go through 3 phases in creating each piece. inspiration, ideation and research, and prototyping. They don't always happen in a specific order or timeframe.

#### **5. What is it about the afro bohemian style that speaks to you?**

An Afro-bohemian is a free-spirited, free-thinking person who is not afraid to share their individuality with the world. Afro-bohemianism is more a state of mind than a fashion style.

With this state of mind, I have been able to tune inwards and become more self-aware of my thoughts, my emotions and my internal well-being.

#### **6. What is the most rewarding part of being a Jeweler?**

When people genuinely enjoy wearing the pieces. Being able to create a piece that someone will connect with and value is the most rewarding part.

## **7. What is the most difficult thing about jewellery making?**

The appreciation of handmade jewellery in Kenya has grown over the years. But many young and upcoming jewellery artists are still not accorded the recognition, mentorship and resources that allow them to thrive in Kenya.

## **8. What do you think is the most important skill for a jewellery designer to have?**

The most important skill to have is designing not only for your creativity but always putting the wearer at the centre of every design decision.

## **9. You have the tenacity, consistency and grit to nurture a brand. What advice do you have for anyone who would like to have an impactful business like yours?**

Start, ask questions, educate yourself and collaborate with others.

**#ForTheKulture!**

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# UNITY AND TEAMWORK

## ARTICLE BY BONIFIED

I am a true believer in working together for the achievement of a goal. I also subscribe to the famous saying that alone you can go far but together you can go further/faster. Right from the onset of humanity, whether you ascribe to the creation story or the scientific aspect of it, human beings were created to work together. If the early man or the first man sought to work alone then there would be no humanity. The survival of our species fully depended on us working together to hunt for food, forage, migrate and protect one another. I perceive teamwork as that bridge that takes you to the other side faster and safely without much struggle.



In the few or many years that I have lived on this planet, I have been a leader once or twice. I perfectly understand the role that teamwork has in achieving an objective. However, teamwork also has its chemistry and if that chemistry is absent, then you may not gain much from the team you may lose. To lead a team to be successful requires one to have pieces of properties of all team members.

For you to be a leader you have to be conversant with the people you lead as much as they ought to see themselves in you. This means that you have to be aware of their cultures and embrace the positive.

Unity stands out in teamwork as the sole property that would guarantee success. Unity in teamwork refers to the ambition and belief to achieve a single goal. It does not insinuate that everyone has to do the same thing or work the same way to achieve the goal. Unity refers to the individual efforts put together for the articulation of the objective. It is the unity that will allow the team to work like a well-oiled machine and get the work done. I am a fan of football and when I think of unity in a team I think of the unity that exists in a football team. Every single one of the 11 players is situated in different areas of the pitch and has different roles but all have the same goal.



In my claimed years of leading teams, I came to learn that there are different stages of a team's life. In the first stage, when the team is formed there is always immense belief in winning/achieving the set goal. There is also high belief in the leader and the philosophy that they are sharing with the team. This is often the best time to invest in the team and push the project to great miles as the energy is often highest. The second part of the team's life is criticism. This part is often challenging as some team members may start panicking when they realize the amount of work or time that would be taken to realize a particular goal. It is also the stage where doubt sets in and may also build scepticism about the chances of success of the objective. Although there might be a general agreement on the real issues, there might still be an argument between members. The third phase is the synthesis stage where the team members begin to learn to work with each other. Finally, the resistance that was in the second stage begins to fade and collaborative efforts are initiated. The fourth stage is the accomplishment stage where the team members are satisfied with their team's progress. Finally, the last stage is completion where members discuss expectations that were met and not met for the project.



A close look at the stages of teamwork as explained above will show the importance of unity more so in the second stage. Many people give up on the second stage over the seeming inevitability of accomplishing the goals. However, unity is the glue that keeps holding people together to still believe in the success of the plan and work towards its achievement. While a leader bears the role of holding the team together, they also bear the decision of removing the members who they think are disrupting the unity of the team. It is also worth noting that the larger the team, the more difficult it is to govern and the more elusive unity would be. A leader should not be dictatorial to be on everyone's case to see whether they are loyal to the plan or not. That is where laws come in. a group of three people may not need laws because three people can talk to each other frequently and make fast decisions to satisfy everyone. However, a group of more than 10 needs laws. The more the number of members, the stricter the laws ought to be. Laws not only help govern but are a reminder to maintain the unity of purpose of the team.

Perhaps you are looking at starting a business or an initiative. Going at it alone might be tough and this post encourages you to find a team. However, what this post also encourages you to do is to find the right team. Getting the right people takes time but saves you the stress and frustrations that come with failure. Also, you have to appreciate the stages of teamwork and understand the phase that your team is in. there are no timelines in the phases and there is no boundary in moving from one phase to another. While some may be in phase three, others may still be stuck in phase two. The leadership provided would be critical to ensure every individual moves from stage to stage. An attribute of leadership like charisma will play an essential role in keeping the team members united for a common cause.

# LITERATURE REVIEW

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I stumbled upon this site and I have never looked back. It's a story series centred around a fictional Africa but if you ask me, there is nothing fictional about it.

The series talks about the spirit of Mama Africa that was destroyed by negative forces and the council of Africa had been destroyed. Centuries later, in present-day times, a council has been selected by the spirit of Africa. The Chosen Ones.

The council is comprised of representatives from Northern, Southern, Central, Eastern, Western and Islands councils. It is

headed by Mama Africa. Mama Africa is the keeper of the Mbira, Africa's soul.

When Africa was destroyed, the Keys to the Mbira were lost. The story is about the journey to finding the keys from each region of Africa. The new council is taken from their normal lives and are taken to a different plane where they have access to ancestral gifts and powers at their disposal. I mean, they use a bird for transportation, and they use portals as well.

Read this awesome journey on [kwayinde.com](http://kwayinde.com)





## Moving forward for Afrika in Ubuntu

By Kulture Queen

It just seems clear to me that as long as we are all here, it's pretty clear that the struggle is to share the planet, rather than divide it.

-- *Alice Walker*

The true spirit of Afrika is rising. The collective consciousness is growing and we are becoming more curious about the ways of our ancestors before our continent was invaded and they had to adapt by hiding knowledge in places where the invader would have a hard time trying to access it. We are at a point where we are seeing through the lies and deciding to chart our own path and let Spirit guide us. A lot of people still misunderstand the Egyptian/Kemetic spiritual system and say it was idol worship. The Gods and Goddesses are called the Neteru, or Neter, and are manifestations of the God/Goddess principle.

The spirit of Ubuntu was deeply ingrained in the Kemet spiritual practice of Ma'at. Ma'at is founded on principles of humanism. It was deep-seated compassion in the people of Kemet that drove them. This society was highly specialized and intelligent.

If you do your research, you'll learn that they not only had astrologers, mathematicians, and healers (not doctors) who performed successful surgery, libraries and universities for learning, technology, and electricity. Such a high-level society was not founded on greed and corruption like ours today. Human development was held to a high esteem.

For such a high state of development to be achieved, people must first be masters of themselves. It is not the government or the religious institutions to guide us to the next level. It is something each individual must do and it starts by looking within. We are so distracted to focus on without that looking within feels so strange. We must get into ourselves and connect with our feelings. This practice is called meditation.

Meditation is when you sit in silence and listen. It is not emptying your brain.



It is focusing on the force of life through the power of the breath and stillness. Only then can we hear from our higher selves and know what it is we are meant to do or what path to take. Only then shall we love ourselves enough to have the courage to want to make ourselves better. Only then shall we have the will to want to change and walk away from the systemic corruption and damage to our bodies. Only then, shall we learn to love one another and Ubuntu will come naturally to us. Let Spirit guide us.

If you think about it, the selfish nature we have as humans, coupled with the corruption toppled by misguided piety prevent us from even thinking that we can work together to achieve more. We have become resigned to the fact that change can only be brought about by the government and the elite.

Normal citizens are just that, normal citizens waiting for the government to bring change and for doctors to solve their health problems and for the Messiah to come to take us to heaven and burn the non-saved and waiting for the justice

system to give them justice, meanwhile we judge everybody who subscribes to what we don't and demonize what is not the norm. Get out of those constructs. Looking within is a practice we need to solidify if we are to move forward. Why do you think we were given movies and all sorts of entertainment? The drama shows and telenovelas? To keep us from thinking. You wake up, prepare hurriedly for school or work, lunch break, school or work, go home, prepare supper, eat as you watch the news and a telenovela, more news, sleep, repeat, what life is that? The system benefits and leaves you a shell of a being who has not utilized their potential.

We should be out here creating cities and building worlds, interacting with other beings from other planets, healing ourselves and living longer. But we're stuck here eating the wrong food and hating each other. Know thyself to know thy neighbour. Love thyself to love thy neighbour, only then shall Ubuntu grow and we shall come together, synergize our different unique abilities and move forward.



## What does it mean to know thyself?

It means you answer the question of who am I. You are not your body. The closest thing you are to your body is your nervous system. The part of your body that transmits everything you do through electrical impulses. But deeper than that, who is the 'I'? Not the ego. The I. What drives you, or makes you wake up? What were you created to do? How do you get to know your purpose? What values do you leave by? What is important to you? Is it important for life? Do you know you have the seed of creation in you and the power to create? What do you do with this power? Knowing yourself will give you the standard of which you will hold and regard others. If you know yourself as royalty, a God and Goddess, in the same way, you will see others.

There will be no room to underestimate anyone or expect less from anyone. Then, we shall all strive to be the best in our crafts as everybody is being the best in theirs. Ubuntu can now flourish and grow into a tree of unity and a great pillar of the people.

**Know thyself**

**Love thyself**

**Heal thyself**

**Inevitably you will**

**Know thy neighbour**

**Love thy neighbour**

**Heal thy neighbour**

**The Law Of Correspondence**

**As above, so below.**

**As within, so without.**

**Peace, light, love and healing!**



# OUR STORIES. LET'S LEARN GREAT THINGS ABOUT KEMET.

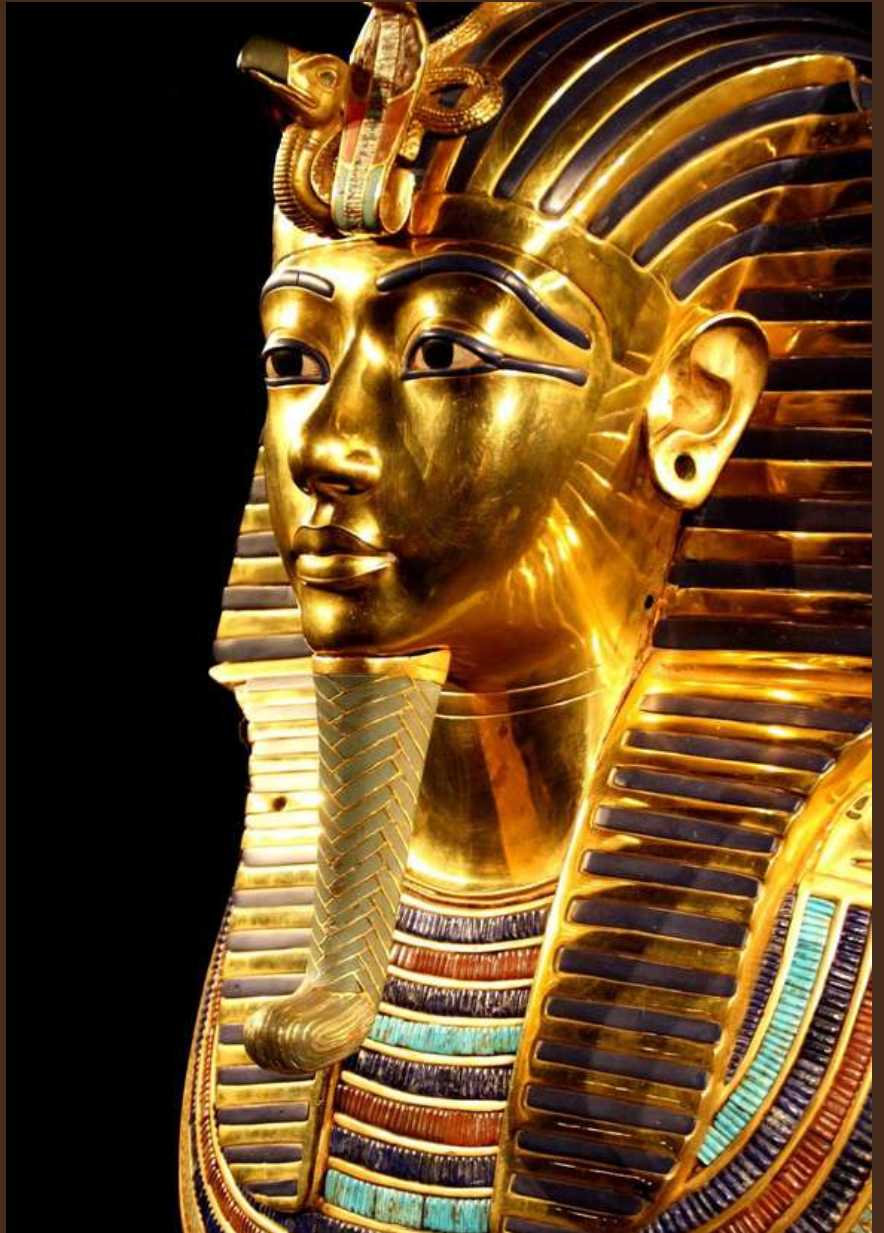
**#FortheKulture**

We have for a long time now let Europeans tell us about our past. Say you went to war, and you captured people and you brought them back to your territory as slaves. Would you ever tell the children of these people that their ancestors were great, that they did great things and that at one point, they were so great, your own people went to their people to learn? Would you?

Well, we were conquered and fed lies. So we keep thinking we are below the white races. They want to keep us down so they keep taking from us. Congo's minerals have powered their industries.

All I'm saying is that we need to relearn our story and unlearn what we have been taught as history. His story.

To move to our  
greatest future, we  
must innerstand our  
greatest past.



Pharaoh Tutankhamen: Egyptian Pharaoh known for his young age, for the restoration of Egyptian religion and the last in his family to rule during the end of the 18th Dynasty during the New Kingdom of Egyptian history.



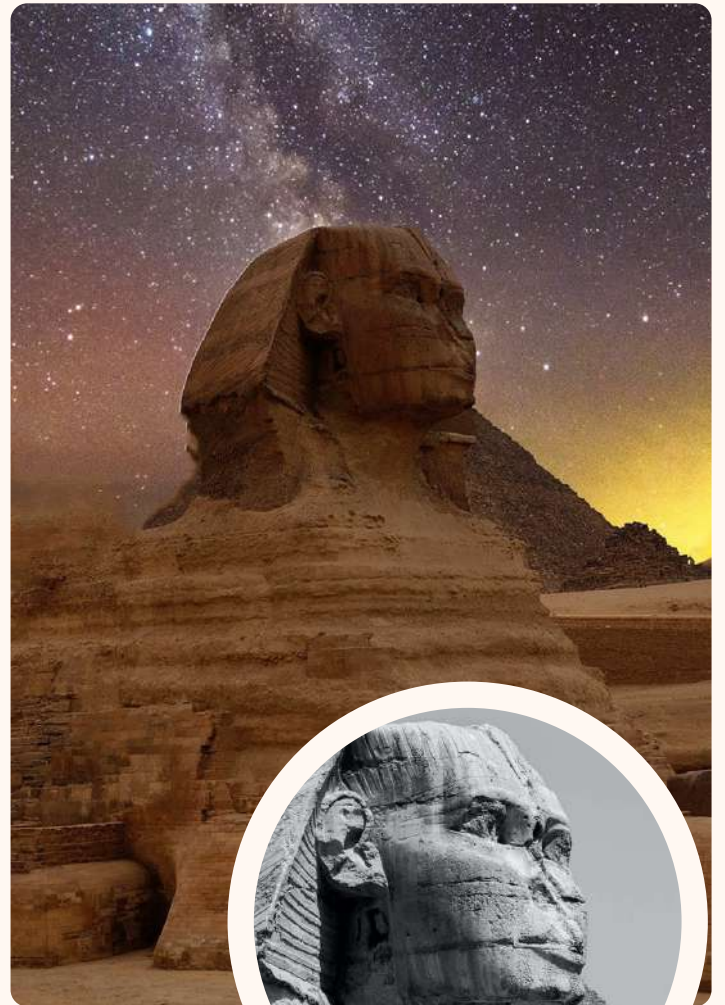
# PHARAOH KHAFRE'S GREAT SHPINX

The great sphinx was built in ancient Egypt or Kemet as it was known by the black people of that land.

It was built by Pharaoh Khafre around 2500 BC. It is said that Pharaoh Khafre was also the one who built the second pyramid of Giza.

The sphinx had a huge nose, just like Khafre's. Matter of fact, Khafre had his racial identity carved in this solid rock for the ages.

They say that the nose of the sphinx was cut off by a Muslim who saw the locals worshipping the nose of the sphinx, so he shot it to show that god cannot be a piece of stone.



Part of the Sphinx's royal cobra emblem from the headdress as well as the sacred beard were broken off, the latter is now displayed in the British Museum.

I wonder what it will take for Africa to claim the artefacts and the truth behind the artefact that was left for us by our ancestors.



It is unfortunate that the reasons behind the building of the sphinx remain a mystery. I hope maybe the Dogon tribe could reveal it as they are the keepers and the guardians of the Kemetic culture, but I take it as a message to us today. You see, the sphinx was constructed in the image of Pharaoh Khafre, a black man like us with black man features, like you know, the huge nose, which was shoot. It was as though Khafre had foreseen the age of lies ahead that we live in today.

However there is a story about Egyptian Pharaoh-to-be Thutmose IV (1401–1391 or 1397–1388 BC), he was taking a walk and felt tired and sleepy coz of the heat, so he slept under the shadow of the great sphinx and had a dream. You see, the sphinx was buried in the sand, and in the dream, the sphinx complained to Thutmose that it wanted the sand to be removed and if he would remove the sand, the sphinx promised that he would be Pharaoh.

Thutmose goes ahead to ask his workers to dig the sand away from the foot of the sphinx. When that was done, he erected a stone monument in between the paws of the sphinx.

There are hieroglyphic inscriptions that talk of the dream and the promise to the prince at the time, Thutmose IV.

The sphinx and the pyramid have been established as astronomical markers. Meaning they were built to mark the position of the stars or the angles between the sun, moon and earth. The sphinx faced the direction of the sunrise during the vernal equinox. This goes to show how intelligent and smart our ancestors were, I mean, what do you know about the stars and how they affect our lives? Why don't we have this knowledge today? Astrology was part and parcel of the Kemetians' lives. The dream stele is what most probably lead the people around the area to worship the sphinx, which drove the Sufi Muslim to shoot the nose. I don't know how true that is, but it is the mainstream story behind the sphinx and the shoot-off nose.



The images have been taken from the canva.com resource and <https://historicaleve.com/dream-stele-sphinx-promise-thutmose-in-dream/>





Part of the text of the Dream Stele reads like this:

*“One of those days it came to pass that the King’s Son Thothmes came, coursing at the time of mid-day, and he rested in the shadow of this Great God. Sleep seized him at the hour when the sun was in its zenith, and he found the Majesty of this Revered God speaking with his own mouth, as a father speaks with his son, saying: ‘Behold thou me, my son, Thothmes. I am thy father, Hor-em-akhet-Kheperi-Ra-Atum; I will give to thee my Kingdom upon the earth at the head of the living. Thou shalt wear the White Crown and the Red Crown upon the Throne of Geb, the Hereditary Prince. The land shall be thine, in its length and in its breadth, that which the eye of the All-Lord shines upon. The food of the Two Lands shall be thine, the great tribute of all countries, the duration of a long period of years. My face is directed to you, my heart is to you; Thou shalt be to me the protector of my affairs because I am ailing in all my limbs. The sands of the Sanctuary, upon which I am, have reached me; turn to me in order to do what I desire. I know that thou art my son, my protector; behold; I am with thee, I am thy leader.’*

When he finished this speech, the King’s Son awoke, hearing this..., he understood the words of God, and he put them in his heart. He said: ‘Come, let us hasten to our houses in the city; they shall protect the oblations for this God which we bring for him (or that we shall protect... and that we may bring): oxen... and all young vegetables; and we shall give praise to Wennefer... Khafra, the statue made for Atum-Hor-em-akhet...”



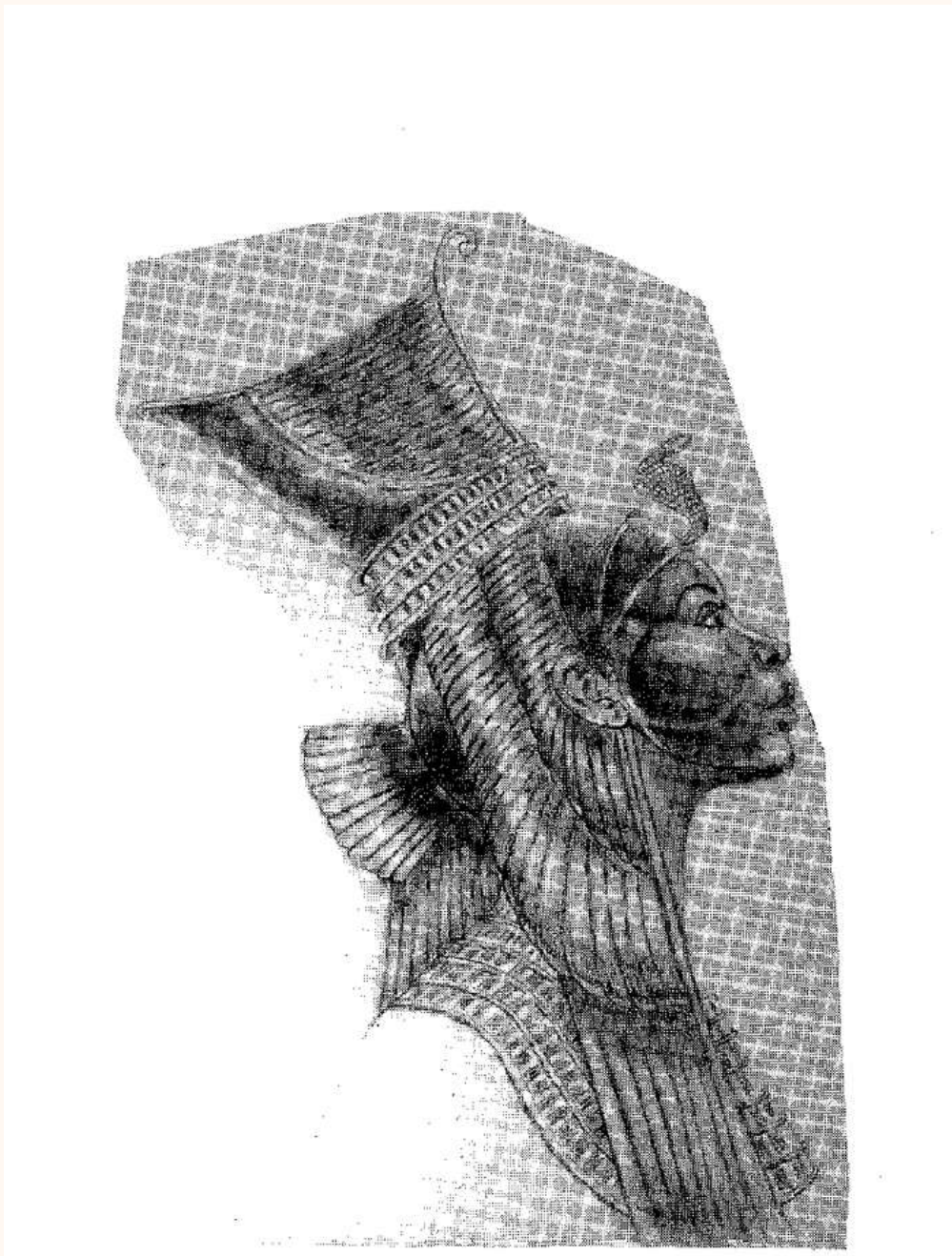


Image of Queen Hatshepsut, the female pharaoh. She was Makeda, the Queen of Sheba, the same one who went to see King Solomon in the land of Punt. Legend has it that she wore the sacred beard and she at times walked around shirtless. She was wise and was able to get away without consulting the council. She was able to use her female charm to make decisions and impress her male counterparts. She ran the town like a boss. More about her in the next Kulture magazine edition.

# Kulture's Note



***It's time. Be intentional and strategic. This war is not physical, but it is against the principalities and forces of the evil one. Stay on guard.***

## **TO EVERY ONE OF AFRIKAN DESCENT AND BLOOD.**

**Afrika is at a critical point now. We are a generation that knows very little of our story, yet we live in a time when we have access to all sorts of information. We risk delving into strange new-age ways. Centring on Western ideologies and technologies, we no longer use our languages and we don't have government projects that benefit the Afrikan. Most projects favour the Western investor - the colonizer.**

**Yet, we still have the awakened population. This one is for you. It is time we raise the Ubuntu in us. The collective consciousness has risen and we can start to cause change. Let us keep up with the online platforms and start doing something for our communities.**

**I see the Sankofa and Ubuntu spirits rising. Let us harness our talents and energies to create a better society. If governments do not want to work with us, then we leave them behind and rely on the Almighty's great plan and provision. We, the awakened, must come together and change how we raise the next generation moving forward.**

**We are the foundation of the new world. Leaning on great men and women who were our visionaries, we are the actualizers.**



**Kulture Queen**

**KULTURE MAGAZINE**

**Ubuntu  
PAMOJA**



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