

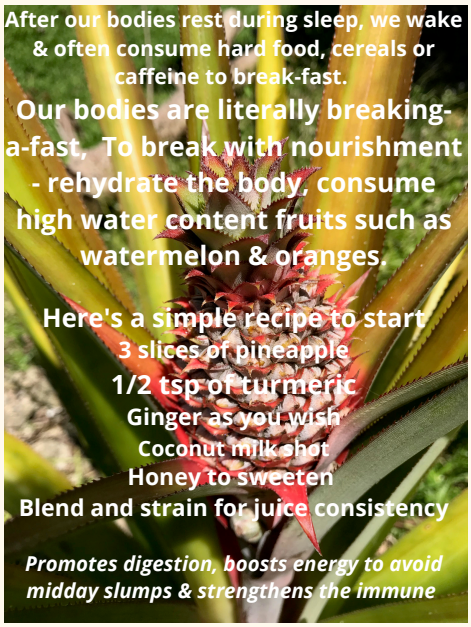
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OFFICIAL NEWSLETTER OF WISEMIND PUBLICATIONS

Add a little bit of body text

WHAT IS IN THIS LETTER?

JAMAICAN HISOTRY
RASTAFARI ANCIENTS
FARM
HOUSEHOLD WELLNESS
HEALTHY RECIPES
HERBALISM
AFRICAN HERITAGE
RASTAFARI BUSINESSES
WORD OF THE WISE



The Legacy of Our History

WRITTEN BY ALEXANDRA YELLOP

A recent visit to Bath Botanical Gardens, was a deeply healing and rewarding journey for me. The garden lies inside the town of Bath. St. Thomas. Bath has gained notoriety for the sulphur hot springs there, less so for it being home to the oldest botanical garden in Jamaica and the second oldest botanical garden in the western hemisphere.

Bath Botanical Garden was one of the first centers of transplanted plants being introduced in the "New World." Seeds, transplants, young plants would arrive on colonialists' ships, with the purpose of becoming economically viable crops. Funded trips by the British, brought about introductions of plants from across the earth. This was the first home of breadfruit in Jamaica, a tree originally from Tahiti. It was introduced specifically to sustain an ever-growing enslaved population on the island. You can also find the lychee of Southern China, jackfruit of India and aloe vera of Africa. The garden is a representation of the vastness of "empire."

Those will the knowledge became the cultivators, those who understood the land - those are our ancestors. Through deep connection with the earth, plants foreign to them, transformed to household staples & national dishes. These crops are integral to our ancestral lineage, heritage and legacy. These stories become lost through the generations. When eating the dishes of our heritage, do we create narratives separate from the truth? And how can we honour the land now in our cultivation methods?

Rastafari Ancients Farm

In a time of heavy reliance on chemical farming, restoring the earth through natural methods, allows it to heal and preserve for future generations.

A monthly tip for your organic farming needs, is the cost effective & easily produced use of fire ashes. At the Ancients Farm we rely on the ashes for their high content of potassium, magnesium and micronutrients. They also deter pest & parasites from your crops, but raise acidity so be care-full of the needs of your plants. Hardwoods create far more ash than the soft woods. **Never create/use ashes from the burning of plastic, painted woods & cardboard**,. These are deadly containments to your health and others.







Word to the Wise!

Knowing is Belonging

"Fram mawning mi nah nyam!" Nyam is a special word which connects us to the ancients, to West African languages, where it conveys the same meaning as it does today in Jamaica, of "food" & "eating" . In Twa (dialect of Akan) the word is pronounced & spelt identically to the Patwah. Word to the Wise!

SPEECH OF EMPEROR HAILE SELASSIE

HIGHER EDUCATION

anks Must Be Filled Today, Our eyes and Our hopes are on all you graduates. We hope that the seeds of learning which you have received will, in the service which you render, ripen into an abundant harvest. We assumed the obligation to foster and expand education in Our nation both as a solemn duty, because the nation can flourish and grow only as the ranks of the teachers and students are expanded and filled; as a matter of free will, because man would prefer to speak of his nation in terms of its educated men and women rather than by recounting the size of its population. Those of you who have not yet completed your studies look forward with hopes and impatience to the day when you, too, will attain this honour. To you We give the message of St. Paul: "Who looks back, having once put his hand to the plough?" These words remind Us as well of the need for more universities, for more teachers, more schools, more students and more work. They commit us ever more fully to the search for the outer limits of the frontiers of learning. Until these have been achieved, no one can enjoy peace of mind. Dynamism, coupled with a conscientious concern for the well-being of the nation are the necessary qualities of the youthful mind. You have had a better educational opportunity than many. Evaluate your ideas; separate the good in them from the bad. Your hands once put to the plough, do not look back. Education moulds human elements in man. It develops him from adolescence to manhood. Let usefulness be your hallmark today, not adolescence. Once again, We congratulate you all, and we thank Almighty God that you have proved yourself deserving of this occasion. June 30, 1966

NATURAL *CLEANER*

COUNTLESS RESEARCH STUDIES SHOW THE DIRECT LINK BETWEEN TOXIC HOUSEHOLD CLEANING PRODUCTS AND CANCER, CHEST INFECTIONS, ETC. BY CREATING OUR OWN, WE RETURN THE POWER OF HEALTH, BACK TO SELF!

Add the following ingredients to a spray bottle & test for yourself:

1 part white vinegar
1 part water
10 drops of eucalyptus essential oil
or/and
an orange peel and rosemary sprigs

African Children Names

Malidoma

The name means "friend of the enemy/stranger." One could interpret this name to mean, the child will become a connection between two opposing groups, bringing about understanding.

Chimamanda

This Igbo name, translates as "my God will never fail." It can be abbreviated to Chima or Chi - the latter is the traditional Chinese word for the vital life force of all living beings

GOAT CURRY GALLERY

No about curry goat. Ania Freer, is an Australian-born documentarian of Jamaican heritage. Her stories in JA, center around the elder artistans of Jamaica, their stories and creations. She curates exhibtions and can be found through her website: https://www.goatcurrygallery.org/

The Story of Mama Plate Clawt

TRANSCRIBED BY RAS FLAKO

The first binghi I trod was in Kingston many ancients were at that Ises including Bongo Watto, Bongo Daniel, Bongo Headful and Bongo Bigga, who played one of the sweetest fundeh, when Bongo Bigga start to play the harps he played all night until the binghi sealed.

There were two Dawta that I cannot forget one was Dawta Joan who was Ancient Bongo Jack Empress. I also know Mama Baby I. Before I was trodding to the Nyahbinghi, we use to walk and follow Mama Baby I.

I get to know more about Ancient Bongo Watto during my time in the Nyahbinghi house, he was a leader for the Nyahbinghi, and he was about discipline and order. Ancient Bongo Daniel function with the harps, he was a master drummer.

Ancient Bongo Tawney was an also excellent kette player however, it is how you play the harps that ones will stay with you and chant. Now Bongo Tawney was easy to get in Mayal, which is revival and Pocomania, these are different spirituality,so it takes some time for you to come out of Nyahbinghi and move into Poco and then return to Nyahbinghi, as such if you are not careful so your soul vibrations could stray during that transition. There were also other Rastaman who played a Poco beat during the Ises, so you keep wondering where you are going and why you are going on these journeys.



DOGSBLOOD: LEAVES CAN USED INTERNALLY) FOR HEADACHES, COLDS, DIARRHEA. EXTERNALLY YOU CAN ADD THEM TO A STEAM BATH, TO HELP ASSIST DELAYED MENSTRUATION, AS WELL AS PMS, CRAMPS & PAIN.

MORINGA: OIL IS ANTI-AGEING, CONDITIONS AND STRENGHTENS HAIR. CAN BE USED FOR SALAD DRESSINGS & THE YOUNG SEED PODS CAN BE EATEN RAW. EXTRACTS OF THE PLANT CAN HELP LOWER BLOOD PRESSURE, BLOOD SUAR & CHOLESTORAL LEVELS. ALL PARTS OF THE PLANT CAN BE USED



Bongo Daniel when he touches the harps the beats is well defined. There was one occasion during my first binghi trod when the police invaded the Nyahbinghi gathering and order Rasta to stop play the drums. Bongo Daniel would not comply and he took up the largest bass drum, holding it tight on his head, walked barefoot to the police commanding officer. The ancient then kneel down before the bass drum and beat it so loud I thought he would end up deaf.
In 1992 during the centenary celebrations of Haile Selassie, when we were doing a motorcade around Jamaica, Bongo Daniel played the kette. We all reach a very high level of spirituality even the animals in the pasture were trying to run alongside with the moving vehicle. It seems like the sound of Bongo Daniel's playing was attracting them. It was so amazing in 1992.

When I trod Nyahbinghi I did not know Bongo Puru as the High Priest, I only know Bongo Time, however, I knew of Ancient Bongo Puru giving orders in the house.

WOMEN'S SURF CLUB

JAMNESIA, BULL BAY, ST.ANDREWS

Imani Wilnot, born and raised in Bull Bay, started the club to inspire women. She has a dedication to teaching women to embrace the water whilst building confidence and strength, through the process of learning to surf. She mentors young women & promotes friendly competitions, running the first ever women's surfing competition in Jamaica.



FENCE STAKE:
ALL PARTS CAN BE USED, THE FLOWERS ARE ESPCIALLY DELCIOUS BREWED AS TEA.THEY ARE A GOOD REMEDY FOR COLDS, THROAT SORES & FEVER. TINCTURE OF THE LEAVES CAN BE AFFECTIVE AGAINST MOSQUITOS & INSECTS. AS WELL AS IN FRESH JUICE. THE ROOTS HELP WITH NATURAL PEST CONTROL FROM FUNGUS & PESTS IN THE SOIL.

THIS MONTH: 06/02/2020
CELEBRATING THE EARTHSTRONG OF ROBERT NESTA MARLEY @ THE BOB MARLEY MUSEUM IN KINGSTON. WORKSHOPS/CHILDRENS FAIR DURING THE DAY, FOLLOWED BY AN EVENING CONCERT.
FREE EVENT FOR ALL.

Speech of King Solomon from The Book of Wisdom

"For what man will know the council of God? Or who will conceive what the Lord wills? For the thoughts of mortals are unstable and our plans are prone to fail. For a corruptible body weights down the soul. The earthly frame lies heavily on a mind full of cares .We can hardly guess the things that are on earth and find the things that are close at hand with labor; but who has traced out things that are in the heavens? Who gained knowledge of our council unless you gave wisdom and send your holy spirit from the highest? It was so that the ways of those on earth were corrected and men were thought the things that are pleasing to you .They were saved through wisdom'

KING OF THE FOREST:
HOLDS DIFFERENT USES ACROSS THE WORLD. FROM A TREATMENT FOR SEXUALLY TRANSMITTED DISEASES IN INDIA TO TREATING ASTHMA & FUNGAL INFECTIONS IN AFRICA. STRONG EVDIENCE SHOWS IT IS VERY HELPFUL FOR THE FUNGAL SKIN CONDITION, TINEA VERSICOLOR, OFTEN CALLED 'LIVER SPOTS'
THE LEAVES CAN BE USED AS A PURGATIVE, HELPING WITH SKIN PROBLEMS.
THE SEEDS ARE POISIONOUS.

