



THANK YOU, KINDRED INHABITANTS OF EARTH.
You now hold in your hands an invitation to explore MA'AT - the
universal force that drives the Hue-man Race.

Unfolding before you is a

Manual written to enhance your ability to:

Evolve into the Essence of your True Identity.

Rise above the pain & lies of a jaded his-story.

Awaken the Secrets of Melanin & the divine Pyramids.

Monitor and navigate a new path to Living.

Feel empowered to control your Health & True Wealth.

Put a new stride in your Step - with Knowledge Of Self!



Reality Check A Manual
For The Hue-man Octahedron
& The Mystery Of Melanin

 *A Baby's Breath* 

*Wiser adults recall this Smell as the Fragrance of God
Exhaled as a fresh bouquet of new life.
Life can remove that sweet smell of innocence.*

*This "Manual" is offered to remind you that you once had
that smell. And, this is an attempt to deliver a message of
healing, and that requires walking trails many
Hue-mans prefer to bypass.*

*Because those roads exploited our differences, parched our
lips & singed our noses, we fear the closeness of smelling
life again. Such closeness is*

 *A Necessity For Family* 

Great Spirit, Ancestors & Dear Elders, may I continue?

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Reality Check A Manual

For the Hue-man Octahedron and The Mystery Of Melanin

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Library of Congress Cataloging-in-Publication Data

Rasayon, Niyana K B

Reality Check A Manual
For the Hue-man Octahedron and The Mystery Of
Melanin /

Niyana K B Rasayon, MA, PhD

Includes bibliographical references

ISBN 978-1-60743-754-3

Psychology, Melanin Research, Health, African-American Studies,
and Neo-Physics

Registration #: TXu-00-1-612-603



Cover Design by Niyana K.B. Rasayon
DaVinci's Vitruvian Man

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Eyes Of MA'AT Press, Maryland, USA
WWW.EyesOfMaat.com

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Reality Check

A Manual For The Hue-man Octahedron And The Mystery Of Melanin

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The Author's Reflections

BECAUSE WE HAVE LOST THE ABILITY TO LOOK INTO EACH OTHER'S EYES TO SEE OURSELVES, WE REVISIT THE QUEST OF THE CENTURIES TO EXAMINE ANCIENT RUINS, SCROLLS, CELLS, & STARS WITH MICROSCOPES & TELESCOPES - IN SEARCH OF OUR TRUE IDENTITY, WHICH IS — UBUNTU!!

Almost three decades ago, “I” attended a presentation on the Psychology of “Egyptian” Mysticism. In my eyes, this gifted presenter was an incarnate Pharaoh right in our midst. Although his discipline was cultural and educational psychology, he filled the air with a mist of knowledge like a gentle breeze rippling across an oasis to quench everyone’s thirst. We called him Baba Asa (Dr. Asa G. Hilliard – Nana Baffour Amankwatia, II). He was speaking on ancient Afrikan views of self-discovery, and drawing parallels on Bika Reed’s work - “Rebel In The Soul,” *an Egyptian papyrus, previously known as the Berlin Papyrus 3024. Please note, that this form of documentation reflects European’s declaration of ownership.*

Rather than gestures to claim - words to inform were shared. Baba Asa embodied the Wisdom of Solomon, and the humility of Lao Tzu, as he made clear distinctions between Faulkner’s approach and Wallace Budge’s interpretations of the MDR NTR (*so called hieroglyphs and various hieratic writings*). In the Papyrus a ‘person’ is struggling to fathom the character of “Man;” identity, trustworthiness, lack of empathy, his greed, unnecessary aggression, and the web of mystery surrounding death. Through it all, Baba Asa managed to encapsulate the spiritual

significance of how ‘knowledge of self’ fused our universal oneness – as a family with different perspectives of reality. As the Q & A ended, it was obvious, that all of us take this journey in our quest to reconnect - - with the Soul.

On the way home, I reflected on the days when I struggled to understand war, prejudice and racism. And, as I drifted back into time, I found a personal mix on cassette I would often play to feel connected to “Conscious Black People.” This was an experience I cherished as a student at North Carolina A & T State University. As I listened to the mix, it took me back – way back, into a time when music had “Soul.” Music was everywhere, and the Viet Nam war was the news! Lyrics sung by James Brown looped through my mind, “I Don’t Want Nobody to Give Me Nothing – open up the door, I’ll get it myself.” As ‘yesteryear’ consumed me – nostalgia possessed me, and “I” pondered - who controls the flow of information also controls the people, therefore they control the flow of money.’

Such reflections prompted me to seek sanctuary in my music, this was my identity; as each tune played: *Roberta Flack*, “*Business Goes On As Usual*;” *Earth Wind & Fire*, “*Keep Your Head To The Sky*, & *Devotion*;” *The Four Tops*, “*Still Water*,” *James Brown*, “*Say It Loud I’m Black & I’m Proud*,” and *Sly & The Family Stone*, *Family Affair*; and “*Don’t Call Me ‘Nigga’ Whitey*.” The last song on the A-side ended with one of my favourite classics, *Marvin Gaye’s*, “*What’s Going On?*” You are

now Co-piloting this journey, and taking a tour through a world that ‘text-narrative’ alone is clearly inadequate to address. Because the foundation of the world people of colour recognize as real, always returns - to the rhythm and the message - in the MUSIC!

That is why, this is “A Manual,” and *though the meaning differs*, Emmanuel & ‘A Manual’ denote the ultimate Spirit for proper direction, and an optimal life of longevity lies within you. ~ Now the question becomes – what would you do, if you learned that you lived in a world governed by organized chaos? That is a Helluva’ oxymoron - organized **chaos**? Well, my beloved siblings, that is the very essence of Hegemony – *the passive coercion of how & what you think about* - the Déjà vu of your life experiences.

According to Braden (2004) in “The GOD Code,” “Know Thyself” means to know self - is to know GOD. In Hebrew and Arabic, the Ancient name for “GOD“ has been embedded in our genetic code since the dawn of time. There is a match in our cells for hydrogen, oxygen, and nitrogen. YHVH spells the “Sacred” name, and YHV”G” denotes the image of “GOD” manifest within. The “G” signifies that the Carbon atom allows “GOD” to manifest, on micro-beads of Melanin to give us form, and “GOD” is eternal to the chemical sequence of our DNA. Moreover, whether or not you evoke the “GOD” within has been affirmed in Epigenetics, as a function of choices and experiences that activate or deactivate your DNA. In essence, you awaken “GOD” within you to manifest health & longevity. Reality ☑, you are the living Temple!

Preface

Again, the Ancestors have summoned me from sleep to return to this keyboard to record this information that flows like a waterfall. Even my computer lacks the speed or rather my fine motor dexterity skills are too slow. Although, that is my personal reality, it is my honour and privilege to share this material with all inhabitants who occupy this microscopic sphere called earth. The content and predominant themes have been written to address the global quagmire orchestrated by a select few melanin recessive hue-mans. In their youth and arrogance, they have been so inclined to negotiate the downsizing of melanin dominant hue-mans throughout the world. Because of this, and the cumulative version of his-story -- ignorance and fear have prevailed. Therefore, either due to greed, paranoia or naiveté certain decisions were embraced by upper echelon alliances with global agents of hegemony - (government sanctioned control of a nation's infrastructure and ALL resources that impact this planet). Those decisions continue to have a profound impact on the stability, and respect for ecosystems throughout this habitat.

In light of this distasteful state of affairs to secure and control precious resources peculiar to this planet - hue-man life became pawns in this galactic game of chess. As a result, for many, many centuries, acts of decimation have occurred on a scale currently classified as genocidal sweeps. Even 'His-story' confirms that melanin dominant hue-mans are consistently targeted. With that in mind, those who think they may know the author personally, either as former students, colleagues or - that rare category of personal friends, please hear my humble plea to maintain a sense of context for every word you read?

We are all members of this family of *Tellurians (earthlings)* and tenants who in time will return to a celestial and most gracious host. Therefore, a primary focus of this Manual is to clarify the urgency of abstaining from efforts to escort those who gave birth to hue-mans into the abyss of physical extinction. "I" have a

message for those melanin recessive hue-mans with whom “I” have personally befriended, realize that this Manual is other than a personal indictment or notation of devaluing our friendship, rather it is a compass to refocus the lives of melanin dominant hue-mans maligned by those who are oblivious to MA’AT – the laws of reciprocity and their true Dharma. As such, this is a Reality (Check) for them, and a reminder to the entire hue-man family that the spirit of **Ubuntu** means - that without you, there could be no evolution of us.

Consciousness lives in the oceans, the rivers, the mountains, the trees, your cells, and even in your DNA. Ancient Egyptians address this in the Neteru, and other so called polytheistic belief systems of the Dogon & Native Americans embraced the same views. Yet, we wait for European “scientific” confirmation – why?

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CHAPTER I

INTRODUCTION

Warning — Warning — Warning

You have just boarded flight 007 -- to places Captain Kirk could never take you, even with the knowledge of the universe possessed by the enigmatic genius of Spock. Choose a seat, the Thought Police were excluded from this flight. Know then – that downloading the forthcoming information into active organic memory may disrupt your present perceptions of reality. As a result, unusual synaptic activity (*neurochemical ionic brain signaling*) may ensue, thereby initiating a phenomenon Neuropsychologists & Cognitive Psychologists reference as ‘meta-cognition’, (MC) - *thinking about the origin of your thoughts*. Remain alert, MC may open doors previously unnoticed and this may evoke stress. Fundamental to this state of stress will be an inquiry characterized by silent reflections on one theme that focuses on “Knowledge of Self.” To that end, allow me to pose two questions regarding the journey of self-discovery. “Are those your thoughts you are thinking?” (*Vraiment?*) & how do you know?

How does one determine what is real -- in a world where someone else determines what you think? Seriously, who are you? What do you eat? Where do you spend your money or to whom do you give it? Ask yourself, what do you actually believe?

If your present taste requires a book just to pass some time or explore a “theory” of hue-man development – you are in for a surprise. This Manual is other than a novice reminder of the Chakras, and a text to excite you about the secrets of melanin. It has been written to serve as a ‘one-of-a-kind’ reference on Life and hue-man potential usually referenced in science fiction novels or movies.

The content focus is designed to open doors to your mind, and

reacquaint the melanin dominant hue-man (MDH – ***plural when the sentence implies plurality***) with the interdependence of self. It is also intended to illuminate ‘reality’ encountered on a daily bases, and to provide some insight into the development of our Caucasian (*melanin recessive hue-mans/MRH*) siblings, who have a tendency to coerce their views of reality upon the MDH who occupy this ‘molecule’ --- called earth.

So, if you are still contemplating a fluid metaphysical read into a realm of esoteric jargon broken down into the euphemistic language of ‘love each other and honour our higher selves’, “I” suggest you find a comfort zone straight away. Because the author is about to open doors into your consciousness -- a trek into a past Euro-scientists are either unable to fathom or consciously choose to avoid.

There is a principle known to the ancients of Kemet (Egypt) as the way of MA’AT. Along this path of trails - there are places that lead back into time, long before our younger Caucasian siblings migrated from the Caucasus Mountains. These trails lead to SANKOFA, a term borrowed from the West Afrikan people and the language of the Akan, which means, “to go back and fetch it.” That is, delve into the archives of natural history before the pen of biased Euro-scientists tainted the TRUTH nested in the papyri, and scrolls of the Akasha records, the true sanctuary of the ‘womb of creation.’

Through the thicket of historical and mainstream distractions you will find that the writer has fused a variety of concepts Euro-scientists are unwilling to openly discuss. In part, because they recognize their strengths and weaknesses, and their paranoia of what will you do when you have awakened. Although, the beam of light radiating from The Honorable Visionary President Barack Hussein Obama, II is a beacon to guide the people of this world closer to shore, it is merely the flicker of a Firefly compared to the celestial solar flare of YOU -- AWAKENING!

With that in mind, the writer would like to impress upon you the importance of keeping an **open mind**, and to please allow your INTUITIONS to co-pilot your intellect while reading this text. For the record, intuition is derived from the Latin word “intueri” which literally means, “to see within.” In all of the pre-European belief systems there is no such concept of an “individual’s personality,” because it is believed that the person manifest represents a composite of attributes and qualities derived from the reanimation of ancestral spirits, and the energy surrounding the conception, pregnancy, and birth. And, of course those parallel events that coexisted when the newborn took his/her first breath. Moreover, it is believed that the child is a combination of these energies being fused with the life force that represents a celestial signature or a cosmic imprint that further designates his/her ID-Entity. Actually, The Temptations sang about this on their 1970 album Psychedelic Shack, “You Make Your Own Heaven & Hell Right Here On Earth.” The song points out that you are in charge of your destiny. Your Soul comes into this world as a baby and the ritual of weighing the heart symbolizes that the deeds of your life must be balanced with a feather. The Nag Hammadi and the Shabaka Stone makes it very clear that the force of God is within you, and everything is recorded in your Spirit. Hence, the notion of “I did not ask to be born is pure nonsense” in ancient cultures. This is very consistent with the wide spread beliefs throughout the world that a person is merely a vehicle for energies and/or ancestral spirits to manifest. Who or what one becomes is an unfolding according to the interaction among the faces/gates of the Octahedron governed by one’s Spiritual Dharma, and the choices made in life (see Fig.1).

In simple terms, how does one navigate life in a world where everything is interdependent with a conscious acknowledgement that

hegemonic forces are either covertly or overtly impacting your character? For example, how does one function optimally with the highest regard for their 'spiritual essence' in a society that systematically assigns resources and or obstacles to one's path through every avenue of hue-man endeavor? The tentacles of hegemony (*aka the system of "White Supremacy" as defined by Frances Cress-Welsing, MD is very similar, yet distinctly different*) create the illusion of slowing the laws of MAAT - reciprocity. Such is the inherent power afforded those in the upper echelon who manipulate the tentacles of hegemony. By its very nature, it predisposes one to recidivate and relapse while simultaneously fostering beliefs erected on a pseudo-science endorsed by its constituents. By its very nature, it predisposes one to recidivate and relapse while simultaneously fostering beliefs erected on a pseudo-science endorsed by its constituents. This is a system sanctioned by society, and designed to incarcerate disproportionate members of the viable and virile males of colour to undermine family stability. Thereby, providing free labor (neo-slavery) for the techno-industrial prison complex (TIPC) throughout America. Countless private and government agencies employ the talents and skills of the inmate population. As a result, the TIPC functions as a national training facility to program society to buy into the illusion of diversity in Eurocentric academia. Social & Hard scientists recognize the specific guidelines developed to win grants by completing mainstream research, and publishing in peer-reviewed journals to receive tenure and earn credibility. As a result, most of them are willing to mislead the lay public.

So, with respect to healthy decisions, how does one sustain his or her person? Who or what determines available food choices? And, does your worldview come from the church, mosque or synagogue? These

venues of hue-man interaction determine how you approach reality, for that matter, how you define it. More importantly, all of the above are governed by your resources and relationships, which are an inherent byproduct of hegemony, particularly, if you buy into the illusion of autonomy to be a product of financial worth.

You will find that this will be a read like you have never indulged. Because this is a fusion of science – hard science, religion, philosophy, spirituality, music and culture woven into sections that prompt you to question – why is that here? How is it that this relates to that? In time, you will see and intuitively know that they all combine to give birth to a unique REALITY -- yours!

Interdependence will prove to be the foundation of who you are, and the principle that governs this matrix - commonly referred to as reality. Finally, you will become conscious of a world members of the upper echelon will swear does not exist. Therefore, the writer has embarked on this journey of rediscovery to address those variables that western science has convinced and coerced people of colour throughout the world to disregard.

As you navigate this path a conscious acknowledgement of living in a world that has historically marginalized the worth and contributions of people of colour in every domain of living will be touched upon. More importantly, you will be required to cultivate a sense of id-entity through MA'AT (*the law of reciprocity governed by forces that transcend man/woman*) and Sankofa. Both will serve as scaffolding to resurrect and build a new foundation in order to incorporate views of truth, and spirituality that include all life: mineral, plant, animal and other. Unfortunately, this means material has to be included that will make some readers rather uncomfortable, and at times a little perplexed to fathom its relevance as related to the hue-man experience. So, please allow me to humbly remind

you to put on “YOUR” thinking cap? This is a MANUAL for living, and a candid commentary on the REALITY that impacts melanin dominant hue-mans (MDH) on a global scale.

At this time, I am extending personal greetings to you, and all of your siblings and kindred life forms residing within the habitat – called earth. Peace, to members of the hue-man race. Namestè, Shalom, Hotep, Hau Ko`la, (*Sioux greetings of peace and friend*), And substitute the vowels in English or play the perfect fifth on a piano (CDEFG) or the note sequence - GAF (Octave Lower FC) in Steven Spielberg’s 1977 *Close Encounters* (Gadalla, 2002 & McClellan 1988). Call and response has always represented the highest form of communication because this is perfect resonance. In acknowledging the GREAT SPIRIT, and all the celestial bodies of the universe, Thank Your “God”, Yourself, and your Ancestors for allowing you to be decisive in playing an active role in your destiny. The decision to READ, and the choice to act on that which you have read is the other half of acting on the symbolic vote that identifies another melanin dominant President - according to J.A. Rogers in a pamphlet entitled, “The Five Negro Presidents.” In 1965, his wife Helga M. Rogers published it. This booklet (ISBN:0960229485) echoes another truth-- Reality

In the world among the incarnate, when one receives something of great value one either receives a Manual or one attempts to acquire one. In the case of hue-mans, this is often a life quest. Because hue-mans arrive without A Manual, particularly, one that can be viewed as “User-Friendly.” For ages, Gurus and Sages have sought a universal Manual to guide and govern the ways of the hue-man family. Priests, Philosophers, Scholars, Pharaohs, Kings – Queens, Emperors, Sultans, Doctors - Scientists, Alchemists and Parents have been in search of such a Manual since oral and written documentation of births. Yet, the journey remains an endless quest to find such guidelines to optimize the functions of this

majestic opus, inevitably christened as man or woman upon “maturation.”

Why, has this proven to be such a challenge? To a great degree, the journey is filled with distractions introduced by man, usually a particular man inclined to exploit the inherent curiosity to learn, and feel connected. Men who have been trained by the youngest hue-mans on the planet – the melanin recessive hue-man (MRH) – the “Yurugu,” (Ani, 1994) the one who weaves Anansi’s web around our minds. *More about our younger siblings will be covered later with respect to the differences in melanin and adharma avidyā (lacking a spiritually mature understanding).*

Even those who have penned texts (some oral) born from legends that span millennia woven around their ethereal and enigmatic names befuddle us with poetic and often cryptic texts. The classics are many, The Vedas/Upanishads – The Bhagavad Veda, Yungdrung Bön, the Medu Neter – The Egyptian Book of Coming Forth By Day, The Emerald Tablets, The Nag Hammadi, The Tao Te Ching, The I-Ching, The Kabbalah, The Torah – The Talmud, The Popol-Vuh (Mayan Bible), The Apocrypha, The Bible (*English King James*), The Qur’an, The Holy Tablets, and even the Pagan tales of a “Grand-Grimoire” (*usually associated with Wicca*) keeps the search alive. Yet, who among the living dare try to explain how to maintain and optimize the functioning and longevity of this hue-man vessel? I submit to you, all of the above profess to have communicated where hue-mans fit into creation. It is us who have strayed from focus and the discipline to connect the dots – to fathom the id-entity of (Man/Woman).

In order to maintain and optimize the use or functioning of this vessel. A basic requirement is to know the nature of this temple or the attributes of such a unique ‘conduit’ we fondly reference as our person. Yet, in actuality it is the entity manifesting through a person. So, how do we determine the essence of an entity, and just what does ID mean with respect to how that

"essence" is identified as a person? Historically, the so called civilized world has relied on one's phenotype (*physical attributes ascribed to specific ethnic and/or racial groups*) and the degree of religious and cultural endorsement often juxtaposed on one's birth and/or given name by geography, trade and profession to determine id-entity.

In today's world, science has crossed over and coined a revised criteria post the global "genome" project (*catalogue of the genes that constitute a hue-man*). Yet, this knowledge is also subject to the compartmentalization associated with the use of hegemonic agents. These are the global power brokers who decide when hue-mans go to war, what is aired in the global media, how to manufacture famine, and the authors of the agenda prioritized by the United Nations. Yes, those who make decisions born out of the dominant beliefs of the accepted religion or mainstream cultural icons. To this end, genotype and the Interpol accepted criteria sponsored by the western world reliance on a social security number coupled with biometric markers - often invisible to the naked eye have become the rule of thumb to designate one's person/id-entity.

"I" would be remiss as an offspring to the Bali and Cox clan, and my Ancestors who are traced to Kenya and Kush - if "I" neglected to mention the first test to alert thinking people to reality in the Eyes and Hearts of melanin dominant hue-mans. The first screening criterion after birth is the APGAR rating, notwithstanding the previous genetic screening. Which "I" choose to point out for an anchoring reference, is biased within the first three minutes of life post cutting the umbilical cord in favor of newborns with less melanin. The melanin dominant hue-man is commonly ineligible to earn a perfect "TEN" at birth, because a "healthy pink colour" is a remote possibility. However, the attending physician typically receives the score twice, which theoretically can counter-balance the first screening

with a second set of scores utilizing the same criterion. The Apgar relies on five measures with two points assigned to each measure for a total of (10) ten points. Obstetricians or traditional Doctors typically deliver babies, and when they do, the above usually occurs. Conversely, if a seasoned Midwife or a “thinking” Physician does, your newborn may escape this inherently biased rating.

“His-Story” continues to be the ideal witness because positions that significantly differ from those that are widely accepted are often marginalized under the rubric of weak methodology, hearsay (“*anecdotal facts*”), and the lack of notoriety attached to the writer. These are not medical stereotypes. Babies who presented less than that preferred hue close to what was termed “a healthy pink” were suspect of not having the best circulation, and possible compromises in temperament. Just something you should know.

Further, allow me to humbly remind you to be cautious as you explore “new” trends in mainstream works that toy with concepts like *emotional intelligence and near death experiences* that imply ‘they’ are comfortable with the paradigm shift. It is the belief of this writer that these pseudo gestures of openness are merely distractions. Simply a modified strategy to impress upon you that they (*mainstream scientists*) have arrived to “scientifically” validate such phenomena. Something that has to be done, before widespread disclosure to the public by someone they have yet to approve. This is a common practice to safeguard their throne of power.

As you delve deeper into this text you will learn that we are engaged in a WAR on such a large scale that most of us have chosen the coping strategy of ostriches - to bury our heads in the sand. We have become victims of collective denial that suggests, as long as we are warm and not hungry, it’s OK to be blind and allow others to choose and decide our destiny.

Buffers are introduced almost weekly, either in the news, new tech gadgets, (cell phones & portable game consoles), game shows and/or so-called “Reality TV Shows” to feed our insatiable appetites for escapism and fantasies. Although, the above statement has an element of truth; after you have completed this abbreviated version, you will be convinced that this is where the WAR of all WARS tallies its casualties, and **maligned, maimed, mangled MINDS morphed** by the **metastasizing malignancy of media manufactured mass mayhem**.

More importantly, you will find four factors woven into one braid of truth, **melanin, money, material and mass population control (MPC)** as the ultimate agenda of “The New World Order.” For these reasons and more, I believe that this is a “MUST READ” for “Blacks” in America, and other melanin dominant hue-mans (MDH) governed by Eurocentric values. This text will offer applied proactive positions to reawaken in your genes ‘knowledge of self’ at the very core of your so-called “junk DNA” which has been coerced into a state of dormancy maintained by hedonism, food, music and other well thought out distractions.

By the way, contrary to all of the negative things written and said about this country, you may find this ironic, there are still vast opportunities here. Many of which we take for granted because of limited experiences traveling outside of the contiguous states. However, for now, suffice it to say, you have greater mobility, you have ready access to the major libraries of the world via the infinite portal of Anansi’s WEB, and to a great degree the choice to pick up a book rather than pick up a “game.” Allow me to share the coming illustration to amplify the significance of the views etched on these pages. This is not to suggest that only people who have been enslaved or marginalized should read this book. However, it has been distilled to illustrate the essence of a chronic problem, as well as

point out the countless benefits of reading and the need to exercise free will in SELF EDUCATION.

This story comes to mind, which was taken from the slave interviews that began in the Thirties (1930's) in a study of Afrikan folklore and medicine passed on through Blacks who survived slavery. The original recordings - in their own words were digitally re-mastered, and enhanced with computers in the late nineties.

The story of Papa Dallas, a poignant tale about a blind Black former slave who was easily identified by the "ugly" wrinkled scars around his eyes - reveals DIRT, the western world would prefer to leave 'beneath the carpet' because this tale epitomizes the impact of terrorism, and the mental paralysis of FEAR! An inhumane act of cruelty was inflicted upon Papa Dallas to "teach him a lesson," and to serve as a deterrent to all the other slaves who may have been prompted to do what he did – **before his 8th birthday.**

'Papa Dallas' relayed this story to his daughter on a garret (*A southern term for an attic or a covered front porch*). Again, she inquired about the scars that disfigured his face and caused his blindness. Upon telling the story, he secured a pledge from her. The following abbreviated quote summarizes the story he told after her innocent pleas, and unrelenting curiosity to learn the cause of his blindness and the deep scars that disfigured his face.

"Well daughtah, when I was mighty yung, justah `bout yoh age, I usetah still away ~ under a big oak tree ~ to try to lurnn my alphabets, so's that, I could lurnn to read muh Bible. But one day, the overseer caught me, and he drug me out on da plantation, and tunnd and called out to all the field hands. Let this be a lesson to all of yah darkies ~ you aint got no right to lurnn to read! And then daughter, he whuped me ~ and he whuped me, and then as if that wuzn't enuff - He tunnd around and bunned my eyes out ... (*at that point she began to sob*) . . . Don't you cry for me now daughtah? ... cauz today? Aint nobody gon bunn yoh eyes out -- cauz ya wanna lurnn to r e a d? ... Promise me, dat you gon pick up evareh buk you can, and you gon read

'em from covah to covah? And promise me, that'ya gon go as fuh as ya can in school? ... And, one moa thang, promise me ~ that you gon tell my story?"

Tapes & transcripts may be at The National Archives of Washington, D. C. in the 'Interviews of Slaves'. It is also referenced in 'Remembering Slavery', which was hosted by Dr. "Tonea" Stewart a family witness through direct "bloodline."

This chilling account of torture is a symbolic testament of the vile acts that dehumanized, and maimed melanin dominant people with a fear buried so deeply that it echoes throughout the DNA of all Afrikans whose genetic material survived the passage. In this book, you will receive an awareness that will trail each breath you take. It will teach you to respect learning, live your life, to THINK and stay on the path of SANKOFA as you are awakened by the mantra of truth in MA'AT! Read on – you will never be the same.

Bio-Sketch

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Niyana is a Behavioral Neuroscientist - Neuropsychologist who completed the first EEG study on culture and learning styles among Afrikan-American males. He also taught psychology in academic settings for greater than ten years, 3 of which were rotations in the U S Pentagon, as well as presented research as a Danforth-Compton scholar at Brown University in 1989, and Yale University in 1990. Special interests are, OTC orthomolecular interventions in treating mental health problems, Post Traumatic Stress Disorders, neuroplasticity as mediated by cultural endorsement, and traumatic brain injury (TBI & mTBI-concussions). Currently, Dr. Rasayon is an Adjunct Professor & consultant, whose work is best summarized in this magnum opus, *Reality Check: A Manual for the Hue-man Octahedron & the Mystery of Melanin*. The material is definitely "outside of the box." And, of course, his most recent project, on 'crossing over', scheduled for release the summer of 2013.

ANUBIS: The Guardian Of Ascension