

# IRASCOM Journal

InIversal Ras Tafari Community Journal

[WWW.IRASCOM.CJB.NET](http://WWW.IRASCOM.CJB.NET)

Volume I, Issue 6

November 2005

## Celebrate The Promise

### Issue Preview



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Volume I, Issue 6

November 2005



**IRASCOM Journal ®**  
**The Official Journal of the Inlversal Ras Tafari Community**

Thoughts and ideas explored in the IRASCOM Journal are that of the writer and not necessarily the position of the Journal or IRASCOM Cooperative International.

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# CHAIRMAN'S MESSAGE

Selassie I Love,

InI take this opportunity to welcome back the return of Sista Issa Kelly, our Journal Managing Editor who was away on surgery and JAH has been faithful in returning her unto InI repaired. Sista Issa welcome home and know that the I is loved and appreciated for the I's contribution and work to Rastafari.

In this Message, InI want to reason with the I's about "skeptical Rastas." Skepticism is good and has its place in society, in that the Almighty teaches InI to try these things and test them to see if they are true. IRASCOM is an international organization and our reputation is well accepted in the presence of other Rasta organizations and many Rastafari Elders and Incients, I assure you that we are valid and credible organization. UNITY is a must, the problem is that everyone has their own roadmap on how to achieve INITY and IRASCOM too has its own unique plan. Unless InI begin to examine each of these plans and explores them fully and their operations, we will continuously be fighting against each other.

What we propose is the drafting of an International Constitution that will govern ALL of Rastafari, including all mansions, houses and fractions.

In Addition, we propose Rasta Law be developed, which will basically be the gathering of INI elders and Incients who will be asked to define RasTafari Principles, Doctrines and Teachings as applied to each mansion

While this idea seems noble, there are many who fight against it because they think total independence is the best route for Rastafari. But Man wasn't made to be alone and total independence is not the will of the Father. No man is an island by himself, and until InI learn to depend, trust, lead and be guided by each other, we will forever be in combat.

While there are many plans and talks of International Conferences to set up Global Secretariats and Body's and Movements and things, we are only fooling ourselves by advancing a cause when we haven't been faithful to the few issues before us. Problems like (a) White Rastas, (b) Divinity of Haile Selassie, (c) Rastas who Haile Jesus Christ, (d) Ital diet and Fish, (e) Education in Babylon School systems, (f) Death and Burials and (g) Marriages,

We need International Conferences, where the LEADERS or Mansions/Houses/Fractions & Organizations of Rastafari will come together, the persons who have the authority to make these necessary decisions about their respective bodies that they represent. And time and time again, these are the VERY people missing from these conferences. The absence of 12 Tribes at the Panama Summit was pivotal, in that, they represent a LARGE section of the Rastafari Movement, some reports citing them as the largest sect of Rastafari.

The absence of TTRU, RCO, Empress Menen Foundation, Jamaican Rastafari Development Community (Shashamane), The Jamaican Reparations Movement, David House of Rastafari, and the fractions of Bobo Shanti and Nyabinghi in Florida and The Bahamas who fail to come under the administration of their respective head offices in Jamaica has greatly, in I opinion, affected the outcome of the entire conference.

In Conclusion, I Respect the various names of bredrens and sistrens who have been nominated to the INTY Conference Committee, but InI must say, that these names, propose some issues in that their enthusiasm for Rastafari is discouraging to some other key players.

InI propose that we (Rastafari) appoint INDEPENDANT, IMPARTIAL, NON-ALIGNED Rasta to the Committee, in every aspect of the Conference and each Mansions/House/Organization should have the right to challenge the appointment of anyone to that committee.

Humbly I submit these views,

Ras Israel Berhane Mariam

## EDITORIAL PERSPECTIVE

Blessed Greetings Dear Readers,

Give thanks to JAH that we are here another year to celebrate the 75<sup>th</sup> anniversary of the coronation of His Imperial Majesty Haile Selassie I and Her Imperial Majesty Empress Menen I. What a glorious time for us to come together in the guiding light of HIM to inform and reason with our Idren.

Over the next few months you will be noticing some changes in the IRASCOM Journal's format. The content will be staying the same, save the ongoing improvements in quality. The layout will be changing and some of the changes will be some new sections or sections that may only be quarterly. An example of our quarterly sections will be the Spanish Reasonings section, until we get more Spanish as first language writers on staff. We would also like to add a French Reasonings section so if you are a French speaker and are interested in contributing to the Journal please contact me at any of the address found on the back cover or at the email address below.

We continue to encourage our Idren that have Rasta centered events to send them to us. If you have a small jpeg that you want us to use, please send that, but keep in mind this is a black and white publication so keep it simple. If we just have information and no jpeg to use it will be a plain ad as you've seen in the past issues.

Our goal is to start some paid advertising in the near future. We have some pricing and payment issues that we are trying to work out. When we have advertisers from around the world these things can be a little tricky. We don't want to price anyone out of advertising with us.

We will be recruiting sponsors as well. I'm sure you are all asking why we are starting such a big push for financial support. We are looking to produce the Journal in a professional manner and keep it FREE to anyone that wants to read it. For us to accomplish that goal we have to have financial support from our readers and our community. If you are reading this in it's printed form be assured there was someone, usually one of the writers, that has made the sacrifice of time and expense, out of their own pockets, to produce it. If you are reading this online I encourage each of you to print one or two copies and pass them on to someone who doesn't not have internet access.

There will be more diverse and sometime controversial topics tackled. We will be having more articles, from varying perspectives, on the topics that Ras Israel Berhane posed in his Chairman's Message, along with others, such as: Rastas of non-direct African decent (white); the divinity of Haile Selassie; Rastas who hail Jesus Christ; Ital diet; death and burials; marriages; Rastas and the gifts of the Holy Spirit – those who speak in tongues; the Comforter Shall Come – Rastas and the Holy Spirit; Rasta speak and the terminology used within the Rasta community and the appropriate use of titles, to name a few.

As always this Journal is for you. If you would like to participate in any of the topics mentioned above please contact me to make arrangements. If something has moved you please let us know, as the Idren have in the Letters to the Editor section. If you have ideas that you would like to share, let us know. We are here for the community of Rastafari, as a sounding board, as a rallying cry, as a reasoning session and as a gathering point. Consider this Journal the big cottonwood tree we use to sit under in the mid-day's sun to take some shade and enjoy the company of our community.

Humbly Submitted,  
Issa Kelly  
Managing Editor  
IRASCOM\_Journal\_Editor@yahoo.com

# LETTERS TO THE EDITOR

## Disciplining Children

July 2005

I-man need to add some teaching from I Fadda to the Reasoning on Disciplining Children. It is to be said that I-man have no experience with own children and I Fadda gone when me been in age of 13. Him teaching made I to the Man I am and give answer to Empress Idrayah's suggestion "...try to find other forms of discipline that will work..." I Fadda Erich showed I that I can trust him and what him said to I was law because of love. Him never hit I, him never had to. Whey me didn't follow what him said be been lying to I-self and wors of all it is dividing I from I Fadda. Him rod was the word. JAH Rastafari!

~ Ras Eliyas-Meshulam  
No Country Given

.....

## General Reasonings

Beseme Ab wowold Womanfes Kidus Ahadu Amlak Amen.

Greetings in the name of our Lord and Saviour Eyesus Kristos who has revealed Himself to InI in the personality and character of His Imperial Majesty Emperor Haile Selassie 1, King of Kings of Ethiopia, Lord of Lords, Elect of God.

Rastafari blessings and confratulations on the tremendous publication. I pray it will be a forum for open dialogue on all issues concerning Rastafari. I pray that it will not be used as a vechilce to "blood and fiyah" idrens and sistrens that do not go along with all the opinions and teachments of InI elders or any one individual. I pray that it will be a forum where InI can have open dialogue on contentious issues with a view to coming to a one voice on fundamental tenents of InI livity.

I am currently residing in Nairobi, Kenya where Rastafari is growing a rapid pace and reggae music is the number one on the airwaves even on National radio, but many youths are mislead with doctrines that are more to do with the traditions of man rather than the teachings and Utterances of His Majesty. The Journal could be a welcome form of edification.

Blessings, once again, on the ones dynamic works,  
**Gebre Medhin Samuel**  
Kenya

.....

Perfect peace and joy in the name of the One Most High Haile Selassie the First, JAH Rastafari, to all true devotees of our beloved Lion of Judah.

My name is Ras Berhane Kassa from the Twin Island Nation of Trinidad and Tobago, currently living just outside Asheville, North Carolina.

My mission is to assist I 'n I community to be purified and strengthened so as to be the prime alleviators of suffering locally and globally.

I thank JAH for IRASCOM and the courageous views expressed in love and respect.

I don't think I need to itemize the areas where I 'n I as a community have been "dropping the ball". It should be enough to say that we have been contaminated with Babylon's American Dream egotism (to me the matrix in which the lost are trapped) and we must burn out

and rise above those self-centered vibes and achieve spiritual repatriation before we can make mass repatriation to physical Mount Zion, the African continent, a reality.

The Most High His Imperial Majesty has trained me from my youth in the science of spiritual initiation. Krishna, Buddha and Yehoshuah (King Selassie in His previous incarnation) as representatives of the Highest Self in all, were all rejected and ridiculed till life revealed the truth of their teaching. The main reason this cornerstone is always rejected by the elite and their slaves is that the teaching rejects egotism and materialism and replaces them with identification with Eternal Love. This truth is in all of our hearts and is natural African Culture. I call it Cosmic Zen Rastafari but it is timeless and beyond form and therefore beyond names.

We must practice compassion and meditation (mindfulness) every day. JAH Rastafari is past, future and most importantly the Now, the never-ending immediate moment. JAH is always and is perfect so by uniting with JAH, I 'n I partake of dynamic perfection in the Now.

We must be "Highest-Self" reliant with His Majesty's golden rule guiding all our intentions and actions.

To continue in the egotism Matrix can only lead to depression and insanity, which is the "Hell" that those who reject truth go to.

That's how we know that Babylon's white supremacy Fascism must surely self-destruct. H.I.M. is of the lineage of King David, the champion of the poor and of King Solomon, the Master of Mystic Wisdom, whose teaching recommends a blend of faith and practical action. This is the same as the teaching of the Buddha for whom God is the Intelligence of the Universe.

I recommend the study of the Book of Enoch, kabbalistic philosophy, the speeches of Haile Selassie the First, the Bhagavad Gita, the Heart Sutra, the Diamond Sutra, the Dhammapada, and the lyrics of Bob Marley and The Wailers.

Let us stop being double minded and fully acknowledge Brother Bob (Berhane Selassie) as the foremost mouthpiece of JAH in this time and Nyabinghi and Reggae music are the sacred music of H.I.M.

Let us support our elders, our Reggae performers and those who supply us with King Solomon's sacrament, Kali herb.

I feel sorry for those who don't truly love and respect Empress Menen, who represents all women and their children. We must unite, for Rasta is unity. I am available for advice and counseling on Mysticism and meditation; spiritual repatriation.

Let us elevate in our discipline and consciousness, living constantly in the Joy of JAH Rastafari who is Himself, Heaven. Infinite Love and Respect to all and may the humility of Haile Selassie the First bless and keep us all itually. Selah.

Yours Truly,  
**Berhane Kassa**  
Trinidad and Tobago

## ELDER'S TESTIMONY

### Incient Bongo Shepan & Incient Bongo Irie Irons Reasons about the Abuse of The Holy Sacrament

#### Ras Berhane:

Another important issue is the abuse of Marijuana, I heard a Ras mention that some of the elders felt that ones are abusing marijuana and that they don't overstand the sacredness.



**INCIENT BONGO IRIE IRONS**

#### Incient Bongo Irie:

Yea, that is true, that is true. What I mean, for marijuana is the healing of the nation and it good for the human conception, the I seen and we have to move prophetic with the commands and with the sacrament of thanksgiving, yuh know what I mean?

Some man dem just burn it fi get high, yuh know what I mean? Nothing significant a go around why him burn it and all type a thing, so yes, that's true. From long me a burn herb ya know, but me naw a burn herb like dem and dat type

a thing. It make a man more meditative, it make him more collective, it make him more relax in a thing, yea, seen, and it make him more calculative. Yuh naw see it?

For herb is the Rastaman twinbredda, so yuh can't have rastaman without the herb or the herb without the rastaman. Yuh have some man, him prefer drink the tea, yuh have some man he prefer draw up a lickle [little] spliff and some man prefer if him a steam it, some man prefer use it in different type away.

For yuh have seven different way yuh use herb ya know. For when we use the herb we say (1) its power, (2) for yuh have the herb where ya consume it for medical purposes, (3) yuh have herb where yuh use it for the sacrament, (4) yuh have herb where we use it for bath, (5) yuh have herb where we use it, (6) every time a man come in a gate yuh must him a draw a herb, yuh know what I mean, all dem type a thing, (7) yuh have herb where by we use it for purpose. So by right yuh must know the herb and the very gift of herb by love, more the fact so it can't lead to confusion.

#### Ras Berhane:

When does one realize that one is abusing the herb, how does a rastaman overstand that he is not using it in the right way, but he is using it in a wrong way, what advice would the I give to one?

#### Elder Bongo Irie:

Yea, cause is him who a KNOW he abuse it, he know dat! Him a use it to hyper the I and all type a thing there, it give him the impetus to go and do something, or whatever and all dem type a thing. Yuh

See? A man can't feel like himself, dem can't go do something and him don't have a draw of herb.



**INCIENT BONGO SHEPHAN**

#### Incient Bongo Shephan:

Iman would like to move upon dat.....Now the herb is our sacred sacrament inna the congregation of righteousness. The Roman Catholic and the Presbyterian and the Church of God and the pope and the world dem use bread and wine for their communion, we the Rastaman we a use the herb as our communal

meal, with the chalice. Now if that herb is so sacred, as a communion for the congregation of righteousness, so I don't see that man should be running up and down a the street with that big spliff inna him mouth, or with the ganja pipe outta him mouth and all those different things because it so sacred that I believe it should only be used inna the church.



**INCIENT BONGO IRIE IRONS, INCIENT BONGO SHEPHAN AND RAS BERHANE**

So the abuse-able part of the herb is the people dem that use this herb without discretion, yuh understand? Without the knowledge of the sacredness of this herb because if yuh use this herb according to the churchical order, maybe is one time a week yuh use it, when church call. And you go a church service, yuh have a communal hall or a communal room, where everyone go and take dem communion and come back into the tabernacle, come give praises unto the Most High, because as a fact, not even the tabernacle room, the altar, the herb shouldn't be what? Used!

Because it is a communion sacrament. And that is the I input pon that! Yuh have a next fi him a tell me, no him don't agree with me, for because him have to make a spliff and walk with it and go pon the streets, yuh understand, when him go pon the street the police a come and ask him about it, because him abuse it, and charge him for "abuse substance." Yuh sight what I mean?

So it's the collectiveness of a one with herb make herb be used in a collective way, the collectiveness of a one, again make herb used in a herb used within that collective way. Yuh have to emphasize upon that for because I know clearly according to the scripture. Yuh understand what I mean? Its not an abusive substance. Yuh understand what I mean? It if is so holy, the holy herb, then it should be used holy. Give thanks. ✨

## DID I NI KNOW? The Sacred Name Of Rastafari

By: Ras Haile Mikael



The name Rastafari is pronounced with an (e) sound at the end therefore rhyming with safari and any variation from this is seen as a corruption of what is a very sacred and ancient name.

The name Rastafari predates the Gi'iz and the Amharic languages both of which has enormous Semitic influences let alone the English language, therefore its pronunciation should not be subject to or corrupted by English phonetics.

The name Rastafari derived from the ancient Ethio-Egyptian *Medu Netcher* (writings of the gods), which is erroneously called hieroglyphics- a Greek term. The word Rastafari in our ancient tongue is a combination of two words *Rasta* and *Fari*. The word Rasta connoted a very sacred and holy person who tended to the affairs of the temples of the gods (Netcher), e.g. the Ethiopian temples at Abu Simbel and Luxor. Usually the temples were also referred to as Rasta- assumingly because it houses the Rasta man.

The word Fari connoted a king or an emperor. The present day word Pharaoh is a European corruption of the word Fari. Parenthetically speaking, it is very important that we do not change the sounds of historic names and words; this act contributes to the distortion of history. In this same breathe I am appealing to all Rastafari to desist from pronouncing Rastafari with an (i) sound at the end. Also there is no such thing as Selassiel; to refer to HIM Kadamawi Hayle Silase as simply Selassiel is to disrespect someone of peerless and unmatched status and royalty.

In continuing, the word *Fari* was also used in reference to a palace or place where the *Fari* dwells.

Today in the Amharic language the word has undergone some syntactical and lexical changes, but conceptually it remains the same. In *Amarenya* the word *Rastafari* is a combination of the word *Ras* and which means Prince or head or self and *Tafari* which means 'he who inspires fear'. The word Tafari came from the verb root *Fara*-he feared- of which the constructive tense is *Far*. It is to this Far that the 'i', which indicates an agent, is added to get Fari-King or one who inspires fear.

In closing, the I sound that is so revered in the Rastafari movement connotes negativity in Ethiopia. ✱

**Our Prayers Go Out To  
Our Brothers And Sisters  
Affected By The Earthquakes  
In India, Pakistan, Kashmir and Afghanistan**



## AFRICAN VOICES

### Marcus Garvey's Influence On Me

By: Bobo Andrews from Ghana



"IF the white man have the idea of a white GOD, let him worship his GOD as he desires. if the yellow man's GOD is of his race let him worship his GOD as he sees fit. We, as Negroes have found a new ideal. Whilst our god has no color, yet it is human to see everything through one's own spectacles and since the white people have seen their GOD through white spectacles, we have now started out (late though it be) to see our GOD through our own spectacles. The GOD of Isaac and the GOD of Jacob let him exist for the race that believes in the GOD of Isaac and the GOD of Jacob. We Negroes believe in the GOD of Ethiopia, the everlasting GOD-GOD the Father, God the son and God the Holy one, the one GOD of all ages. That is the GOD in whom we believe, but we shall worship HIM through the spectacles of ETHIOPIA." - **Marcus Garvey**

Greetings one and all.

Marcus Garvey's verse has motivated me a lot, to see that everyone has the right to worship God the ways he sees fit. This is the time that every Rastaman should stand strong and no matter the tribulation you go through worship God the way he or she sees it. Your caretakers can never show you God nor force you to be like them. The greatest person you can be is to be yourself. Live good among people and let the love of God shine in your life, otherwise you will never succeed in life. You will follow the crowd every time, which will never be ideal for you. Be yourself and see God within you.

## Love To Write? Did You Find Typos?

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## POET'S CORNER

### The Healer

By: Bobo Andrews

I AM THE HEALER  
 I AM THE HUMBLEST  
 WISE AS I MAKE FOLKS  
 INDUSTRIOUS AS I MAKE FOLKS  
 STRONGEST OF ALL PERFUME  
 GREENER I LOOK IN NATURE  
 HARMFUL AND FEARFUL BY MY ENEMIES  
 DISTINGUISHER OF GOOD FROM EVIL  
 BY MY LOVERS  
 INTIMATE RELATIONSHIP I BUILD  
 WITH MY LOVERS  
 I STILL REMAIN THE HEALER.

### JAH Love Came A Calling (at my window late last night)

By: Exiled

Jah love came a calling at my window late last night -  
 Using words I never heard but the feeling hit so right.  
 In the darkest hour - always shines the brightest light -  
 And the path is made much clearer when that love light hits your  
 eye.  
 JAH LOVE came a calling at my window late last night.

Love is a warrior - never a pac-I-Fist.  
 I don't need no lawyer - Lord to argue this.  
 If you know the truth now - what is a little risk!  
 And i-man been so long now - on that old black list.  
 But.... love came a calling at my window late last night.

Took a little trip back to the other side -  
 Call it incognito but from One I could not hide.  
 Ancient masks they covered - Lord from head to toe  
 Seeking just one answer but nobody seemed to know.  
 Then.... JAH LOVE came a calling at my window late last night.

Love came a calling at my window late last night -  
 Using words I never heard but the feeling hit so right.  
 In the darkest hour - always shines the brightest light.  
 The body may get weary but Jah Soul it never dies.  
 JAH LOVE came a calling at my window late last night.

Lord I begged for truth - still those voices lied.  
 And my scorn it laughed out loud - but my innocence it cried.  
 I saw the road was narrow but my path was cut so wide!  
 And I could not close that gap - no matter how hard I tried.  
 Then...JAH LOVE came a calling at my window late last night.

I vision that tidal waves were running - Lord over thirty feet tall.  
 And I sought protection - beneath a twenty-nine foot wall.  
 As I started to go down - I heard the children call  
 All is not as it seems and the waves they seemed to stall.  
 Love calling...

And Love said.....

"I'm the only answer - as it's always been.  
 Grab hold to me my child and never let go again."

Love came a calling at my window late last night -  
 The body may get weary but JAH SOUL it never dies  
 And the path is made much clearer  
 When JAH LOVE LIGHT hits your i's...

In the darkest hour always shines the brightest Light!  
 JAH LOVE came a calling at my window late last night.

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# HEALTH, FOOD AND NUTRITION

## Body, Mind Spirit - Part Three: The Spirit

Of a Three Part Series  
By: Sista Janae

In the last two issues, I discussed how the body and mind are intimately connected to our overall well-being and how balancing them can lead to a deeper connection with the Divine. In this final article, I am going to talk about Spirit and how we can access it within ourselves.

Many definitions of what Spirit is exists, but for the purpose of this article, I am going to define Spirit as the essence of the Most High that is pure, creative, boundless, and exists within all things. Therefore, we are the very \_expression of the Almighty and a testament of the greatness of the Creator. Yet, we have forgotten our inheritance, and have subjected our souls to infinite forms of degradation, despite being created in the likeness of the Most High.

To attain this connection once again we must live spiritually. This is different from living religiously. We must not allow doctrines and creeds to mask the responsibilities we innately and instinctively know we have toward ourselves, the

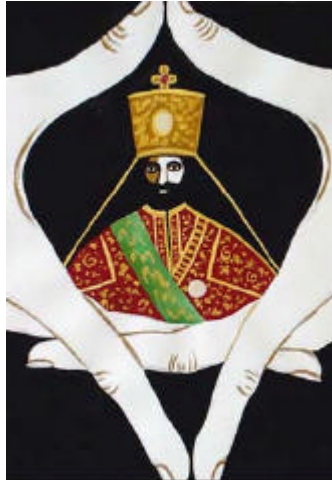
Earth and others. This innate knowledge is the voice of the "Comforter", the Holy Spirit that counsels us in the absence of the physical presence of a Teacher. Just before His crucifixion, Yahoshua comforts his disciples by stating:

**". . . I will ask the Father, and he will give you another Counselor to be with you forever - the Spirit of Truth. The world cannot accept him because it neither sees him nor knows him. But you know him, for he lives with you and will be in you."** [John 14:16-17]

He also tells them that, **" All this I have spoken while still with you. But the Counselor, the Holy Spirit, whom the Father will send in my name will teach you all things and will remind you of everything I have said to you."** [John 14:26]

These words allow us to see that the Divine exists within us and counsels us if we would just listen. Spirituality is not a set of rules, a gospel, or philosophy. It is simply allowing ourselves to be counseled by the Holy Spirit and applying these teachings to our lives.

Living spiritually also entails consciously making an effort to grow and help others grow by utilizing and caring for the gifts that have already been given to us. These include our resources, talents, the people in our lives and Mother Earth herself. Growth also occurs when we emanate positive energy. We already know that whatever we do is bound to come back to us since we attract that which we are or have done and also because energy is never created or destroyed but just changes form. Therefore, we must be aware of sending and receiving negative energy. Negative energy is stagnant, regressive, and destructive and keeps us bound and blinded in emotional, physical and mental cycles. Positive energy also creates cycles, but these are the those of growth and progression.



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Promoting positive energy is done through allowing unconditional and unbiased love to flow to and through us. Love is the essence of Spirit. It is the evidence of the existence of the Divine within us. It is expansive, creative, blissful and binds all things together. Love is the offspring of equality and is the Divine Child brought forth by the union of the physical and spiritual planes. The lineage of Haile Selassie, Root of

King David, is the living legacy of the teachings and power of Love. The name "David" means *loved* or *beloved*, a name which was exemplified through his life's trials and triumphs. When Saul's dominion over Israel was transferred to David, Saul (meaning *desire* or *demanding*) sought to kill him. Yet, David refused to make Saul his adversary and instead, continued to love Saul unconditionally. Yahoshua taught this lesson of divine love in numerous sermons and carried out these teachings by healing the sick, imparting spiritual knowledge to those seeking salvation, and expressing love and tolerance toward his persecutors.

Divine Love is realized by becoming aware of the beauty all around us. In this way, we can maintain a constant meditation upon the Almighty. A strong and

profound connection exists between beauty and love. When we truly recognize beauty within all things without greed or lust, we began connect with their energy. That is when we began to understand, appreciate and ultimately learn to love all things. Through universal love, we unite the physical and spiritual elements within ourselves just as Yahoshua was the "Word (Spirit) made flesh". So if you have an enemy or someone you just do not like, try to see something beautiful in them; for everyone, everything and every situation we experience has something to tell us about ourselves. The voice that speaks in these times is the Counselor, the Holy Spirit. It will teach us how to make all events and encounters in life meaningful and uplifting, thus bringing us ever closer to a divine state of consciousness.

This concludes my series of discussions on the body, mind and spirit. Bringing these to an equilibrium will help us align ourselves with the divine flow of creation. The nature of the universe is balance. Whenever there is an imbalance, the universe will seek to correct it and this clash is the cause of the perils that torment the world today. From hurricanes and earthquakes to disease, war, and famine, it is evident that balance and imbalance cannot co-exists harmoniously. Once we cultivate balance within ourselves, we will be able overstand what is needed to promote balance and peace within our own environment and consequently the universe.

There is so much more I can say but have not the space in these articles to relay them to you. There are also things that cannot be expressed through words. They can only be felt, experienced and lived. Yet, what I have written has come through what I have experienced through my years of studying, seeking Knowledge of Self and applying these realizations to my life. I pray that what I have written has helped others as we all strive to achieve our rightful positions as Queens and Kings . . . Daughters and Sons of the Most High.

JAH Love! ✨

# HEALTH, FOOD AND NUTRITION

## Fall Fare

By: Sister April

As cooler weather approaches, it's time to return to some old favorites in the kitchen. I am blessed to live in an area abundant with fresh, local apples. One healthy favorite for everyone, utilizing these, is applesauce. It is easy and rewarding to make plus as an extra bonus it makes the kitchen smell wonderful. The best varieties for applesauce are Red Delicious, Yellow Delicious, Jonathan, Rome, Gala etc. Stay away from very crisp types, such as Granny Smith, as they do not cook up as well and are not as sweet as other varieties. Basically you just cut the apples in quarters; peel, core and chop the quarters into 2 or 3 pieces depending on the size of the apples and how chunky you like the applesauce. Place the apples (usually about 2 lbs.) in a pot and nearly cover them with water. Add a small amount of sugar (if you like), cinnamon, and 1 – 2 tsps fresh grated lemon rind. Do NOT forget the lemon rind. This really "livelies up" the sauce. Let cook over medium low heat until mixture reaches the texture you prefer, usually about 10 - 20 minutes depending on the type of apples used. Stir often while cooking.



Another nice thing to try for this time of year and into winter is warmed apple juice or cider - a good alternative to tea and especially nice for the kids. Just slowly heat unsweetened apple juice or cider in a pan. Add a little honey, if you like, cinnamon stick(s), cloves and any other spices you enjoy. Easy and yummy plus the added benefit again of a wonderful smelling kitchen.

One of my favorite recipes for any time of year but especially now, as we tend to gravitate towards more hearty dishes, is "beans 'n'

greens" as I call it. I'm sure many are familiar with this dish but to those who are not, it is very easy, satisfying and healthy. It's just basically 5 ingredients with some variations.

12 – 16 oz greens; kale, Swiss chard, spinach, etc.

**2 Tbls.** olive oil

1 large onion, quartered and thinly sliced

One 16 oz can black eyed peas, drained and rinsed

**2 Tbls.** apple cider vinegar, or to taste

Salt & freshly ground black pepper, to taste

1. Thoroughly wash and tear greens from center tough stalk. Chop leaves coarsely.
2. Heat oil in large pot and add onions. Stir over medium heat until golden. Add greens, cover and steam until tender. If using kale or collards, add ½ to ¼ cup water to keep mix moist. Allow 3 – 5 minutes to steam Swiss chard, 10 – 15 minutes to steam other types of greens.

3. Stir in black-eyed peas and vinegar. Season to taste with salt and pepper. Cook until heated throughout.

I usually serve this dish over rice but it can be enjoyed as is.

JAH has blessed us with our temple... let us honor HIM by nourishing ourselves and our families with healthy food.

The above recipe was originally found at [www.care2.com](http://www.care2.com).

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# RASTAFARI REASONING

## Babylon Games

By: Brother Osib

If you try to look, you can clearly see how every day Babylon tries to get you involved into some of its games; games of stealing, cheating, hypocrisy, manipulation and other similar things.

They are giving us information through television, radio and other medias. Information that is incorrect and intently planned to make us think that their world of illusions is real. All those commercials that try to make you to think about certain products, their quality and their intent to help you, but all they want to do is to rob you and deceive you. Teaching to give without getting anything in return is almost lost. Rarely you can find someone who really wants to help you with their products. They lie about how their products are less expensive and better than other's, but they would never sell you anything if it was really "cheap". They do it without pardon, just in front of your eyes. It can really make you feel sick.

In school they teach the youths how to lie and cheat. They really have developed different methods for cheating and lying in different situations and they want us to learn that. They tell us how we can't live without it. And those who believe them, unfortunately become just the way they are taught. They are distorting history so that we think how it is good to do bad things. They are making heroes of murderers and cheaters, and trying to make them our role models. All of that, just to convince us that their world of illusions is real.

On every step you make, you see poverty and oppression, some places in larger proportions and some places in only slight proportions. They have forgotten about their Creator, about their Lord and they act like they have authority over things and people. Those are just their games of privileges. They don't see that they own nothing nor can they create anything. They didn't even create themselves and they think that they are so developed. All that is lent to them, they owe to the Creator, but they just don't want to admit that, because they have fallen so deep into the illusion.

They are trying to make us look differently at each other and along with that they make us think that "we" are better than "others". How foolish they are. They have forgotten that we all come from our Creator and that's why we're all the same "One". Their skins, names, privileges, those are just their games. So, let them play if they really want to, but we don't have to play with them.

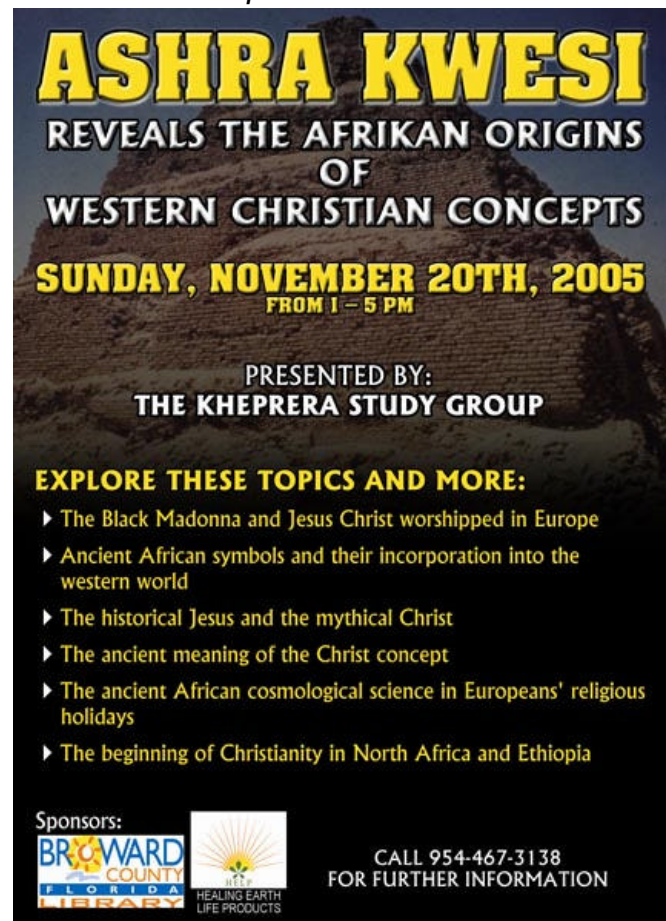
Although, we shouldn't be mad at them, because they are just blind. If we hate them, it won't do any good. We should be thankful to our Father for eyes with which we can see the truth and we should show the truth to those who are blind. Even they have the love in their hearts, because everything is filled with love of our Father for us. Their love is might be hidden under coats of dust, we are the ones who should help them to dust off themselves.

Don't spend your time and energy listening to their deceptions. Leave them to trod their own path and give them nothing but love. That will make them come back to the path of the truth. It's true that stance like that can make you seem that it harms you in many ways, physically or mentally, but it always is the right path. JAH is holding everything under control even if sometimes we think that he's not. Those that are patient will be rewarded when the time comes.

Let's not let them make us pawns in their games of illusions. We shouldn't fall to their level and use their weapons. We have our weapons that JAH gives us and those are not the weapons of destruction, but of construction. Let's build and not destroy. Look upon all those brave singers who are fighting for truth with weapons of music and words. Let them be your role models and not some tycoons who are just trying to make more money because they probably think that they'll be able to rent themselves a nice hotel when they leave this world.

All these material things will pass away one day and what will stay is our soul. We shouldn't waste our time and energy on material things, but on those that build our soul. We should think about that, every time when we get attacked with greed or selfishness. So, just as "The Beat Fleet" say, "give to everyone whatever you can, 'cause it will all come back to you, just as a boomerang from the height, and will it be of rubber, or a sharpened metal, I don't have to tell you, you know for yourself." And we know that because our consciousness always tells us what's good and what's not good, so whatever you want to do, try to ask your consciousness first, then, you will know what you have to do. ✨

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## NOVEMBER SCRIPTURE

### Ecclesiastes 1:1-18

<sup>1</sup> The words of the Preacher, the son of David, king in Jerusalem. <sup>2</sup> Vanity of vanities, says the Preacher, vanity of vanities! All is vanity. <sup>3</sup> What does man gain by all the toil at which he toils under the sun? <sup>4</sup> A generation goes, and a generation comes, but the earth remains for ever. <sup>5</sup> The sun rises and the sun goes down, and hastens to the place where it rises. <sup>6</sup> The wind blows to the south, and goes round to the north; round and round goes the wind, and on its circuits the wind returns. <sup>7</sup> All streams run to the sea, but the sea is not full; to the place where the streams flow, there they flow again. <sup>8</sup> All things are full of weariness; a man cannot utter it; the eye is not satisfied with seeing, nor the ear filled with hearing. <sup>9</sup> What has been is what will be, and what has been done is what will be done; and there is nothing new under the sun. <sup>10</sup> Is there a thing of which it is said, "See, this is new"? It has been already, in the ages before us. <sup>11</sup> There is no remembrance of former things, nor will there be any remembrance of later things yet to happen among those who come after. <sup>12</sup> I the Preacher have been king over Israel in Jerusalem. <sup>13</sup> And I applied my mind to seek and to search out by wisdom all that is done under heaven; it is an unhappy business that God has given to the sons of men to be busy with. <sup>14</sup> I have seen everything that is done under the sun; and behold, all is vanity and a striving after wind. <sup>15</sup> What is crooked cannot be made straight, and what is lacking cannot be numbered. <sup>16</sup> I said to myself, "I have acquired great wisdom, surpassing all who were over Jerusalem before me; and my mind has had great experience of wisdom and knowledge." <sup>17</sup> And I applied my mind to know wisdom and to know madness and folly. I perceived that this also is but a striving after wind. <sup>18</sup> For in much wisdom is much vexation, and he who increases knowledge increases sorrow.

### Your Participation

As each of us sit down for our meditations the Bible speaks to us differently. We encourage you to join the scripture reasoning. You can contact us several ways.

Post: Inlversal RasTafarl Community C/O Jamaica Office - #2 Terra Cotta Close Kingston 8, Jamaica, W.I

Email: [IRASCOMJournal@yahoo.com](mailto:IRASCOMJournal@yahoo.com)

Contact your local IRASCOM Ambassador; their contact information is located on the back cover.

### September Scripture

#### Luke 10:21-24

<sup>21</sup> In that hour Jesus rejoiced in spirit, and said, I thank thee, O Father, Lord of heaven and earth, that thou hast hid these things from the wise and prudent, and hast revealed them unto babes: even so, Father; for so it seemed good in thy sight. <sup>22</sup> All things are delivered to me of my Father: and no man knoweth who the Son is, but the Father; and who the Father is, but the Son, and he to whom the Son will reveal him. <sup>23</sup> And he turned him unto his disciples, and said privately, Blessed are the eyes which see the things that ye see: <sup>24</sup> For I tell you, that many prophets and kings have desired to see those things which ye see, and have not seen them; and to hear those things which ye hear, and have not heard them.

# RASTA YOUTH EDITORIAL

## Secular Music

By: Ras Ka'aria-Abdullah

Studies show that the preference for heavy metal music may be a significant indicator for alienation, substance abuse, psychiatric disorders, suicide risks, sex-role stereotyping or risk-taking behaviors during adolescence. But music is not the cause of these behaviors. It is hypothesized that teenagers already struggling with those issues may be attracted to heavy metal music, because the lyrics express their own troubled feelings.

Nonetheless, music may contribute to the atmosphere of violence that some argue is generated by popular media. Critics claim that music negatively affects teenagers by repeatedly exposing them to themes such as Satanism, substance abuse, murder, suicide and sexual violence, which may be heavily reinforced and normalized by the frequency of their portrayal.

For the last week or two I've looked at people that I know listen to Merlyn Manson and about ½ of them people had cuts on their arms. And half of them said they still do.

Not to say that people who listen to other music don't. To me it just seems like for some reason the people that listen to metal are not afraid to show that they do have cuts. Then a new question popped up in my head. Why is that? Maybe a cry out for help? But then again maybe they feel it is there sub cultures norm?

For example in the Merlyn Manson song *The love song* it says, "I've got a crush on a pretty pistol, should I tell her that I feel this way?"

I don't understand why the people who write this music would right about that. All I can think is of the true American value, money and power, and the people that fight for that don't care who gets hurt. Don't they see that they are a powerful figure? Don't they see that even if they don't mean it people will take things literal?

I personally don't buy any CDs that are by people that sing this type of song. And I believe that we need to look more into the effects music can have on the mind, and being that it is obviously strong we should have more music that is positive and teaches good and happiness not ending your life or taking one.

As Rasta we should use JAH's love as a sort of "load speaker" and we should try to help the youths that are affected by this babylon music, showing them our positive vibrations.

Jah Ras Tafari Bless,

Ras Ka'aria-Abdullah

# REGGAEMANIA

## The Purpose Of Reggae Music

By: Brother Osib

"Reggae is only what you hear and think is reggae. The word reggae means king's music. For it is black king, that is why they denounce recognition of reggae. But how long can they keep a good man down? It is relating to the people and the voice of the people is the voice of the Almighty." ~Peter Tosh

Wherever you go people usually refer to reggae as a music genre and a quite unknown genre if you parallel it with some of the modern types of music. Reggae goes far beyond being *just* another music genre. It is a deeply spiritual music that enters into your body through your ears and then it spreads, it actually "makes you wanna move your dancing feet" and builds little bricks of consciousness that eventually make a house for it to dwell.

It seems everything today is based on material things, therefore, much of reggae music is produced simply for the material purposes. That kind of music might satisfy your body, but it will leave your spirit empty. The ability to write inspiring music is a gift from JAH and it shouldn't be used for our petty material desires. Respect toward artists who distribute their music for free or for minimum price, it gives their music a more spiritual value.

Accounting for all the circumstances in which people live and the mentality it creates, music is one of the best ways to reach the people. They listen with their spirit and that is why it is important that the message the music gives is positive. Even if people don't like reggae it can touch them and without them realizing those little bricks are built inside of them.

Ones who are inspired by JAH to write His words and spread them to the people are the prophets of today. That is what reggae is all about. It's not about creating a new market, making tons of money or receiving all the popular awards. Reggae music is the voice of the people and the voice of the people is the voice of the Almighty and that is why it is the music that should be highly appreciated and revered.



"WHEN THE MUSIC TOUCHES ME I LOSE CONTROL. IT'S MORE THAN PHYSICAL, YOU SEE, IT GETS INTO MY SOUL." ~PATO BANTON



"MUSIC ALONE SHALL LIVE. NEVER GONNA DIE - SANCTIFY YOUR SOUL." ~CECIL SPENCE

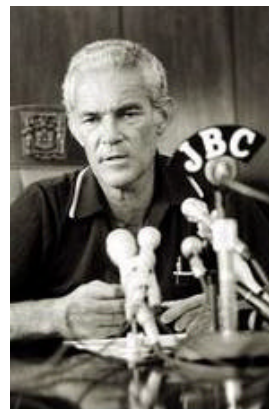


"MY MUSIC WILL GO ON FOREVER. MAYBE IT'S A FOOL SAY THAT, BUT WHEN WE KNOW FACTS WE CAN SAY FACTS. MY MUSIC WILL GO ON FOREVER." ~BOB MARLEY



"MUSIC AND THE HERB ARE THE HEALING OF THE NATION. SENT FROM JAH WHO WE PRAISE."

"SOMETIMES YOUR TEMPERATURE, IT REALLY GETS HIGHER, AND THE MUSIC SETS YOUR SOUL ON FIRE."  
~PETER TOSH



"THE JAMAICAN MUSIC THAT IS EMERGING INTO THE WHOLE REGGAE PHENOMENON, IS ONE OF THE MOST TREMENDOUS POLITICAL FORCES IN THIS COUNTRY. BECAUSE IT IS A TREMENDOUS FORCE FOR CHANGE, IT IS THE FIRST REAL PEOPLES' LANGUAGE, THAT HAS EMERGED, IN WHICH PEOPLE ARE SINGING OF THEIR WOUNDS, THEIR TRAGEDY, THEIR DESPAIR...AND ARE FORCING THIS SOCIETY TO UNDERSTAND THEM."  
~MICHAEL MANLEY

# BROTHERS' AND SISTERS' KEEPER

## SoulJahs Inna Captivity

By: Ras Miles Jacob Marley

**"Remember Those Who Are Prisoners, As Though You Were In Prison"**  
**Hebrew 13:3**

Blessings in the name of The Most High Jah Rastafari.....Selassie I The First.

Welcome and Blessings to the October issue of the Irascom Journal. I would like to first take this opportunity to personally thank the Chairman of Irascom, Israel Berhane Miriam and InI Editor of the Irascom Journal, Sista Issa Kelly, for there continuous support of InI Prison Ministry and efforts in moving forward Jah Works....Bless Up to both.

During the past issues InI have been telling ones of the struggles that InI Brothers and Sisters face in the belly of the beast, because of there beliefs in a spirituality which is not excepted or conforming to the norm of the Prison system, which brings I to this editions topic, dietary law, or choice. As InI all know, with in the different spiritual and religious groups and entities, there are choices ones make thru faith. Examples of this would be the partaking of Kosher foods, the no consumption of pork and the no consumption of any deaders (meat). This is also true with in the Rastafarian faith. Now let Imon express I feelings on this. I, as a Rastafarian, do not partake in any meat, and feel that this is I choice, arrived at through faith, study and livity. Rastafari livity is not a easy road to travel, and as one's progress in there faith and livity, then ones realize the importance of Ital living. There are Rastafarians who do partake in fish (no larger than 12 inches) and some who partake in other flesh, but for the most part many Rastafarians are vegetarians. With in the prison system, persons who can prove there spiritual affiliation and can provide basic beliefs of there faith are allowed to submit the proper paper work to obtain the desire meal of their choice.

This has become a task for many of InI Brothers and Sisters ina captivity, because of the lack, once again, of recognition of the Rastafarian Faith. I have constantly been sending out letters of verification, for inmates who are registered within the prison system as Rastafarian. Now ones must realize that InI efforts are not to change the system, but more to upgrade it in a spiritual overstanding of InI. Problems that have and are on the rise is the fact that they will not provide InI SoulJahs with InI proper diet. There is a constant mixing of foods, such as using the same utensil to serve meat and then serve veggies. The purchasing of product with animal fat is another practice. The many uses of dairy products. I have personally witnessed these circumstances. Now I will say this, there are some prisons with in the 100 plus that InI Ministry represent, that do hold and respect InI beliefs, but the number is very low. It is ironic how they accept mainstream spiritual faiths yet not realizing that Rastafari is mainstream. Dietary law is governed by the vow of the Nazarite, yet I am always questioned on which bible do Rastafarians use, and Imon always say, "I don't use the bible, I live within the bible and it's the same one that you use" So now ones may ask what can be done about this? As I Beloved Brother Peter Tosh say, "Get Up, Stand Up"....and be I Brothers and Sisters Keeper...Jah Love and Blessings.....Rastafari

### Adopt A SoulJah

Sista Shelia Bedford -#18229-018

Sista Cynthia Rodriguez -#24838-050

Sista Jennifer Espailat - #72312-053

All of these sisters can be contacted at this address:  
 Federal Correctional Complex Camp  
 P.O. Box 1027  
 Coleman, Florida 33521-1027



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# VOICES FROM THE BELLY OF THE BEAST

By: Brother Jose L. Texido

**Note From Ras Marley:** Jah Blessings once again, This is the first time I have receive a letter from I Brother Jose, this is a follow up from last months article where InI heard from I Brother Ras Bull. Jose is incarcerated with I Brother Ras Bull, and I must say the correspondence I receive from them, truly is a outcry for help, but more importantly it is a out cry for UNITY amongst InI, for there is strength in numbers and it is the only way to conquer this struggle with in the belly of the beast. I Brother Jose is of Hispanic decent and sent I a script both in Spanish and English. I have always and always will type there own words and will not edit there meaning, these are their word and Jah knows, who feels it, knows it. I Brother Jose writes the following, (this is not intended to attack any one person or any one City, State or Island, once again these are his words).

To the World,

My name is Jose Texido Im innocent man in jail, DNA is no good in front the Judge Edgar Ross and his friends. Im ask for help to persons in big position but everybody is afraid the Judge Edgar Ross. Jose Texido DNA exonerated him, but same Judge sentence him to life in prison plus 2 years. Somebody help, please. The legal terrorist is in Virgin Islands. Some Police frame me and others, is in records, but they friend of Judge. Im in here from March 1996, my wife died in 1999, Im alone in this hell, no help or justice from anyone on this Island. Almost everyone is family including police, judges etc.

Any person reading this, please send me a little letter, go to be very appreciate. I don't have letter in a long, long time is like I dead. God Bless you and your family. I take full responsibility for everything written in this letter.

Jose L Texido.  
R.R. #1  
P.O. Box 9955  
Kingshill St Croix, USVI  
00850-9715

**Note From Ras Marley:** I have actually seen the paper work with the DNA results, dated 16 April 1997, were it clearly states Jose Texido is excluded as the donor of the material on the material submitted, and also have seen a letter from the Office of Senator Shawn-Michael Malone, dated October 11, 2004, stating that the research division of the office is currently investigating his complaint and will contact him in 5 working days, as of yet he has not heard from them, the longest 5 working days ever known

PRAISE JAH RASTAFARI.....[www.ruo2000.org](http://www.ruo2000.org)

**Note From The Editor:** I urge you to write to Brother Jose. None of us should feel dead when we are fully alive. Brothers and sisters – I too have seen this paperwork Ras Marley speaks of. It is our responsibility to stand up for those who cannot stand for themselves. I have included the telephone, fax and email and traditional address for Senator Malone, the Governor and Lt. Governor of St. Croix. Please take a few minutes out of your day and email Senator Malone and request the he follow through on his letter to Brother Jose date **October 13, 2004 Re: DNA results #96-112002**

**Senator Shawn-Michael Malone's Information:**

Telephone: 340/693-3529  
Fax: 340/693-3642  
Email Address: [smalone@senate.gov.vi](mailto:smalone@senate.gov.vi) or [smmalone@yahoo.com](mailto:smmalone@yahoo.com)  
Website: <http://www.senate.gov.vi/Malone/index.htm>  
P.O. Box 1690  
Capitol Building  
St. Thomas, U.S. Virgin Island 00804

**Governor Charles W. Trunbull's Information:**

Telephone: 340/774-0001  
Fax: 340/774-1361

**Lt. Governor Vargrave Richards Information:**

Telephone: 340/774-2991 or 340/773-6449  
Fax: 340/774-6953 or 340/0330

## THE UTTERANCES OF HIS IMPERIAL MAJESTY Speaks Out On Jesus Christ



"When Jesus Christ was born from Virgin Mary, from that time on He lived an exemplary life, a life which men everywhere must emulate. This life and the faith that He taught us assures us of salvation, assures us also of Harmony and good life upon Earth. Because of the exemplary character of the life of Jesus Christ, it is necessary that all men do their maximum human efforts to see to it that they approximate as much as they can the good example that has been set by him.

It is quite true that there is no perfection in humanity. From time to time we make mistakes, we do commit sins but even as we do that, deep in our hearts as Christians, we know we have forgiveness from the Almighty. He taught us all who see Him shall find Him. To live in this healthy life, a Christian life, is what makes me follow Jesus Christ.

For Christian people no day is as glorious and as joyous as the day on which they commemorate the nativity of our savior Jesus Christ. On this day each one of us tries to forget his worries and his anxieties and endeavors to alleviate those of his loved ones and friends, and to forgive those who have wronged him, so as only to meditate on the life of Him who is Supreme Lord in All. From our early childhood we are struck by the sentiments of unfathomable mystery, simple and yet sublime, which stirs up in us the evocation of the birth of the Divine Child.

The mystery of Bethlehem reveals itself in our spirits, the more fascinating as we advance on the path of life, and the more we realize the magnitude of the mission each one of us has to accomplish in this world, be it humble or noble, arduous or thankless.

An unheralded event, expected for more that forty centuries has at last been accomplished: the Son of God is born. He has only a stable for His palace and a manger for a cradle. The hearts of the wise are thrilled by this majestic humility,

and the kings of the Earth bend their knees before Him and worship Him.

'Peace on Earth, goodwill to men,' - this was His first message. In the same manner when He went to the summit of Calvary, there to expiate for our sins with the supreme sacrifice, He gave up His last breath invoking forgiveness for His very tormentors: 'Father forgive them, for they know not what they do.'

In pondering over the life, the goodness, humanity and sacrifice of the Savior of the World, in looking at the laws which He gave us, how much should we be ashamed to call ourselves Christian people, and yet not to follow His footsteps. Had we been Christian people, had we been worthy of the name, peace would have reigned on all the face of the Earth, and would have risen to the level of the immortal angels who always glorify the Eternal God, and the peoples of the world would no longer have remained divided into hostile camps.

"In truth there are no interests or reasons, however legitimate they may be, that can justify war."



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The painting of His Majesty is by Ejay Khan [www.khanstudiointernational.com](http://www.khanstudiointernational.com)

# GIVE THANKS AND PRAISES!



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