

The Fruits of Eden NEWSLETTER

By Citizens of the Nation of Gods and Earths of Savior Cee



Allah's 5%

September 15, 110 AC

"What is the meaning of civilization?"

- One having knowledge, wisdom, understanding, culture, refinement, and is not a savage in pursuit of happiness.

What is the duty of a civilized person?

- The duty of a civilized person is to teach he who is savage civilization righteousness the knowledge of himself and the science of everything in life, love, peace, and happiness."

17 & 18/1-40

Commitment: WORD IS BOND!



**"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."
—Martin Luther King, Jr.**

As we go about our daily lives, the challenge of maintaining focus on our commitment to upholding our culture's universal principles in a righteous and civilized manner often comes from being double-minded. What I mean is that our intention is to live the culture right and exact, but too often we let negative baggage or thoughts from our past influence our decisions while living out the culture. We teach that civilization involves having knowledge, wisdom, understanding, culture, refinement, and not being a savage in the pursuit of happiness. However, many people claim to possess these traits, but when you closely examine their ways and actions, you will find a savage in the pursuit of happiness.

They teach knowledge, but practice trick- knowledge. They teach wisdom but practice foolishness. They teach understanding but practice arrogance. They teach culture but practice the devil's social equality. They teach refinement but still practice the ways of the dumb, deaf, and blind. These individuals are amongst the Nation and they are what James 1:8 describes as a double-minded man, who is unstable in all his ways. We were all dumb, deaf, and blind, and as such we were indoctrinated with many negative and destructive thoughts, ways, and actions, which made us be and live other than our own selves. This was the cause of much of the confusion, delusion, chaos within life, and so much heartache. Now that we are civilized beings, daily we are supposed to be replacing those negative and destructive thoughts, ways, and actions with the knowledge, wisdom, understanding, culture, and refinement of civilization so that we will no longer live a life as a savage in the pursuit of happiness. However, there are too many who are trying to do both, and as a result, they are double-minded. You can see the instability in their life and in the things they are doing.



Another, much more dangerous aspect of this double-mindedness, is that it can manifest itself as mental health conditions. Depression, paranoia, anxiety, uncontrollable anger, and self-destructive behavior such as alcohol abuse and the use of drugs to escape reality. At some point in our strive, we all must first acknowledge that many of the negative and destructive traits that we were indoctrinated with while dumb, deaf, and blind are still with us. They did not become a part of us in one day, and they will not be able to overcome it in one day, but when we first acknowledge that they exist within us, and then commit to making knowledge, wisdom, understanding, culture, and refinement of civilization, they prism through to make all decisions for the betterment as an individual and the community, then we will be rebuilding the totality of who and what we are by nature, civilized beings. We will be treating the diagnosed condition of unstable mindedness with the natural medication of knowledge of self, wisdom of nature, understanding of the divine, the culture of I-God, the refinement of righteousness, and a daily living with the principles (morals and values) of civilization influencing our pursuit of happiness. Peace– **Understanding Self Allah**

A Conversation on Civilization: Cultural Exactitude



Peace! Be intentional in your resolve and resilient in your resolution. We firmly believe that our word is our bond and should not be taken lightly. It is important to honor our word, especially when it is the right thing to do. We need committed individuals to take action. Eliminate distractions and excuses, follow through on your promises, and move on to new and necessary tasks. Committed individuals demonstrate unwavering dedication to performing at their best, even in unfamiliar or challenging circumstances. They show exceptional resilience in overcoming obstacles to meet their obligations, prioritizing not only their commitments to others but also their own personal goals. Their unwavering focus enables them to make deliberate and well-informed decisions, paving a clear path toward their objectives.

In our educational classes, particularly in our Earth's cipher, we emphasize the importance of knowledge of self (self-awareness). We emphasize the significance of upholding one's word thoughtfully. Committing to fulfilling your word reflects self-respect and integrity, showing and proving a deep sense of personal value and accountability. Fulfilling internal promises brings happiness and self-worth, giving joy and pride in one's accomplishments. Upholding our word will reflect our integrity. If we can achieve this individually and collectively, it will demonstrate a higher level of commitment and love for our nation and communities. What value do lessons hold if our word is unreliable? The most significant lesson begins with you. Let's not rationalize the "do as I say, not as I do" mindset, especially to our children. Stay true to your word because the children are observing your actions as well. Remember that respect is knowledge, and we consider this as a part of our foundational teachings. Respect works both ways, but if your word is not bond, then you fail to truly comprehend the depth of knowledge and love for our great nation. Peace. - **Queen I-Wisdom Understanding Earth**

Peace! In this day and time we must govern ourselves in a way that shows and proves we are proud to know the truth. The duty of the civilized is to remain civilized and to keep studying and learning to show and prove your self-worth. A wise man once said, "The real devil we are dealing with wants us either dead, sick, in jail, or homosexuals." So we must use our knowledge to build and remain positive by being active in studying, learning, and teaching civilization wherever we may be in our own self-styled way. Remember your name determines your self-worth, so never forget your self-worth and keep gaining knowledge in order to put what you know into practice that way people can understand where you're coming from. We are living in some very vicious and hypocritical times, so it takes the love of self to make a proper agreement with reality to see past the chaos and confusion. It is imperative to remember that peace of mind and the strength to endure come through you being true to yourself in living out supreme mathematics, supreme alphabets, and 120 lessons to get your blessings. So keep studying your lessons and using your knowledge to build because everything is real. Peace.

- Allah Justice Love

Meaning of Civilization in Today's Society

Peace! I maintain my existence as Good-Sun Asiatic God Allah.

What's the meaning of civilization? Ans: One having knowledge, wisdom, understanding, culture, refinement and is not a savage in the pursuit of happiness.

Now in today's society this means the lack of all of the above, and doing whatever it takes in your pursuit of happiness. This is where our duty comes into play and we must teach them the righteous way to seek this happiness which starts from within.

Civilization in today's society generally refers to the complex and organized way in which human beings live and interact. It includes the development of social structures, cultural norms, technological advancements, economic systems, and political institutions that dictate what and how one should live. At a early age we are taught what to think, instead of how to think. The greatest impacts in society are the media and educational institutions which indeed shapes and molds the mindsets of the masses. This also includes the challenges and contradictions that arise from social inequalities, environmental issues, and cultural conflicts. When one isn't properly educated on who they are as a people, this plays a major role of the psyche of that individual.

Today's society norms makes it seem okay for same sex relationships, degrading ourselves to make a dollar, killing our own, telling lies, stealing and allowing outside forces to dominate and master the potential of those said people. Today's society makes those that don't know think "What's Wrong is "Right and "What's Right is Wrong", and this makes the masses easily led in the wrong direction and hard to lead in the right direction. Moles are planted in the media outlets, especially in the music business to mis lead our youth. This is how society is shaped and manipulated to find happiness being in a savage state. When one believes that material wealth and status defines who they are, then the meaning of civilization will never reach its fullest extent until we implement our own social equality to the masses. In order to destroy what's in place, something must be built to take its place. If not, they'll mis interpret that they'll receive more gold in the devils civilization than they will in there own.



Why so many of us still believe in the teachings of the "10 percent"?



The phrase "teachings of the 10 percent" likely refers to elite portion of society—often the wealthy or powerful blood sucker's of the poor, who holds significant influence over the beliefs, values, and decisions of the majority. This concept is sometimes associated with social control, where the elite are seen as shaping public opinion and maintaining their power through institutions like education, media, and religion. Many people believe in these teachings because they are often presented as the norm or the ideal in society. The elites, or the "10 percent," have the resources and platforms to promote their values, which can then become ingrained in the collective consciousness. Additionally, the belief in these teachings can also be a way for individuals to align themselves with success, security, or social status, which the elite are often perceived to embody. They teach the poor lies to believe that God is a spook and cannot be seen by the physical eyes. When one thinks everything is caused by something outside of self, they will continue to search outside of self for the answers. This eradicates ones accountability and reliability of themselves and promotes a paternalistic mind set for you to seek your oppressor(parent) for guidance, food, clothing and shelter. And gives them a false sense of love, peace and happiness. The examples I have mentioned above are just some reasons why so many of us, even some that claim to be apart of this nation still believe and practice ways of the 10 percent, while living uncivilized, being a savage in pursuit of happiness. Peace,



Positive Perspectives: Commitment and Love

Peace! Upholding the principles of our great nation is absolutely essential in all of our endeavors. We must root out any discrepancies and inconsistencies. It's unacceptable that we allow individuals to dilute, mix, and tamper with our teachings. We need to move beyond this and focus on actions that demonstrate and prove who we are. It's time to transcend the petty bickering and show our unity. We must put an end to the clique mentality and instead work together for the greater good. We should support our communities more than we criticize each other. We have brothers and sisters sacrificing daily to make sure we are seen in a positive light, setting up curriculums, building within the communities and securing a safe place where the babies can learn and be heard. We have to remember that the lessons are there for a reason, but ask yourself why are you here. We don't need and frankly, I'm tired of the chaotic, emotional and self absorbed people who just want to be seen by numbers but lack quality in their equality. When your ego is too big for the betterment of our nation, it's time to refine yourself or leave. Peace.

- Queen I-Wisdom Understanding Earth

Peace. When has it become acceptable that an individual's word, let alone a God's or Earth's word is not or doesn't have to be bond." To a great extent ... Word is Bond or saying Word is Bond has become a cliché, fashionable, or another way of saying: "it all depends on if I can get around to it." There is No commitment intended on keep'n your word. Most people say it just to say it or because it sounds fly. However, there was a time and to some degree now (amongst the true and liv'n) that Word is Bond meant and means something. Many of the Gods received great justices for falling short on their word back in the days when we were being held accountable for what we put our word on and not fulfilling it. B.u.t. today, there is No justice or repercussions for that God or Earth who gave He or Her word. That individual is given a pass which allows He or Her to fall short again and again, knowing that there would be No justice or repercussions. Don't commit yourselves to something or a task that you know you are not capable of fulfilling or because you feel pressured to commit yourself to, because when you do, it makes you out to be a liar and can't be trusted when your word fail or when you don't fulfill your word. So always do the Knowledge before the Wisdom. Consider everything because yes my word is bond and bond is my life and I shall give my life before my word shall fail. That is something that we all should know and understand before giving our word ... and know that there are repercussions (mental stripes) for failing to keep'n our word.

- Sincere B'Real God-Allah

Peace. Adding on to the love, hell, or right degree because I don't understand if you love your nation you will go through hell to come out right and exact. Love is to love the Lord's mathematics with all of your heart. You go through trials and tribulations, which is hell b.u.t. it is only to come out right and exact. Love is understanding. Misunderstanding is what brings forth hell. This all goes back to the degree of supreme understanding because one stands on truth and righteousness by removing all unrighteousness. If you love Islam, you will go through trials and tribulations, and in the end, you will come out right. Love is perfection. Knowledge and wisdom in hell is infection; wisdom before knowledge. You can either love Allah or leave him the hell alone... Peace.

- Almighty Savior Allah

PEACE! When I make knowledge born, I'm serving justice. I'm correcting ignorance with knowledge. I'm striving to bring balance to the cipher...to know or to be aware of a wrong or injustice and not strive to correct it [them], is not being just and true. Be true to the principles of the nation and just in your application of them. Be equal in all you do! National consciousness leads to freedom, justice, and equality. Justice is the only thing that can and will correct the cipher. Our justice must be rooted in love...our love of knowledge (truth). Balance family, community, and the original nation starting with self...traveling the cipher back to self even more knowledgeable, understanding, alive, focused, committed, disciplined, and complete. Look at your cipher...is knowledge being born there? Is love being born? Is justice being born? Actual facts? Are you the wrong or the right? Peace is the absence of confusion. Peace.

- Lahborn Eyeself Allah

DID YOU KNOW?



"Hunnuh mus' tek cyare da root fa heal da tree."

Gullah proverb says "One must take care of the root to heal the tree."

Gullah/Geechee is a cultural identity which springs from the collective roots and efforts of enslaved Africans brought to the Eastern shores of America from the Western coast of Africa. The Africans brought to these shores spoke different languages and could not communicate with each other. An intent of the European slavers. However, the ingenious innate creativity of these Africans allowed them to rise above this wicked plan, and they developed a new language made up of words from their different African languages, combined with elements of the English language. Their innate divine spirit allowed them to recognize the need for a National Consciousness in order to have any type of control over their own community (Community Control) even under the condition of enslavement, and this allowed them to establish and maintain a level of Peace amongst themselves. This National Consciousness is Gullah/ Geechee: A language similar to the Krio of Sierra Leone, and a way of living which has produced many generations of Africans in America all along the Eastern coast of America. Today this is called the Gullah/ Geechee Cultural Heritage Corridor extending from Wilmington, North Carolina in the North to Jacksonville, Florida in the South.

"Hunnuh mus' tek cyare da root fa heal da tree."
Gullah proverb says "One must take care of the root to heal the tree."...



Understanding's Legal Corner

In the state of South Carolina, the law defines a juvenile as anyone under the age of 17. However, the S.C. Supreme Court, following the U.S. Supreme Court, considers a juvenile as anyone under the age of 18. Explaining their rationale, the Courts stated that " the qualities that distinguish juveniles from adults do not disappear when an individual turns 18." The U.S. Supreme Court has affirmed that developmental differences in juveniles make them categorically less culpable than adults. Specifically, it cited their lack of maturity and impulsiveness, limited control over their environment, increased vulnerability to peer pressure, and unformed character. The Court has concluded that because of their developmental immaturity, impetuosity, and susceptibility to negative peer pressure, children who commit serious crimes are often less culpable than adults, which should be reflected in how they are sentenced to terms of imprisonment. And because these factors persist in young people generally, these considerations also apply to an 18-year-old youth.

Now what is ironic about this, is that despite these holdings by the U.S. and S.C. Supreme Courts about the psychological development of individuals 18 years old and younger, the state of S.C. has made it legal for 18-year-olds to purchase and own a handgun. On the one hand, 18-year-olds are categorically less culpable than adults, but on the other, they can buy and own a handgun. So if a youth on impulse or because of negative peer influence decides to shoot and kill someone with the gun they have bought or legally own, will the law hold them less culpable than an adult for their actions when it comes to what punishment they should receive for their actions? NO!

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DID YOU KNOW?

...We as a people/ Nation must take care of the root from which we spring because it is from here where our greatest strength as a people flows. The root teaches us who we are, and defines our daily existence by the fruit which we bear. It is when we move away from and forget the root, that we begin to neglect the root, and this neglect will manifest in our daily thoughts, words, actions, and deeds as negative and unproductive behavior and actions. Trying to be/ live something other than our true nature, is the cause of much of the frustration, anger, hatred, confusion, delusion, and discord in our daily existence and interaction with each other. The Gullah/ Geechee people understood that communication rooted in one common cause (National Consciousness) is the path to controlling how our community exists and functions on a daily basis for the benefit of all in the community. This they did. Those of age remember how tight-knit this community was and how it moved as one. This was before we allowed outsiders and even insiders to change what it meant to be Gullah/ Geechee. We allowed them to change our teachings, which ultimately changed how we moved as a community/Nation and the direction in which we were moving.

We can all learn from the history of the Gullah/Geechee people, which many of us are descendants of. Remember how many moved to the North and West. The Gullah/Geechee people are us all. Let us learn from the legacy which they left us. Peace.

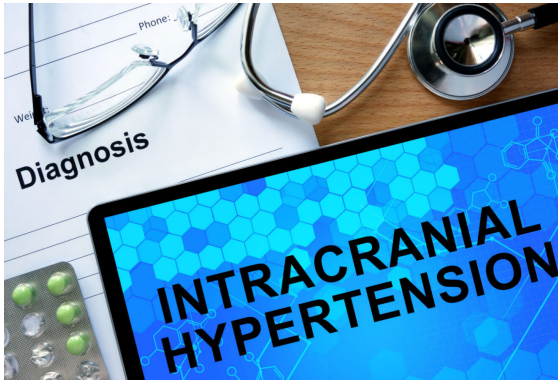


Understanding's Legal Corner

...Much too often, especially in South Carolina, juveniles 18 and under, who have committed crimes, are being treated more harshly than adults. There is a disproportionate number of youth in South Carolina, black and brown in particular, who now find themselves in prison serving long sentences, such as life without parole, for crimes (first offense) that they committed as juveniles. They are not being given the consideration of being less culpable than adults. The majority of youth caught up in the criminal justice system for the first time can learn from their wrongs, and given the opportunity can achieve real rehabilitative change.

This is why organizations such as Just Move are necessary and vitally important to us. If we teach the babies are the greatest, but we do nothing while the powers that be gobble our youth up into their cesspool of imprisonment, we are the same as the powers that be. Just Move gives youth in South Carolina an opportunity to find change and the life lessons needed to ensure the longevity of that change. We will not reach all, but as long as we reach enough, we will be contributing to our future as a people/Nation. This is Community Control, and if we don't do it, we allow others outside our communities to control it and take us in whatever direction they choose. What we teach and do for our youth today, is what they will use to build and sustain the future, individually and collectively. **What future do you see? Peace.**

September Health Awareness



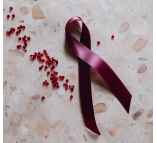
Idiopathic intracranial Hypertension

By: Queen I-Wisdom Understanding Earth

Peace. I have been diagnosed with a debilitating condition. For years, I've had issues with my eyes, constantly needing to change my glasses due to visual changes. Before my diagnosis, I found myself visiting the eye doctor at least twice a year, complaining about the need for new glasses and modifications. I also experienced sensations of swaying back and forth without actually moving, accompanied by nausea.

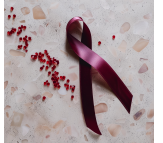
As the disease progressed, I developed neck pain, constant ear ringing, severe migraines, and blurred vision, which ultimately led to blindness in my left eye. I'm wondering what could be causing all of these symptoms to occur and found out:

"Idiopathic intracranial hypertension (IIH) is increased pressure around your brain. It occurs when cerebrospinal fluid (CSF), the liquid that cushions your spinal cord and brain, builds up in your skull. Pressure builds up in your brain and on your optic nerve, the nerve at the back of your eye that helps you see. The word idiopathic means "no known cause." Intracranial means "in the skull," and hypertension means "high pressure." Another name for idiopathic intracranial pressure is pseudotumor cerebri. Pseudotumor cerebri means false brain tumor. IIH used to sometimes be called pseudotumor cerebri because the symptoms can be similar to brain tumor symptoms. Imagine having to get spinal taps twice a year to lower the CSF, being placed on diuretics for the rest of your life and still no relief.



Raising Awareness for Sickle Cell Disease

Presented by: Yaa Majesty Earth



Peace to the Gods & Earths! September is Sickle Cell Awareness Month, dedicated to educating the ourselves and others about Sickle Cell Disease (SCD), a genetic condition that alters the shape of red blood cells from round to crescent-shaped, obstructing blood flow and leading to pain, infections, and various health issues. Approximately 1 in 365 of our babies are born with SCD, which is primarily caused by a mutation in the HBB gene responsible for producing beta-globin, a component of hemoglobin that transports oxygen in the body. Individuals with one normal and one mutated HBB gene have sickle cell trait but typically do not show symptoms.

Sickle cells have a lifespan of only 10 to 20 days compared to the typical 120 days of healthy red blood cells, resulting in anemia due to the body's inability to keep up with the rapid cell breakdown. The sickled cells can clump together, leading to blockages in small blood vessels, causing pain episodes known as sickle cell crises and heightening the risk of complications like organ damage and infections. Symptoms may include swelling in the hands and feet, delayed growth in children and teens, vision problems, and frequent infections due to poor spleen function. Serious complications can also arise, such as acute chest syndrome, stroke, and leg ulcers linked to poor circulation.

To effectively manage SCD, various holistic practices can be helpful. Gentle exercises, stress management techniques like meditation and yoga, and the application of warmth through baths or heating pads can alleviate pain. Prioritizing quality sleep aids the healing process, and aromatherapy with relaxing scents like lavender can contribute to stress reduction. Regular massages may ease muscle tension, and individuals are advised to avoid extreme temperatures to prevent symptom exacerbation. Finally, maintaining regular check-ups with healthcare providers is crucial for managing the disease and identifying complications early. Together, these holistic approaches can significantly enhance the well-being of those living with sickle cell disease.

The Importance of Mental Health: Recognizing, Understanding, and Coping with Post-Traumatic Slave Disorder (PTSD)

Mental health has become an increasingly significant topic within the Black community as more individuals and families begin to understand the depth of its impact on overall well-being. For centuries, Black people have experienced generational trauma rooted in the atrocities of slavery, segregation, systemic racism, and ongoing oppression. These historical and present-day injustices have contributed to what is commonly referred to as Post-Traumatic Slave Disorder (PTSD), a term coined to describe the long-lasting psychological effects of slavery on Black people. In this article, we'll explore the importance of mental health, how to recognize its struggles, and coping mechanisms to overcome them—especially in the context of Black people's experience with slavery and its lingering effects.

•The Legacy of Slavery and Mental Health

The trauma of slavery is not just historical; it manifests in present-day struggles with mental health. Post-Traumatic Slave Disorder (PTSD) describes the multi-generational trauma passed down from enslaved ancestors who endured unspeakable cruelty, dehumanization, and loss of identity. While slavery has been legally abolished, the psychological scars remain embedded within the Black collective consciousness, affecting how individuals perceive themselves, others, and their place in society.

This disorder stems from both the internalized oppression Black people experience and the external challenges they face. From institutionalized racism to daily microaggressions, Black people endure ongoing emotional, physical, and mental stress. These unresolved traumas manifest as anxiety, depression, substance abuse, anger, and internalized racial inferiority. Understanding this legacy is key to recognizing the need for mental health care in the Black community.

•Recognizing Mental Health Struggles in the Black Community

Recognizing mental health issues within the Black community can be difficult due to several barriers, including stigma, mistrust of healthcare professionals, and cultural norms. Mental health concerns are often dismissed as weakness or seen as problems to be dealt with privately, without professional help. However, it's crucial to break these cycles by becoming aware of the symptoms that indicate the need for mental health intervention...

•The Path to Healing

The mental health of Black people is directly tied to both historical and ongoing trauma. Recognizing Post-Traumatic Slave Disorder (PTSD) as a product of slavery, systemic racism, and generational transmission of trauma is key to addressing and healing these wounds. Through self-awareness, professional support, and collective efforts toward healing, Black people can reclaim their mental wellness, resist the psychological impact of racism, and thrive.

As a community, it is essential to break the silence around mental health and take proactive steps to heal from trauma. By seeking therapy, building supportive networks, and engaging in holistic practices, Black individuals can begin to process their emotional pain, grow from it, and regain control over their mental health. The journey to mental wellness is not easy, but it is a necessary step toward breaking the chains of generational trauma and building a brighter future.



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

STAY IN TUNE WITH THE WARNING SIGNS YOUR BODY SENDS YOU. LIMIT ALCOHOL AND DRUG CONSUMPTION AND DO YOUR RESEARCH. DO NOT IGNORE THE SIGNS!

This month includes awareness on the following:

- Baby Safety: (safe sleep practices, childproofing homes, preventing accidents and injuries, and choosing safe products for babies.)
- Blood Cancer
- Childhood Cancer
- Food Safety Education
- Gynecologic Cancer
- Healthy Aging Month
- Immune thrombocytopenic purpura (ITP)
- Idiopathic Intracranial Hypertension

- National Atrial Fibrillation Awareness
- National Childhood Obesity Awareness
- National Cholesterol Education Month
- National Fruits and Veggies Month
- National Pediculosis Prevention Month
- National Recovery Month
- National Sickle Cell Month
- National Vascular Disease
- National Yoga Month
- Newborn Screening Awareness
- Ovarian Cancer Awareness
- Pain Awareness
- Peripheral Artery Disease
- Polycystic Ovary Syndrome
- Prostate Cancer
- Reye’s Syndrome
- Sepsis
- Sexual Health
- Sports Eye Safety
- Suicide Prevention
- Urology Awareness
- World Alzheimer’s Month



Just Move Universal Outreach

Consolidates post incarceration initiatives comprehensively, in a manner consistent with success. We believe genuine transitional services MUST include these 3 areas:

- Necessities of life which consists of food, clothing, shelter, education, employment and healthcare.
- Prison and social reform
- Security to at-risk women and their children.

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Upcoming Events

- **Throughout the Year:** Just Move Universal Outreach will be accepting school supplies, canned goods and drinks for the weekly feeding and building of SCDJJ participants and other special programs. Sponsorship packages are available.
- **Sunday, September 22nd & October 20th:** Earth’s Cipher on Zoom at 2PM (see website for more info)
- **Saturday, October 19th:** Family Day, New Vision Center 3699 Magnolia St, Orangeburg, SC 29118...bring fresh fruits.

Ongoing Initiatives

- **Fresh fruit Initiative:** donate fresh fruits for the babies to take home at each event.
- **Read with the babies:** encouraging the babies to read and write.
- **Walk/Run Initiative:** Get up and move by yourself or with a partner.

**THE FRUITS OF EDEN (FOE)
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