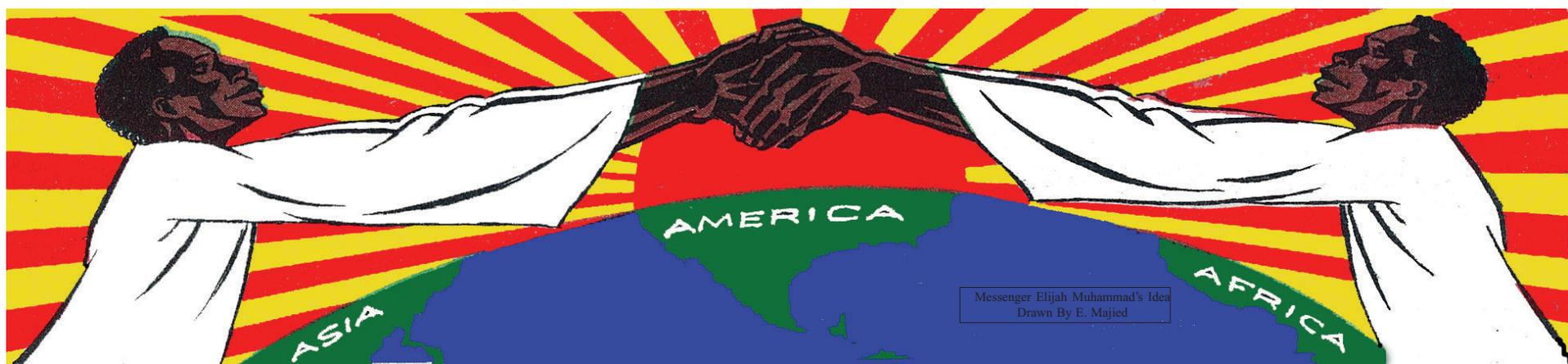


Muhammad



Speaks

Dedicated To Freedom,
Justice and Equality
for the so-called Negro.
The Earth
Belongs to Allah.



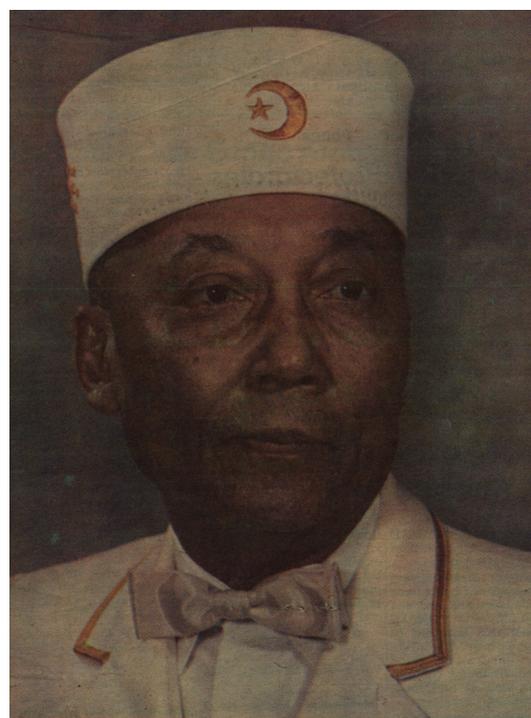
Vol. 7, No. 1

July, 2006

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Messenger Elijah Muhammad on:

FOUR GREAT



Messenger Elijah Muhammad

JUDGEMENTS OF AMERICA !

Wrath of Allah being disguised as “Global Warming”

On May 20, 2006, former United States Vice President Al Gore said The United States is emerging from a “bubble of unreality” about the problem of global warming.

Gore was speaking to promote his movie “An Inconvenient Truth,” a documentary on the dangers of climate change.

“I think that up until fairly recently the United States has been in a bubble of unreality where global warming is concerned,” he said.”

But statements such as; “There is no doubt we can solve this problem,” reveals that Gore, and those who support the movie, is in the same bubble.

They refuse to admit that the Wrath of Almighty God (Allah) Who came in the Person of Master Fard Muhammad is in effect! This world is at it's DIVINE END!

In their explanation of “Global Warming”, promoters of the movie sa, “burning fossil fuels

such as coal, gas and oil and clearing forests we have dramatically increased the amount of carbon dioxide in the Earth's atmosphere and temperatures are rising” and that “it is the result of our activities and not a natural occurrence.”

What is a “Natural Occurrence”? The root word of Natural is NATURE! Nature is under THE control of the Almighty God (Allah)!

History teaches us that Before God (Allah) destroys a people, He always sends a Warner to that People to warn them of the approaching destruction.

Noah was the Warner before the Flood. Lot was the Warner before the destruction of Sodom and Gommorah. Elijah Muhammad was the Warner to the Black man and woman in America.

Messenger Elijah

Muhammad taught us in Chapter 23 of his Book *Our Saviour Has Arrived*: “America is the place where the new earth will actually take place — after one thousand years of the destruction of the fire that is mentioned throughout the Bible and the Holy Qur'an. (In this, the prophecy of the Bible and the Holy Qur'an agree). America — as it is called — will be void of life after the burning up of the wicked and their world or their way of civilization so that no one will pattern after them in the new civilization of the Hereafter.”

American Scientists agree that the evidence is overwhelming and undeniable.

We're already seeing changes. Glaciers are melting, plants and animals are being forced from their habitat, and the number of severe storms and droughts is increasing.

The number of Category 4 and 5 hurricanes has almost doubled in the last 30 years.

The flow of ice from glaciers in Greenland has more than doubled over the past decade.

At least 279 species of plants and animals are already responding to global warming, moving closer to the poles.

As the warming continues, we can expect catastrophic consequences.

Deaths from global warming will double in just 25 years — to 300,000 people a year.

Global sea levels could rise by more than 20 feet with the loss of shelf ice in Greenland and Antarctica, devastating coastal areas worldwide.

Heat waves will be more frequent and more intense.

Droughts and wildfires will occur more often.

The Arctic Ocean could be ice free in summer by 2050.

More than a million species worldwide could be driven to extinction by 2050.

On May 20, 2006 Scientists at Pennsylvania State University and Massachusetts Institute of Technology, reported that human-induced factors “are likely responsible for long-term trends in

tropical Atlantic warmth and tropical cyclone activity.”

HUMAN INDUCED FACTORS are exactly what brought on the destruction of Sodom & Gommorah, and ancient Babylon.

Science reported in a May 12, 2006 news story that while scientists agree that ‘No Doubt About It, the World Is Warming,’ they disagree as to the reason for the warming. Some say aerosols they put into the atmosphere have caused a depletion in the ozone layer. Others say by burning fossil fuels such as coal, gas and oil and clearing forests we have dramatically increased the amount of carbon dioxide in the Earth's atmosphere causing warmer climates.

There is some truth in their findings, but was Messenger Elijah Muhammad taught, we need ALL truth today!

Our Warner, Messenger Elijah Muhammad, taught us in his Book, *Our Saviour Has Arrived*, that:

“He [Allah/God] will Burn the wicked up and their wisdom will be destroyed by fire and that after one thousand (1,000) years this place will bring forth vegetation, water, and trees. It will be new vegetation, water and trees. It will not be the same as that which we have here today.”

The Messenger goes on: “The people of the new world will have a superior automobile and planes. They will not be fueled with the same fuel that they use today in this civilization. The fuel that they use today contaminates the air. They speak of the dangerous level of air pollution constantly on the radio and television. Look at the lighting. See how hard it is on the eyes. You will not have this type of light. No. You will have a more soft and clear light than that which is created by the power of electricity.”

Messenger Elijah Muhammad says, “He makes all things new. He has the Power of heaven and earth”

Then he directs us to the The Bible Isaiah: 65:17 “For, behold, I create new heavens and a new earth: the former

shall not be remembered, or come into mind.”

We know absolutely nothing about the civilization of Noah's people or the people of Sodom and Gomorrah. Only that they were wicked and were destroyed because of their wickedness.

Black people in America have a hard a time believing that white people are enemies of Allah (God). They were enemies of God just as Pharaoh and his people were God's enemies.

But, Messenger Elijah Muhammad taught us, “The Black Man thinks in terms that he is just as much hated and despised by Allah (God) as is the white race. The white race is the enemy of Allah (God) by nature. The white race was born and made to be an enemy of Allah (God). The Black Man is not born to be an enemy of Allah (God). That is why Allah (God) Came to Seek us and Save us from that which is rightly due to His and our enemy, (white race)...

Why should not you, Black Brother, want to be made new since the devil has made you ugly. The devil made you look ugly and he tries to keep himself looking good so that he can attract you to follow him to that which you should not go to (the doom of the white man).”

“Behold He Makes All Things New. Allah (God) Will tear down the false one (white race). How can Allah (God) Build something new and better for us than that which we are living in if He does not first tear the false one down and Build a New house....”

Moth Invasion caused by lack of rain

NEW JERSEY -Not enough rain can be just as big of a Divine chastisement as too much rain.

An invasion of gypsy moths destroyed thousands of acres of New Jersey forests in the span of a month, May, 2006 - June, 2006, setting the state up for its worst outbreak since gypsy moth caterpillars destroyed 140,000 acres in 2001.

The state Department of Agriculture says dry conditions have prevented the growth of a soil fungus that helps control reproduction of gypsy moths.

Damage is caused by the insect larvae or caterpillars eating the leaves of trees the leaves of hardwood trees such as maple, elm, and particularly oak. Gypsy moths can also feed on apple, alder, birch, poplar and willow trees. As it grows it will also attack evergreens like pines and spruces.

Feeding continues until early July when the caterpillar enters the pupal stage emerging, finally, as a moth.

Not only are Gypsy moths one of North America's most devastating forest pests, they can cause allergic reactions in people, especially in children, if they touch skin.



Gypsy moth larva
USDA FOREST SERVICE

Recent Alligator Attacks caused by weather

FLORIDA—“As the weather heats up, the alligators' metabolism increases and they have to eat more,” said Florida Fish & Wildlife Conservation Commission spokesman, Willie Puz, after the bodies of three people, who died from alligator attacks, were found in three separate Florida counties, were found less than a week apart in May.

Muhammad Speaks

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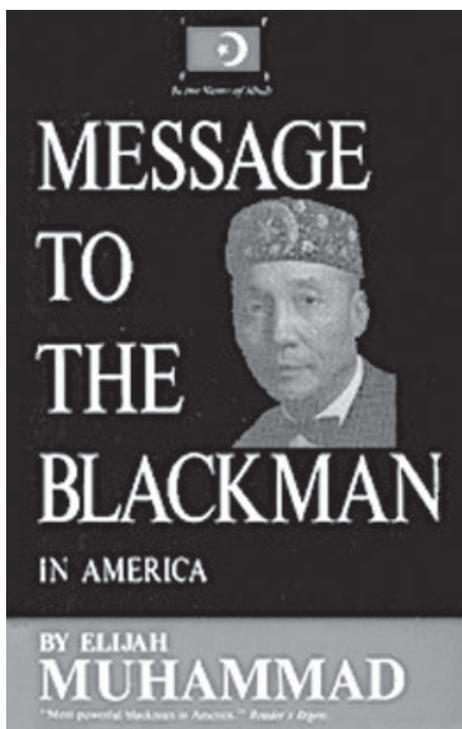
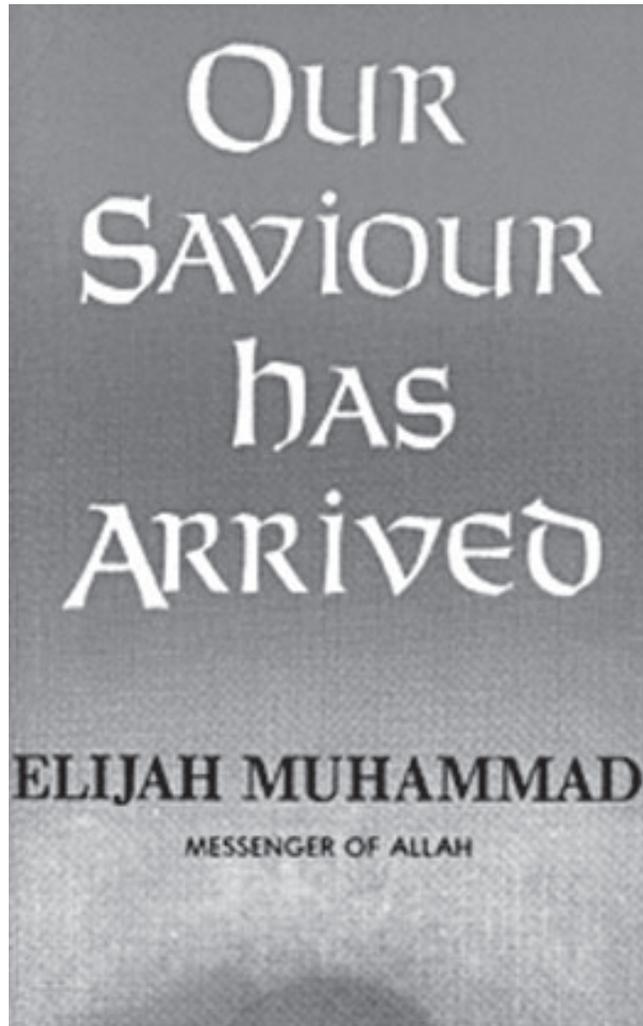
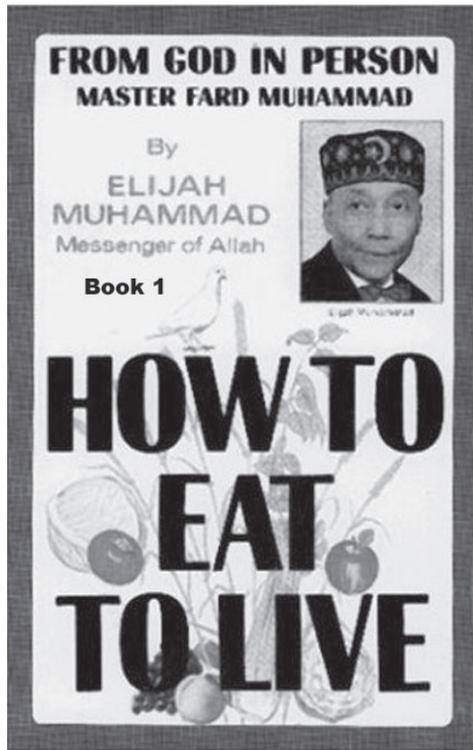
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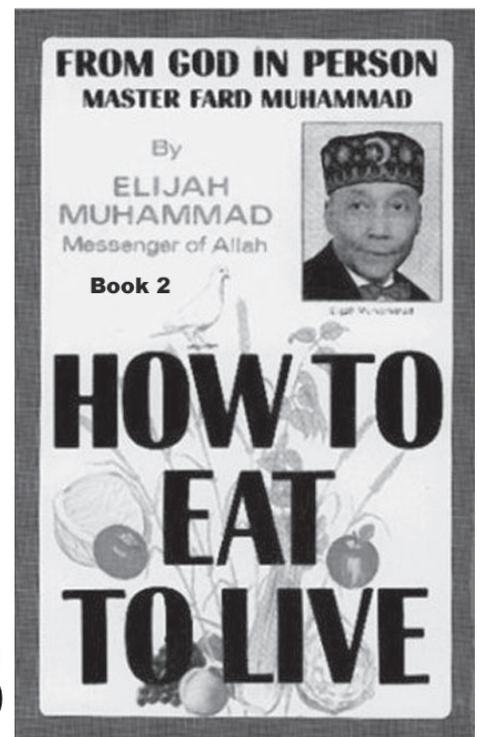
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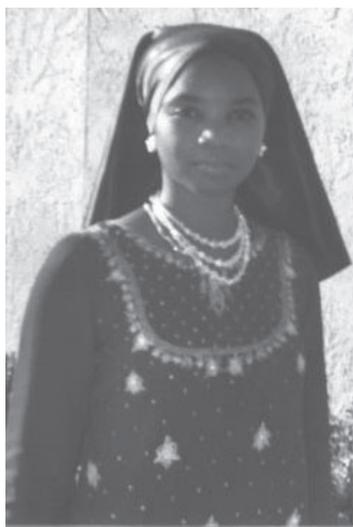
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WOMAN IN ISLAM

THE MUSLIM FAMILY: THE FOUNDATION OF OUR COMMUNITY THE IMPORTANCE OF THE MGT & GCC

By Sister Sophia Muhammad



Sister Sophia Muhammad

MASSACHUSETTS--In the name of Allah who came in the Person of Master Fard Muhammad. I bear witness there is no God but HE and that the Honorable Elijah Muhammad is his last and greatest Apostle.

As-Salaam-Alaikum,

For this article, I would like to discuss the importance of the woman in the building or rebuilding of the Nation of Islam.

I've seen many things in my short time on this earth and I've witnessed many, many things through the eyes of a Muslim Sister.

Some things were some of the most beautiful things the human eyes and soul could ever dream of experiencing.

Others, very heart wrenching, and destructive to anyone's belief system.

By far, one of the most disappointing things I have seen is the continual destruction of the foundation that has been given to us by Allah-Master Fard Muhammad through his Last Messenger.

So many of us have gotten so carried away with the fact that we are the Original Man, God of the Universe that we think we've arrived. So since we have arrived we think we no longer need the foundation

that has been set for us by God Himself! Let's talk about what it means to be God.

THE BLACK MAN IS GOD

A god's every move is calculated and with purpose. Every move made in the life of the Righteous should be to help in the building of a great civilization of people who submit to the one God.

The Present God's (Master Fard Muhammad's) Wisdom is infinite. No Scientist can see an end to This Man's Wisdom coming in the future.

That is why the Bible and the Holy Qur'an refer to Him as The Greatest and Wisest of Them All and say that He will set up a Kingdom (Civilization) that will live forever.

The Messenger of Allah (May Master Fard Muhammad be well pleased with him) explains in Message to the Blackman, the following:

"The Black Man in America is not an example of the Original Black Man; for he has been used by his slave masters for four centuries in what we call experimentation. Through the experimentation by the wicked slavemasters who were made without love or mercy for Black people, they have the Black Man in America before the world as a wrecked, robbed, and spoiled human being without knowledge of himself or anyone else. And he is used by the white man as a tool for whatever purpose the white man sees fit.

He is called a 'Negro' by them. The name means something dead, lifeless, neutral (not that nor this). They call the slave after their own names because he is the property of the slavemaster until he is redeemed -- although he is a member of the Original Black Nation. To restore him back to his people, he must be re-educated to give him the knowledge of self and the

knowledge of those who deprived him of the knowledge of self. This knowledge of self will unite him onto his own kind with love of self and kind."

We have both been given classes, FOI and MGT in order to help re-

liar, for she understands not, what her true duty is to her Nation and is not faithful to her duties. She treats Islam as a fad and not a life decision. She is a weak Muslim and can be just as destructive to your fruit as the disbeliever.

Those of us who have at least converted our spouse, have done only half the job.

Your job is to expose him or her to the teachings respective to his or her gender.

That which the MGT has to learn is so overwhelming that it is an absolute insult to hear an FOI say he'll teach his wife.

Teach her what?! Have you sat in MGT Class to know what she ought to be learning? Do you have that little respect for what Allah-Master Fard Muhammad has set up for the woman to know, and learn that you think you can bypass it with the little knowledge and faith you may have?

I will say, at the risk of being hated, that those of us who marry Christians and disbelievers are Christians and disbelievers at heart and by taking on these spouses we are only manifesting that which is in our hearts.

We have no love for the Nation of Islam and it's growth. We have no respect for that which the Messenger of Allah has been raised to teach us and furthermore, we have no love and respect for Allah-Master Fard Muhammad.

This is lip profession at it's best. To say one thing and do another.

Our actions speak volumes to what's in our hearts; more than any word that leaves our lips. The wise, will watch our actions.

We have lost the respect of the Black Community. We have lost respect in the eyes of the world because we have lost faith and respect in that which we say we believe in.

We will never be successful as a Nation, so long as we are liars and lip professors.

Whatever excuse we have, no excuse is good enough when we are talking about the existence and survival of our Nation.

There is no excuse for marrying a disbeliever and hater of our God, except that we are liars and lip professors.

'The woman is the man's field to produce his nation...Until we learn to love and protect our woman, we will never be a fit and recognized people on the earth.'

--MESSENGER ELIJAH MUHAMMAD
Message To The Blackman in America

store us to a place where we are respectable and respected. Master Fard Muhammad, God in Person, set up the MGT and GCC class in order for you to have a fruitful, virtuous and righteous field in order for you to reproduce yourself.

Have you gotten so bold to think that you know more than the Greatest God that has ever walked the earth?

Do you think that you can take a woman who is a disbeliever, get her to say I believe in Master Fard Muhammad, and that you have done your job in cleaning her up sufficiently enough to reproduce a righteous and godly fruit?

The women of the MGT & GCC (who are sincere) work tirelessly day in and day out in her growth and development because she understands her duty to you and to our Nation.

She realizes her very significant role in bringing forth and cultivating fruit of Righteousness that submit to the one God-Master Fard Muhammad.

She realizes that her Nation will be absolutely nothing without her. So she adheres to that which she has been taught.

The weak woman, who calls herself MGT, is a lip professor and a

This is why the Messenger of Allah admonishes both MGT & FOI to be very wise about our choices for spouses.

We will not be successful with "mixed marriages".

How can we possibly be when the mother of your children cares nothing about what you say you care about?

The mother has power and influence over the minds of your fruit and what's in her mind and heart is what's going to govern your children's mind and heart.

We said "I am a follower of the Honorable Elijah Muhammad and I believe in Master Fard Muhammad, the one God. "I love no other God but He. But for some of us, our word is not our bond, and our bond is not our life. Because we are liars!

Those of us who have taken on disbelievers as spouses couldn't possibly be telling the truth!

How can we love Allah-Master Fard Muhammad and love someone who hates Him, or doesn't believe in Him or mocks Him and the Messenger, He sent to us.

How will your fruit profit? What kind of Nation are you building? Who do you think you are fooling?

Continued on Next page

Teachings of The Holy Qur'an on Hypocrites and Weak Muslims

By Messenger Elijah Muhammad

Reprinted from Muhammad Speaks Newspaper, August 22, 1969

"In the name of Allah, the Beneficent, the Merciful." "When the hypocrites come to thee, they say : We bear witness that thou art indeed Allah's Messenger. And Allah knows thou art indeed His Messenger. And Allah bears witness that the hypocrites are surely liars." (Holy Qur'an 63:1)

The sayings of the hypocrites that they are true believers in the Messenger of Allah by calling him the Messenger and claiming that they believe that most surely he is the Messenger of Allah, so that he (the Messenger) will take them for True Believers, but Allah knows that they are most surely liars. They only want to use a false oath as a shelter for the Apostle to accept them as True Believers while they are not.

A HYPOCRITE is not liked by anyone, regardless of what kind of hypocrite he may be. It does not have to be a religion. Any person who declares he is something that he is not is a hypocrite of that thing. In religion, a hypocrite is one who claims a belief in a religion and the teaching of that religion. He is not really a believer in that religion. In the third verse of the same chapter of the Holy Qur'an, it teaches that the hypocrites believed then disbelieved, and after disbelieving their hearts are sealed so that the understand not. This means that Allah (God) Withdraws His Guidance from the hypocrites after they disbelieve. This is the meaning of "their hearts are sealed." Allah (God) does not Guide them of the Right Path anymore, so the Holy Qur'an teaches. But, He (Allah) allows them to go onto the path of hell after they claim that they accept the path of Heaven and then turn away from it. In the fourth verse of the above chapter of the Holy Qur'an is a warning to us that when we see them (hypocrites and disbelievers), their persons please us. And if they speak, we will listen to their speech, because we like their persons. They are like a piece of wood clad with garments. They are the enemy, so beware of them.

There are many Muslims in America, following me, who fall victim to hypocrites and disbelievers because they look at the outer appearance of the disbelievers and hypocrites They like them. Some of the weak Muslims go out and marry such people with the thought of trying to reconvert them or with the thought of converting them for the first time, which is a miserable mistake. They take the Muslims out of the Temple instead.

The fifth verse of this chapter reads as follows: " And when it is said to them : Come, the Messenger of Allah will ask forgiveness for you, they turn away their heads and thou seest them hindering (others), and they are big with pride."

(Holy Qur'an 63:5)

They do not accept the Messenger asking for forgiveness for them because they do not believe in the Messenger. Their greatest desire is to hinder others from believing in the Messenger. And, the sixth verse reads : "It is alike to them whether thou ask forgiveness for them or ask not forgiveness for them-Allah will never forgive them. Surely Allah guides not the transgressing people." (Holy Qur'an 63:1)

The seventh verse of this chapter goes so far as to charge the hypocrites with trying to keep away those who did spend money or give their property to help the Cause of Allah and His Messenger in converting the people. This is the way of one who comes in saying, "most surely thou art the Messenger of Allah," while he is only lying to get your confidence. The hypocrites deceive all of the weak Muslims with their personalities. The weak Muslims love the hypocrites' outer appearance while in the heart of the hypocrites, they are against Islam, Allah, and His Messenger. I warn you, do not try to play with Islam as you have played with Christianity, for Allah most certainly is quick to take retribution says the Holy Qur'an.

—By Elijah Muhammad
Messenger of Allah

The Muslim Family

The Foundation of Our Community

Continued from Page 4

fessors in our own hearts.

Additionally the importance of the woman in the building of your Nation is too important to treat it with the carelessness and disregard as I've seen so prevalent among so called Muslim men.

You leave the women who have already accepted the teachings of the Honorable Elijah Muhammad and are in the MGT & GCC class. You leave these women unprotected while you go chasing after disbelieving women who couldn't care less about your God and your Nation. Does this make any sense?

And while this field, that has been prepared for you to build your Righteous Nation is left unguarded, what do you supposed will happen to it and the Hereafter that has been promised to you?

In regards to those of us who call themselves "Ministers" of the Honorable Elijah Muhammad and have a wife who is a disbeliever, I think it's time to re-evaluate your belief system.

You are lying only to yourself, because you don't yet understand what the Honorable Elijah Muhammad was trying to do with us.

If a Nation can rise no higher than it's woman, then what are you (a "Minister" leading and teaching the people) doing with a disbeliever at your side, in your home, cultivating the fragile mind of your seed? That makes absolutely no sense whatsoever.

You love your God and Islam and the Islamic Community, but you marry a disbeliever and hater of that which you have dedicated your life to? Make sense to you?

The woman's role in the building of your utopia, your heaven, your hereafter is too important for you to have such disrespect for it and for the MGT which Master Fard Muhammad has called from out of the world, for you.

Even before the seed is planted, that woman has to be prepared, to bring forth children who love and are going to submit to Allah-Master Fard Muhammad and become a Nation of Righteousness, a Nation of Islam.

During and after implantation of the seed is another science that we should be working on mastering to bring forth gods each time we reproduce.

Not just gods in name, but those

gods that will help to build our Society and take us into the Hereafter.

We say we are gods, but to the rest of the world we are a laughing stock.

Just look at how we have disgraced ourselves with our disobedience.

In order to be successful, we cannot leave the foundation behind that has been given to us to create our Heaven on earth.

The woman is most important, as a matter of fact, you cannot produce this Heaven on earth without her.

And she can't be just any woman. She has to be an obedient woman-being obedient to a Man who is obedient to Master Fard Muhammad and his Messenger, who love, honors and obeys her God-Master Fard Muhammad and has submitted herself to that which he has given her to learn through the MGT & GCC.

Have you graduated in your knowledge of Islam, to the point where you can say you know better than Master Fard Muhammad?

He, This God (Master Fard Muhammad), who is even greater in knowledge than the Originator of the Heavens and the Earth?

This is exactly what you are saying when you disrespect the very foundation that has been laid out for us by His Last Messenger for our Success.

The Orthodox Jews are the small percentage of Jews that still follow the Law of Moses.

They have not diluted it, they follow it strictly without question and without fail. Though they practice in secret most of the times, they are obedient to that which Moses taught them.

This very small percentage of Jewish people rule the world.

This, the birthright of the Blackman, is being fulfilled by someone else.

We are playing house and playing around with what has been given to us for our salvation, while our enemy rules the world and the sleeping giant remains dormant only dreaming of fulfilling his role and birthright.

How long with this charade continue?

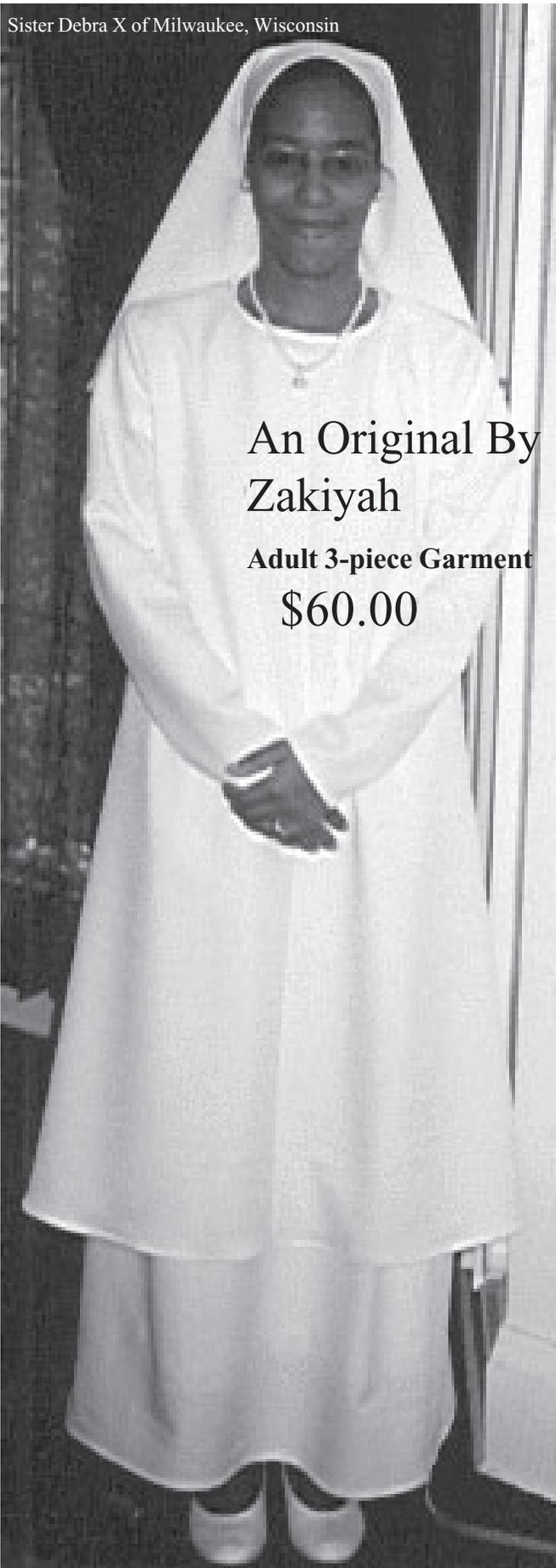
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PUBLISHER'S PAGE

'Every Tub Sits on It's Own Bottom'

By
Minister Levi Karim



Minister Levi Karim
PUBLISHER
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NEWSPAPER & WEBSITE

In The Name of Allah Who Came in the Person of Master Fard Muhammad The True and Living God, to Whom all Praises is due forever. I forever thank Him for giving to us His Last and Greatest Messenger, The Most Honorable Elijah Muhammad (peace be upon him).

The Most Honorable Elijah Muhammad Taught us his followers that every tub sit's on it's own bottom. In other words every believer is responsible for his or her own actions.

The Most Honorable Elijah Muhammad asked us, the believers, to go after our (Mentally Dead lost found brothers and sisters).

The Messenger said that the best of his followers are yet in the streets.

We go out in the streets carrying this great truth that Messenger Elijah Muhammad taught for our salvation. And once we get it to the people it is up to each individual to accept it or reject it.

Those of us who carry the teaching of The Most Honorable Elijah Muhammad into practice will be able to stay out of the pitfalls of the devil (white man).

We are living in a time where excuses for not living up to the Law laid down by our Saviour are not accepted. We don't waste time going back and forth trying to reconvert Muslims who say they are followers of Messenger Elijah Muhammad's Teachings.

The Messenger said don't waste time on fault finders and rebellious ones. These you keep away. Those proud ones who are full of foolish pride and fail to submit when they're wrong.

This kind of foolishness is causing a lot of misunderstanding and confusion.

When there is a little disagreement among the believers, we come together and find out what our Leader and Teacher, The Most Honorable Elijah Muhammad, said on that subject. Then we, as believers, submit and take whatever the Messenger said and we live by it. That's the end of it! (WE HEAR AND OBEY).

Some of us think that we are a Scientist and have an answer for everything.

We don't like being corrected. We become just plain rebellious. Then Jealousy creeps into our heart. Now we've got it in for our brother and sister. We want to get even with them. So you go into a rage. Hollering loud. Crying and screaming, saying what ever comes to your mind.

We don't realize that we only make manifest what is in our hearts. These are the Days of Manifestation.

Messenger Elijah Muhammad warned us against this in Chapter 21 of Fall of America. The Most Honorable Elijah Muhammad said,

claiming that he knows this. He will try to set up something of his own from a few words of it. This throws the Black man behind.

“Proudness is sickness. This is why we are divided. We will all be one or nothing.”

--Words of Messenger Elijah Muhammad
DIVINE SAYINGS

“The black man who hears the teachings of Islam feels proud that he has been taught something that he has wished for all of his life. But the average Black man that hears does not accept it as he should. He accepts it in such a way that he can be criticized and mocked: for he wants to take a piece of it, as he has done in the past and he runs away with it

They do this through envy, jealousy, and proudness on the part of the person. This is the way the Black man of America is divided. The devil knows that the Black man is proud and envious. The white man helps him to be this way so that the Black man will never get any place towards self, if the Black man takes such steps to divide himself up.”

We are trying to build unity with one another. We waste a lot of time and energy arguing and matching wits with one another. It only destroys unity! We have to get busy! Our job is to get the Messenger's words delivered to those who don't know.

In order to work in Unity we must have love for our Nation and love for the Brotherhood and Sisterhood.

We must be able to submit when we are wrong. And stop coming off the top of our heads. Let's us continue to work together in unity. Those of us who want to work in unity. We must learn how to submit to one another. When we are able to do this, Allah will bless us to be successful.

Some of us seem to be good strong Muslims as long as things go our way. But when they don't, we go on an all-out rampage to destroy the little unity that has already been established.

Messenger Elijah Muhammad (peace be upon him) said to us “Love for your brother and sister that which you love for yourself. Do unto your brother and sister that what you would have done unto yourself. Threat everybody right, even the devil.”

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What Islam Has Done For Me

How Many Times Can A Man Save Your Life, Part 2

By
Brother Ahmad Muhammad

CHICAGO, Illinois—A beautiful Sunday! As always, I was excited about going to the Mosque! I was learning interesting things each time, although being argumentative about most issues.

On a few occasions, a Brother or two would become so frustrated with my hard head, blows were nearly struck!

Once, The Messenger told some Brothers whom had been at odds with me not to worry as questioning things was my way of learning.

After 'Processing' I had my "X" and on occasion when The Messenger would call me Ahmad, this would cause curiosity among some.

"Why does The Messenger call you Ahmad?"

"If you have a Holy Name, why don't you use it?"

I would explain that The Messenger gave me that name as a young child.

At one of our 'team' meetings, The Messenger remarked that I would "have to grow into that name Ahmad.

"It won't be until you're 65 that you will be worthy of that name." He smiled.

As I progressed in years and learning, I would never use the name Ahmad.

"The Messenger was only joking with you", some would tell me.

"He didn't mean for you to wait until you're 65 before using your Holy Name!"

These and other reassuring comments were well meaning by my Brothers. But... I wasn't sure.

I waited until I was 65 before using and feeling comfortable with Ahmad Muhammad!

I learned and grew so much in those years approaching 65. I thought each day, how wise is Allah's Messenger!

While a teenager, married and a father to be, I had two, sometimes three jobs preparing for our first child. However, there was something wrong with my health.

The doctors I went to said that a gastric problem bothering me was serious and would require a drastic operation! I was devastated! No longer would I be able to work

as hard or participate in sports and would have to give up my swimming instructors job after the operation. The complaint was so serious that I had to be hospitalized!

I kept putting off the operation. The doctors told me that I would die if I did not have the operation!

"So, you won't be swimming and you'll have to take it easy for the rest of your life, but you'll still be living!", said the doctor. I didn't call that living.

"Let me schedule the operation date and get this over with!" stated the doctor.

I hesitated. "Let me think about it some more," I said, "I'll call you".

"The hospital has to know to save you a room and I have to know to schedule the operating room and all!" Said the doctor, anxious to start carving on me.

I went home in a fog. A few days after the doctor's visit, I became so ill that I decided to schedule the operation. I had not confided in anyone about my illness. I felt lost.

Calling the doctor was hard to do. He sounded happy when I gave permission to schedule the operation.

Then, I thought it was because of his concern for me. Only later, did I discover that it was the money prospects that made him gleeful.

My old car would not start that day I was to schedule the operation, so I decided to walk that long walk to the doctor's office to get the operation date and sign all the necessary documents.

I felt like it would be one of my last long walks.

It was a head clearing walk. I had never been this sad. There up ahead for me was a train bridge, about two or three blocks long.

It was dark under the bridge, even in the afternoon.

It was about one o'clock as I entered the long tunnel under the bridge. I barely heard the footsteps coming toward me.

"Oh!" said a firm voice! You just gonna' PASS UP your Brother huh? As Salaam Alaikum!" said the voice! It was one of the Muslim Brothers in the senior swimming class!

"Wa Alaikum Salaam!" I re-

sponded! We embraced as Brothers in The Nation!

"Just gonna' walk on BY me!" He said! "No! No! I said, "I've just got a lotta' things on my mind!"

"What kinda' things could a young man like you have on his mind to cause you to be off you guard like I caught YOU?" said the Brother. There we were, standing in the middle of a dark tunnel...this meeting...both of us...at this time...at this place! Think about how Allah works...when we are still and listen...His correct timing...His guidance! "Guide us on the right path!"

I opened up and told the Brother of my serious medical problem. He seemed concerned, then he said, "Brother, if I was you, I'd talk to The Messenger about this! I wouldn't hesitate! He gave us His number to call Him! Have you got The Messenger's number?" "No I don't." "I replied.

The Brother gave me The Messenger's telephone number! "Go on home now and call The Messenger!" (We didn't have cell phones then) "Tell that doctor to hold off a while til you talk to The Messenger!"

My doubting immediately rose up! "The Messenger is no doctor!" I blurted out! "How's He gonna help ME?" The Brother looked at me and shook his head! "Well



Brother Ahmad Muhammad (at podium) accepts the Muhammad Speaks 2005 Lifetime Achievement Award from Minister Levi Karim

FOOL, GOON, HAVE your operation! You'll probably DIE from it anyway! BE like MOST ignorant people! Have your operation based on what ONE DOCTOR told you! You can BRAG on how severe your operation was! You can show your scars right along with the other fools! GO ON SCHEDULE it then!" The Brother was angry!

"I'm sorry," I said, "Thanks for the advice. I'll go on over to the doctor's office since I'm almost there and tell him to his face to hold off until I talk with The Messenger. We gave one another The Greetings. The Brother continued on West. I continued East to the doctors office.

"What do you MEAN you want to cancel the operation?" said the

doctor! He was furious! "Why! WHY?" He said, staring at me like I stole something from him.

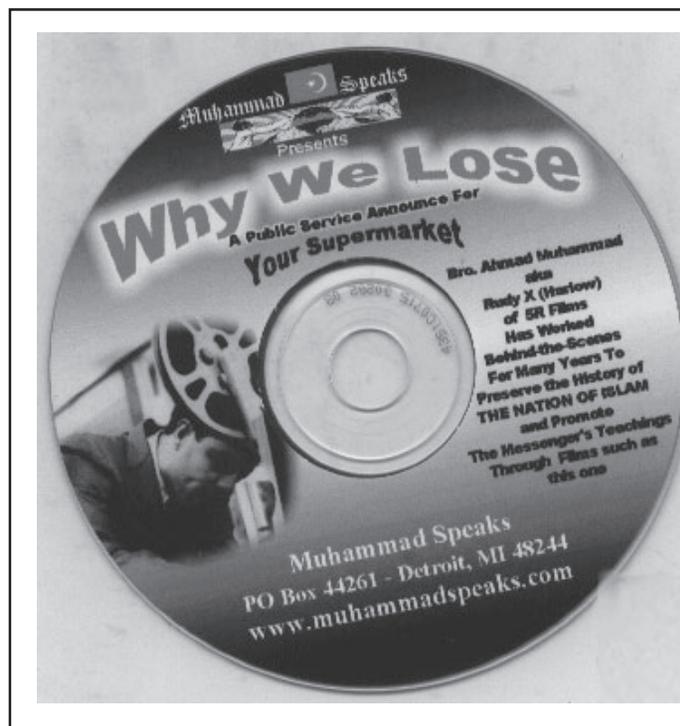
"I'm going to talk to The Messenger first!" I said.

"Talk to Him about WHAT?" whined the doctor!" He's no medical authority! Oh! So NOW He wants to tell people about operations! Stop being silly and let me schedule the operation!"

Old doc was really mad! I got suspicious! "I see your point doctor, but I'm going to talk with The Messenger first, then I'll call you!"

I hesitated before completing the dialing of The Messenger's telephone number. Just imagine, being so gracious and accommodating to your people that you give them

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Why Does The Devil Keep Our People Illiterate?

By
Brother Saleem Bey

OAKLAND, California-- In the Most Holy Name of Almighty God (Allah) Who came in the Person of Master Fard Muhammad. To whom all praise is due for raising up one among us, our Leader and Teacher, The Most Honorable Elijah Muhammad (The Messenger of Allah).

I greet my brothers and sisters with the divine greetings of peace (As-Salaam-Alaikum).

Why Does the Devil Keep Our People Illiterate? So that he can use them for a tool and also a slave. He keeps them blind to themselves so that he can master them. Illiterate means ignorant.

Today, in the year 2006, this proves to be so true! We are so ignorant to the knowledge of self. The devil (white man) has mastered us with tricknology. He

doesn't have to go out and kill us like he used to. He is using us as a tool to kill each other. The Black man is killing the Brown man, the Brown man killing the Black man. And neither of them realizes that they are brothers. Black man! The Latino is your Brother!

Messenger Elijah Muhammad taught us this! He taught us that we are the Original people of the earth. He taught us, at that time in North America, the Original people numbered nineteen million (seventeen million Black People plus two million Indians). We are brothers!

But 85% of our people are Illiterate to the knowledge of self. We are going to have to learn, understand and accept that we are the Brothers of the Black, Brown, Yellow, and Red people the world over. And that the white man is our open enemy.



Muhammad Saleem Bey

I read in one of the devil's newspapers where one of our famous tennis-playing sisters reportedly said, "Her New Man is White". If she had not been ignorant, to the knowledge of herself and others, she would have said, THE NEW MAN IS WHITE! That is what Messenger Elijah Muhammad taught. The white man is the new-

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What Islam Has Done For Me!

By
Brother Lt. Quadus Allah

PHILADELPHIA, Penn.--In The Name of Allah The Beneficent, The Most Merciful, All Praise is Due to Allah (Master Fard Muhammad) For Raising Up In Our Midst, The Most Honorable Elijah Muhammad.

I greet my Brothers and Sisters In the Nations Greetings of Peace, As Salaam Alaikum.

One of the most important things Islam has done for me is made me a responsible father.

It has given me two boys whom I can shape and mold into men. I can fashion them to be better than me, teaching them not to make the mistakes I made.

I pray to Allah that they be a mere reflection of myself and have the teachings of the Most Honorable Elijah Muhammad imbedded in their hearts, to be able to give these Devils hell.

Allah has blessed me with this responsibility for a reason. There are no coincidences in Islam. Men make things happen!

Islam is mathematics and mathematics is Islam. That's why their percentage for success is higher than that of a child without a father and without Islam.

They give me a reason everyday to work hard and sacrifice.

The teachings of the Most Hon-



Lt. Quadus Allah (pictured on right) soldiering on the streets of Philly, with Muhammad Speaks Newspaper, to help raise the dead

orable Elijah Muhammad, has given me brand new eyes, for how I see things.

Before I couldn't see that brother digging in the trash can and have the desire to help him.

Before I couldn't see that sister struggling trying to make ends meet and hold on to her sanity and understand that we are all damaged goods, some are affected worse than others.

So today I tell you I have so much to thank Islam for that it can't all be put into words.

Our duty as FO I is to get this truth over to our people that's hurting.

We have the true medicine for their sickness. The medicine for

all of our (The Blackman and woman in America) ills is the Truth that is none other than Messenger Elijah Muhammad's Teachings.

When I accepted Islam, as taught by Messenger Elijah Muhammad, I accepted the responsibility of burning this truth into the hearts of my children.

I know that when I look into these JR FOI's eyes, whatever I don't accomplish today, or whoever I don't save today, I know that they will do it tomorrow.

I leave you as I greeted you in the Nations greetings of peace, As Salaam Alaikum .

Your Brother In Truth
Bro. Lt. Quadus Allah

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HOW TO EAT TO LIVE

Abundancy of Life

By Messenger Elijah Muhammad

Reprinted from Chapter 7, How To Eat To Live Book 2

There are a lot of readers of this book who have many different thoughts and conceptions of this book.

THE MAIN ROOT of this book is to stop you from eating two or three times a day which will prolong your life.

It takes several hours for the proteins and the vitamins in the meal we eat today to be digested and distributed throughout our bodies.

Allah, through the mouths of the Prophets prophesied that when He Comes, He would give us more life--an abundancy of life.

The Book does not teach you how He will extend our lives; how He will make our lives worth living; and how we will rejoice in our lives.

Now, He (Allah) Has Come and He is teaching me to teach you how to live.

How to live is to go after that which is essential for us to put in our body as foods which gives life and maintain life in the body.

He (Master Fard Muhammad, to Whom Praises are Due forever), Has taught me how to teach you the best way to extend our lives and that is through the right kind of foods and drinks.

This does not mean we have to eat every herb of the earth; every cattle of the earth, every bird that flies, every domestic fowl, or every piece of fruit that a fruit tree or vine is bearing (as some people think like that). Just a simple food will keep you and me living a long time, if that simple food is good and we eat it only once a day (once every 24 hours).

SOME WEAK people think that they cannot eat once every 24 hours, but our stomach looks to our brain for guidance and looks to our brain to be the "boss" of what it should take in. The stomach does not think for itself. The brain thinks for the stomach.

Allah has given to us and has taught that way of life that is good for us. We can accept it or we can

reject it. There are some people who claim that they like the way but they will go ahead and eat that which is not good for them to eat. Then, they get in trouble and they write me and say that they eat once a day but they are sick: they cannot take it. But, do I not know that they are not eating rightly as I teach them that God taught me and that they are not going through 24 hours, eating only one meal? Do they not know that I know they are not carrying out the instructions as they should. If you get sick, go and fast for three days. This helps kill the poison in your stomach that came from what you ate.

Once every year, we have accumulated enough poison from eating one meal a day to make us sick one day. I SAY AGAIN, our stomach is not the boss. The brain is the boss. Eat one meal a day and eat good food and do not eat Divinely prohibited food. This is the Word of Allah and His Teachings to prolong our lives.



The Honorable Elijah Muhammad
LAST MESSENGER OF ALLAH

The Health Benefits of Honey

Raw honey is antiseptic, antibiotic, antifungal, and antibacterial. It never spoils. It has been found in ancient tombs used to preserve bodies and was found to be still edible. It keeps foods fresh and moist longer, halting spoilage.

Honey has some amazing health benefits. Recent studies in New Zealand were conducted on those afflicted with the H. pylori bacterium known to cause gastric ulcers. Within three days, honey stopped the growth of bacterium colonies.

Doctors have said that raw honey is an effective treatment for almost all allergies. Taken all year around, Honey builds up immunities to the

very things you are allergic to.

Honey should be taken in the morning, since it is also an energy booster. It's great in coffee!

It is no secret that athletes of all ages and abilities include honey in their training regimens. Honey is commonly found on training tables "before the big game," made into energy drinks to drink during exercise,

In Bulgaria, researchers found that honey has anti-allergic, anti-inflammatory, and expectorant properties enabling the body to regenerate attacked cells.

Research has shown honey to greatly improve chronic bronchitis, bronchial asthma,

chronic rhinitis, allergic rhinitis, and sinusitis.

Daily consumption of honey raises blood levels of protective antioxidant compounds in humans, according to research presented at the 227th meeting of the American Chemical Society in Anaheim, CA, March 28, 2004.

Honey has also been shown to help with burns, cuts and abrasions.

Recently, studies showed that honey possessed moderate anti-tumor and pronounced anti-metastatic effects in five different strains of rat and mouse tumors.

Honey is sold in individual containers or in bulk. It is usu-

Continued on next page

Food Flavorings linked to Fatal Lung Disease

CINCINNATI, Ohio--The National Institute of Occupational Safety and Health (NIOSH), called to a southwest Missouri popcorn plant to investigate lung illnesses among workers, found that diacetyl, a substance that is found naturally in many foods but which also is artificially produced and widely used as a less expensive way to enhance flavor or impart the taste of butter, was the culprit. NIOSH has linked exposure to diacetyl and butter flavoring to a lung disease, called bronchiolitis obliterans, that sickened nearly 200 workers at popcorn plants and killed at least three. Bronchiolitis obliterans causes inflammation and obstruction of the small airways in the lung by rapid thickening or scarring. The irreversible condition is progressive and often fatal without a lung transplant.

Recent cases that NIOSH scientists have learned about include a man who worked at a small Baltimore-

area flavoring company, a man who worked at a North Carolina potato chip plant, an employee at a Chicago candy maker, and workers at a Cincinnati flavoring plant. Meanwhile, the Food and Drug Administration has allowed flavoring producers and sellers to decide which chemicals are safe, and California's occupational safety agency has delegated health examinations of flavoring workers to an industry-paid doctor. About 70 U.S. companies are involved in the making and sales of flavorings, according to the Flavor and Extract Manufacturing Association, the largest trade group for the \$3 billion-a-year industry.

More than 150 former popcorn plant workers have sued companies supplying or making the butter flavoring, and more than \$100 million has been awarded in jury verdicts or paid in settlements. At least 30 suits are still pending.

What's Fueling You Muslims?

By Sister Pia' Angela Shabazz



Sister Pia' Angela Shabazz

CINCINNATI, Ohio--In the name Of Allah who came in the person of Master Fard Muhammad, to whom praise is due forever for raising up Messenger Elijah Muhammad as a guide for us.

I greet you in the Nation's words of peace. As-salaam alaikum.

I've had the great opportunity to travel and meet Muslims from all across the country (all praise is due to Allah).

Unfortunately, mediocre/ poor health seems to be almost epidemic amongst Muslims.

In a previous article I said that it is common sense that if you are a follower of the Messenger, you must follow him and his instructions.

Since he gave us "How to Eat to Live" as a dietary law, we have no excuse for enjoying anything less than radiant health.

Some of us in our zeal to weigh properly have jumped on the "low carb" trend as some miracle cure, instead of having discipline and following the man God appointed to lead us to good health.

The Messenger said, "Since being given knowledge by the All-Wise One in the Person of Master Fard Muhammad on "How To Eat To Live," we should not confuse ourselves by studying the advice of all the people, doctors, and quacks of the world on what kind of medicine, vegetables, meats, herbs, and fruits we should eat.

If we keep getting advice on the above after getting the correct advice, we will never enjoy good health. All will be confusion."

It seems that we have become confused. There are major flaws with limiting all carbohydrates indiscriminately, and it shows our ignorance in choosing advice from

the devil over what the Messenger gave us as a plan.

Not all carbs are bad for us, so the key is to know the difference between those that are beneficial vs. detrimental. These differences have been outlined for us by the Honorable Elijah Muhammad.

The Messenger teaches us to avoid fresh baked breads and pastries. We do not eat white bread.

Pasta can be eaten in small amounts but it's not good for promoting health because it is half cooked and hard to digest. Those carbs should be limited.

On the other hand, wheat bread is good when it is thoroughly toasted. Toasting the bread helps

fruit consumption even though it's easy to eat on the go and tastes great.

Fruits are naturally hydrating because they contain approximately the same percentage of water as the body itself (80%).

Fruit is high in fiber and helps fight against high blood pressure and heart disease.

The abundance of antioxidants and fiber makes fruit an excellent source of protection against many forms of Cancer. They can also lower so-called "bad" cholesterol and improve eyesight. Fruit has even been documented for healing some mood disorders such as

Fruit can be considered "Superfoods" because of the variety of benefits they provide.

to inhibit the bread from rising in the stomach. It also makes the bread less mucous forming in the body.

Beware of the whole grain of wheat because it is hard to digest. Studies have shown that women who eat high fiber diets weigh less than those eating refined grains and are about half as likely to gain weight.

Refined grains (white breads, pastas, white rice) are likely to lead to Diabetes, high blood pressure, cardiovascular disease and weight gain in the waistline and abdominal area. Unrefined grains help to prevent these symptoms.

Wheat's high fiber content makes it a natural laxative and relieves Diverticular disease. Wheat also is a natural anti-Cancer food.

Likewise, fruit is a great natural carb and is important in preventative health and healing.

The Messenger taught us, "Eating great meals of highly seasoned and sugared pastries is definitely not good for us. They most surely take years of our lives away.

You may eat some sweets, but do not make an entire meal of sweets or eat them every day.

Fruit is good for us; we should eat plenty of fruit." We as Muslims don't eat enough fresh fruits! Even vegetarians sometimes skimp on

depression. Almost all fruits are easily digested and assimilated into usable fuel for the body. They are the most natural food for human consumption.

Fruit is unusual because unlike most foods, it is best eaten raw. This means that when you eat fruit, you are eating a fresh food that is unaltered and has all its nutrients intact.

Fruits can be considered "Superfoods" because of the variety of benefits they provide.

Apple skins contain pectin, which is used in Kaopectate medicine to regulate the bowels.

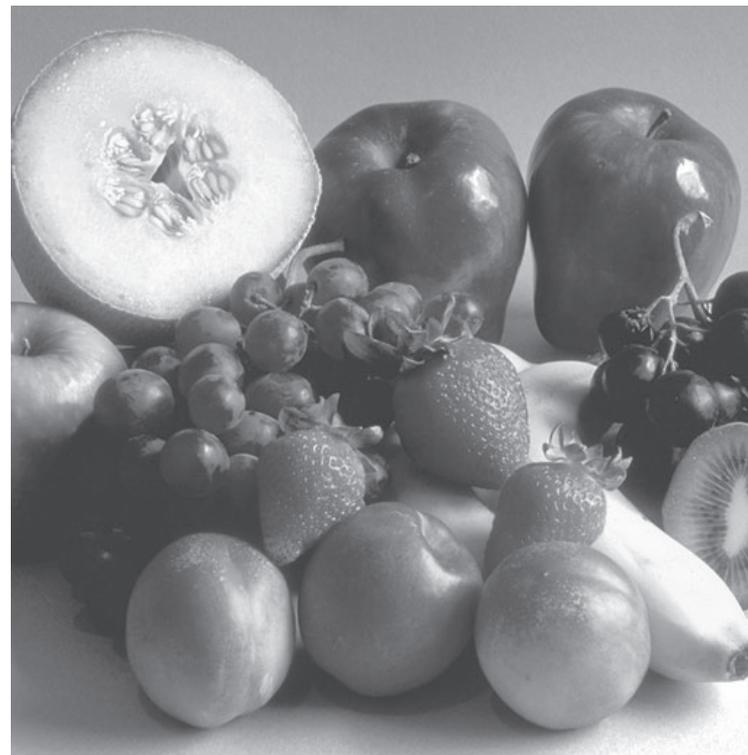
Drinking Apple, Orange or Citrus juice can help eliminate the risk of kidney stones. Grape Juice can minimize decreases in brain function due to aging.

Bananas have an antacid effect that can help protect against ulcers.

Lemons and Limes aid the body in eliminating toxic mucous, especially if added to distilled water while fasting.

Oranges and other Vitamin C rich foods may assist in preventing rheumatoid arthritis.

Most berries contain high levels of antioxidants for Cancer prevention.



Cranberries are naturally effective against bladder infections and even helps fight the Herpes Simplex 2 virus.

Kiwi can replace aspirin therapy to thin the blood.

Pineapples contain an anti-inflammatory enzyme that soothes bruises, tenderness and swelling.

As we already know, the Messenger was right and exact!

- If you are sluggish, instead of reaching for an energy drink (poison) reach for a homemade smoothie made with orange juice blended with a banana and frozen strawberries for a drink packed with natural sugars and energy

boosters.

- For a healthy dessert, try a parfait made with kosher vanilla yogurt and fresh berries or peaches.

- For a fresh summer treat try making a tropical fruit salsa out of chopped Papaya, Mango, and Pineapple instead of traditional tomato.

- Add fresh berries to your favorite cheesecake or pound cake.

Let's all get off these unhealthy low carb diets and return to the #1 diet plan that was given to us by men interested in our health and longevity. May Allah bless you with radiant health and life abundantly! As-salaam alaikum.

The Health Benefits of Honey

Continued from page 12

ally pasteurized, although oftentimes at farmer's markets or local health food stores you can find raw honey. Raw honey that has not been pasteurized, clarified, or filtered - provided it is of the highest organic quality - is your best choice. Look for honey that states "100% pure."

It is a good idea to use honey instead of sugar in your baking. Honey is actually sweeter than sugar, so it is used in different amounts. If a recipe calls for 1/2-cup sugar or less, leave out the sugar and use the same amount of honey. When you

replace sugar with honey, cut the liquid by 1/4 cup. If your recipe calls for one cup of sugar use one cup of honey instead and reduce the liquids by 1/4 cup.

For recipes that call for 1 cup or more sugar, use 3/4 cup honey for every one cup sugar.

To prevent overbrowning or burning in your cake and cookie recipes, lower your oven temperature by 25 degrees. Honey baked goodies tend to brown faster than those cooked with sugar.

Never give honey to babies under the age of two.

Four Great

By Messenger Elijah Muhammad

Reprinted by popular request from the December 27, 1967 edition of Muhammad Speaks Newspaper

To be plagued with too much rain will destroy property and lives. It swells the rivers and creeks. Too much rain floods cities and towns.

Large bodies of water at the ocean shore lines will be made to swell with unusually high waves, dumping billions of tons of water over the now seashore line.

RAIN destroys property, kills cattle by drowning them in low lands. **Rain destroys the hiding places of vicious beasts and reptiles, bringing them out fighting, in small towns in people's homes and farms.** Rain weakens and destroys railroads, truck line beds and bridges. Rain undermines foundations of all types of buildings. Rain makes the atmosphere too heavy with moisture, causing sickness.

WIND WITH rain can bring destruction to towns and cities, bringing various germs, causing sickness to the people. It produces unclean water by the swelling of streams and de-

stroying reservoirs of pure drinking water used for the health of the people. **Rain is a destructive army within itself.** Hall stones are also a property and life destroyer. Snow is of the most dreaded plague when it comes in great drifts from 5 to 35 feet. It buries your property and lives. It destroys your highways, your cities, and your concrete and gravel in towns and cities. It puts a great burden of expense upon the city to repair it. The cave-in of roofs of homes, **the cutting off of transportation, isolating areas, brings about starvation. And communication is destroyed with the icing of communication wires.**

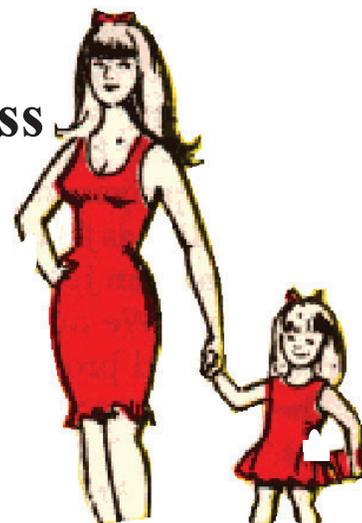
SNOW LOOKS pretty, because of its clean look. Almost everything of nature is beautiful, but it can be turned into death and destruction against man. **Snow is prophesied to be**

one of the weapons that God will use against the wicked (America), Job 38: 22, 23. Hail also is mentioned in the same two verses, where God plainly tells us that He has preserved it against the time of trouble, against the day of the battle and war.

THE HOLY Qur-an also teaches us that God used snow, rain, wind, hail, earthquakes and fire against former wicked people. **Is America any better than the people we read about in the history that God destroyed? No, she is not as good. These people were not as wicked as the America people.**

EARTHQUAKES can destroy towns and cities instantly. **America is in the grip of divine judgment. America is in the**

The Shyless



The Filth That Pro

Holy Quran (7:27) O children seduce you, as he expelled you **from them their clothing that** surely sees you, he as well as h Surely We have made the devil

This happened to the Black Pe He pulled off, from their Origin and the clothes to cover their s in the hills and cavesides of Eu

You are warned. You believe y evil and filth of the white race

Judgments

position toward her once slave, so-called Negro, as Pharaoh was with Israel as his slave. **She is in this position because of the injustice done to the America so-called Negro slave, brought to America over 400 years ago, and refuses to let them go free.** They only say that you are free, knowing within that you are not able to leave them without anything. But, the injustice continues to increase. Now they plan death.

SO THIS God was predicted by the prophets to come to the defense of this people (so-called Negroes) in the last days after they have heard the enemy for 400 years. The Bible declares, in Genesis to Abraham, that God would judge the people to whom his people (Abraham's)

would be in bondage. This does not mean Israel. **This means the present Black people,** the members of their Black nation, who have and are fulfilling their prophecy.

GOD, IN the Person of Master Fard Muhammad, will not be defeated. The more evil deceiving, tricking and making of false promises to the American so-called Negro, only increases America's divine chastisement-- doom.. **America knows that her trouble lies in her mistreatment of the Black man,** the so-called Negro, but she is too wicked to give up tricking the Negro and deceiving him on false promises. **She just cannot stop. The opportunity is too open and she thinks that there is no one to hinder her.**

BUT GOD has chosen us to be His people, and He delights in fighting the enemy. According to the history of the former people, He delighted Himself by going forth against them when they exceeded the limit. So



The Honorable Elijah Muhammad
ALLAH'S LAST AND GREATEST MESSENGER

it is with America. They must be separated. **America will not agree to see the Negro separated from her until she has suffered divine punishment, as Pharaoh suffered.** The same thing that other evil nations suffered before them is now coming upon this people.

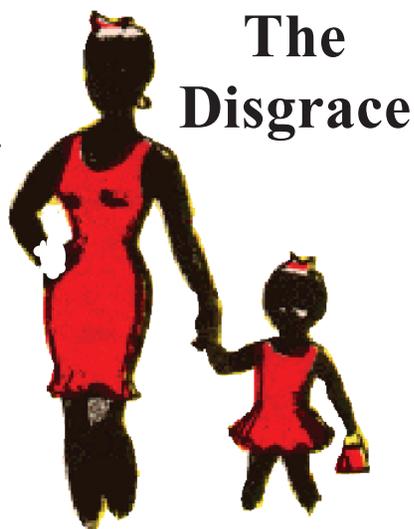
SHE SEEKS to keep her slaves robbed of opportunity and wealth. She envies success coming to American Negro free slaves. She charges them high prices to keep them down. She deceives them through a few of what we call "Uncle Toms" in

duces The Filth

of Adam, let not the arch deceiver
r parents from the garden, **pulling off
e might show them their shame.** He
his hosts, from whence you see them not.
s to be friends of those who believe not.

people who followed Yakub from Arabia.
inal Self, the clothes of Righteousness
shame; and then made them to go nude
rope, until the birth of Moses.

ou are safe in following the invitation to
. Wait and see.



Delivering your baby at home

By

Sister Delia Muhammad

LONDON, England--In the Name of Allah, The Beneficent the Merciful. I bear witness there is no God But Allah and that Muhammad is His Messenger.

I greet you, my Sister MGT/GCC in peace (As-Salaam-Alaikum)

It is a privilege and an honour to have been asked by Sister Zakiyah Karim to share a few words with you on HOME BIRTH.

As the SECOND SELF OF GOD our role is to be CREATIVE. What do I mean? One of the greatest forces given to the woman to manifest her gift as a female is the CREATIVE FORCE. The creativity in mind by Allah (God), is to bring into being a god like Himself.

This process takes much preparation, and care to the mind and body. The formation of a human being, in such a sacred place should NEVER BE TAKEN LIGHTLY.

We know that home birth is, delivering your baby at home. In a safe and secure environment, and environment you can control. HOME BIRTH IS NORMAL, IT IS NATURAL.

Home is where a woman has made her own nest, where she feels most relaxed and can act spontaneously,

without trying to be on her best behavior or struggling to put on a good performance.

Home is where you can be yourself.

DECIDED ON A HOME BIRTH?

You have the right to a home birth, if your pregnancy has been problem free. Or your previous

•You feel much safer at home, and would like continuous support from family.

WHAT WILL BE NEEDED FOR A HOME BIRTH?

There will not be much to purchase. All what you have at home will be sufficient. Bed, sofa, cushions, pillows, footstool and a chair.

To protect the floor, you will need

“My Lord I vow to Thee what is in my womb, to be devoted (to Thy service), so accept (it) from me; surely Thou, only Thou, art the Hearing, the Knowing”

Holy Quran 3:34

pregnancies have been problem free.

Speak to the midwife on what their procedures are from their point of view in relation to home birth.

Good reasons for choosing to birth your child at home include:

- You have a strong desire to birth at home.
- You trust in your body's natural ability to birth.

to purchase a plastic decorators sheet, and old bed sheet to put over it. While laboring, your waters may break.

PREPARING FOR THIS DAY

The law of birth makes no mistakes, WE DO.

Preparation should be implemented once the embryo is secure in the womb. However, with my experience women do not prepare.

Yes, they prepare the home, the children to be taken during that time; they purchase all the baby essentials etc. What about PREPARING THE MIND?

If the mind is not prepared, especially if you are a first time mother wanting a home birth, then complications can occur.

From the start of pregnancy, a woman should be looking at her diet and her lifestyle.

Change anything and everything that brings negative and/or stressful circumstances.

Create 'quiet times' to relax and tune into your body, mind and baby.

Make this a routine on a daily basis. You must have that intimate relationship with Allah, with His force.

This should/can be done through prayer and meditation.

WHAT TO WEAR.

Anything that is loose around you, makes you feel comfortable, but also keeps your dignity. Mind you, this piece of clothing will not be on for long, when labor strengthens.

WHERE TO Labor

When a woman is on labor, she needs to feel secure and safe in her environment. So find an area in

your home where you will get that. It may be a small room, bedroom, and sitting room. This area MUST be warm, unless there is a heat wave.

WHAT IS Labor?

Labor does not start in the abdomen, Labor STARTS FROM THE BRAIN.

The womb contracts and retracts in pushing the baby down the birth canal. The contraction and retraction can only be affective with good hormonal secretion.

The hormones that start labor off are secreted from the pituitary gland in the brain. These hormones secrete better when the mind is settled and not stressed. Once there is harmony of mind and body, labor will follow in sequence of the three stages.

If it starts in the day (early morning, afternoon), try to keep yourself calm, but active.

Go for walks in the park with your husband or sister, but do not exert yourself to tiredness or exhaustion.

If it is too cold, then walk around in the home. SWITCH OFF the TV, radio etc. If there are children in the home, get someone to take them for a while.

‘PEACE IS CRUCIAL TO Labor. PEACE IS THE SISTER OF Labor’.

Make sure that you eat, as food is energy, you will need a lot of energy!! However, the meals should be small, and easy foods that can be digested well.

What can you eat (examples)?

Fruits – blended
Well toasted bread
Blended bean soup
Organic energy bars
Bean pie (smile)

When eating food, chew down to soft before swallowing. The body needs to absorb the food and not contain it. Containing it means the body will not absorb, so it will bring it back up.

Starting in the night means ‘GET SOME REST’. Do not get up and walk around, rest. Allow the body to do its work.

WHAT CAN MY HUSBAND/ SISTER DO FOR ME?

I wonder if I asked you how patient you were, would you say

Continued on page 18

The dangers of soy, especially to children

The Most Honorable Elijah Muhammad warned us NOT TO EAT SOY! But many of us have ignored his warning and have adopted a diet of soy-filled “veggie patties” and “veggie burgers” to take the place of meat in our diets. This was a big mistake!

Babies fed soy-based formula have 13,000 to 22,000 times more estrogen compounds in their blood than babies fed milk-based formula.

Infants exclusively fed soy formula receive the estrogenic equivalent of at least five birth control pills per day.

Pediatricians are noticing greater numbers of boys whose physical maturation is delayed, or does not occur at all, including lack of development of the sexual organs.

Learning disabilities, especially in male children, have

reached epidemic proportions.

Male infants, normally, undergo a “testosterone surge” during the first few months of life, when testosterone levels may be as high as those of an adult male.

During this period, baby boys are programmed to express male characteristics after puberty, not only in the development of their sexual organs and other masculine physical traits, but also in setting patterns in the brain characteristic of male behavior.

Soy floods the bloodstream with female hormones that inhibit testosterone. Soy cannot be ignored as a possible cause for the tragic developments of gender confusion in this society.

Examination of almost every food product in the United

States will find a derivative of the soy bean.

Soy flour, textured vegetable protein, partially hydrogenated soy bean oil and soy protein isolate are found in 60% of America's food supply.

From pre-packaged meals, frozen entrees, fast food and your favorite butter substitutes, soy is there to ‘enhance’ the flavor or hold ingredients together.

Almost 15 percent of white girls and a whopping 50 percent of Black girls in the United States, show signs of puberty such as breast development and pubic hair, before the age of eight. Some girls are showing sexual development before the age of three.

Premature development of girls has been linked to the use of soy formula and expo-

sure to environmental estrogens such as PCBs and DDE.

Researchers Daniel Doerge and Daniel Sheehan, two of the Food and Drug Administration's experts on soy, signed a letter of protest, that pointed to studies that showed a link between soy and health problems in certain animals. The two say they tried in vain to stop the FDA approval of soy because it could be misinterpreted as a broader general endorsement beyond benefits for the heart.

In test animals soy caused stunted growth.

Soy has been found to promote breast cancer in adult women. Soy foods increase the body's requirement for vitamin D.

And finally, soy foods contain high levels of aluminum which is toxic to the nervous system and the kidneys.

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.....

Dr. Mary Harding Bell, Ed. D. was educated in the Public schools of Chicago, Illinois. She earned her B.Ed. and M.Ed. from Chicago Teachers College with degrees in Elementary Education, Social Studies and Special Education. Dr. Bell received her doctorate degree in Curriculum and Instruction from Loyola University, Chicago, Illinois. Dr. Bell's educational experiences encompass teaching in Chicago's public elementary through high schools, as well as teaching graduate studies at Northeastern Illinois University.

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Illinois Attorney

"Our school is using OF HOPE, COURAGE AND LIFE, we absolutely love it! Thank you Dr. Bell for this wonderful, all purpose book."

School Administrator
Detroit, Michigan

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By Dr. Mary Harding Bell

How Many Times Can A Man Save Your Life, Part 2

Continued from page 9

your home address and telephone number!

Most of the time the officials could handle a problem but we were encouraged to notify The Messenger Of Allah if we felt there was a special need or the officials became lax in any area!

We were surely blessed!

The telephone rang twice! A secretary answered and repeated The Messenger's number. I gave her The Greeting and identified myself! "Wa Alaikum Salaam." She replied, "What can I do for you today?" "May I speak with The Messenger?" I said, breathing fast! "Did you have an appointment?" The Sister asked.

"This call is about my health!" I said. "One moment." She replied.

The 'moment' seemed like an eternity. The secretary came back.

"As Salaam Alaikum, Brother. Thank you for holding. The Messenger will be with you shortly."

I took a deep breath. "As Salaam Alaikum" said that same kind voice I will remember always. "How can I help you Brother?" said The Mes-

senger Of Allah. "Wa Alaikum Dear Holy Apostle." I said, returning The Greeting.

I talked on and on, spilling out all my pain and frustrations, wondering aloud why a young man like me would suffer so! The Messenger interrupted. "Brother... Have you prayed to Allah with your heart about this matter?" I responded, "Well... a little, maybe not as much as I should have."

The Messenger did not reply for a while. "Brother.. When Allah sends you signs and messages, are you listening?"

The Messenger knew the answer to that. He kept on talking. "I would best to say that your family has a lot of eating problems. Is that correct? I also will say that they are overweight and sick most of the time. Is that correct?"

"How did you know that?" I said. "Almost all of my family is sick. I hope I won't be fat like them but the doctor says being fat and sick runs in our family."

The Messenger was quiet. He spoke. "The reason all of you stay on the sick bed is because you eat all the same foods in the same man-

ner!" The Messenger's wisdom can knock you down!

After you gain a wee bit of knowledge and look back on your past beliefs, your new learning makes solutions to once difficult problems so simple and logical.... and yet, you didn't get it until The Messenger or one of His Ministers pointed it out to you!

What is obvious to the wise is hidden from the foolish.

"I can't do that! I'll DIE!" This was my reply to The Messenger when He told me to stop eating meat for three weeks and then con-

sider a vegetarian diet.

"Your horrible condition will clear up and go away! You have nothing to lose!" He continued. "The operation you described to me is not a pleasant one and you could succumb to it. Go over to Mrs. Fulton's. She has a health food store and restaurant. Go over there and tell her to make you some fresh carrot juice. Fresh now, not from a bottle! You drink that juice for your food for three weeks, nothing else! Your illness will disappear!"

The Messenger seemed so con-

fidant!

"How", I thought, "could a little carrot juice cure?"

Dear Holy Apostle, I said, "I don't think I could survive on just carrot juice for three weeks." "Well Brother," said The Messenger, "You might not survive an operation! Tell me Brother, isn't it worth the chance?"

"Yes Sir! I'll try it!" I said. The doctor had called my house repeatedly but I didn't want to respond until after the three week period was up.

Continued on page 22

Delivering Your Baby at Home

Continued from page 16

"very"? Well, in this instance, the patience is not waiting for a bus, or standing in a shopping line. This patience is PSYCHOLOGICAL as well as SPIRITUAL.

So those whom you choose to be your partners in labor, have to understand the process of labor and work with you to accomplish that. They have to understand YOUR NEEDS.

*Plenty of drink and snacks for them to nibble on

*Plenty of encouragement. ('Keep going, you are doing well')

*Massages

*Peace and quiet

WHILE IN Labor

In the first stage of labor the lower part of the womb, starts to ache and tightening are felt, but they are bearable.

It is during this time that walks, or rest is appropriate.

This phase can continue for up to 16hrs. The contractions will be irregular during this time. There are times when the contractions will be regular for a while, then turn to irregular. Writing down every contraction, how long it lasts etc is a waste of time.

What are we looking for?

Strong, regular, frequent contractions: Lasting over 60 seconds, At least 5 minutes apart For at least 45 minutes to an hour.

There will be backaches, as the pelvis opens to allow baby down the birth canal.

There will be feeling of wanting to open the bowels, as baby's head pushes up against the bowel and the bladder. Causing a feeling to go to the toilet.

Breathing: This is your tool to get through ALL the contractions.

The technique is to breathe IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH. All women use this technique. It is done until a rhythm is found with the contractions.

This kind of breathing will tune you into yourself, into the Force that guides you on this journey to motherhood.

Breathing this way, for so long, will make your mouth and lips dry. During this time of labor, it is essential that you are drinking water. Drink a glass of water every hour. You should sip, or use a straw if you cannot swallow. Another alternative is to quench your thirst by sucking ice.

Just before your baby is born, the cervix will softened, and begins opening up. The contractions are very strong. There is hardly any break between each contraction your support team should now be on active duty.

The baby's head is directly on the cervix and the pressure applied with each contraction helps to open the cervix even more.

The stronger the contractions, the wider the cervix, the closer to delivery.

The closer the delivery, the deeper the breathing technique. The greater the pressure on the bowel, the greater the feeling to open the bowel. The more of that pressure, the more breathing should be done to allow the head of the baby to come down.

THE BODY will EXPEL the baby. There will be a pushing of the body involuntarily, just like going to the toilet. It is time to deliver!!

My sisters, all of this can be done at home.

I have had 13yrs experience of seeing babies born at home, hospital, cars, and caravans even on the road.

But, without RIGHT PREPARATION, the long hours of labor, you will not be able to withstand. And Allah did not bring this process into being without a reason. We have to work with Him.

May Allah bless you always.

Your sister and servant in Islam,

Delia Muhammad

Website: www.yourcomforter.org

Email: delia@yourcomforter.org

STILL MISSING



KENDRICK JACKSON
Age 3 - Houston, Texas

Kendrick was last seen standing at a bus stop with a man, who was not his father, on April 7, 2006. When he was last seen, he was wearing a white t-shirt and pajama shorts with pictures of baseballs and footballs on them. Anyone with information should call the National Center for Missing and Exploited Children at 1-800-843-5678

Four Great Judgements

Continued from page 15

the political circle, clergy class and all professional classes. She offers them little favoritism to help her work against their own people - the Black people. But they, too, will suffer along with the enemy of justice of the poor so - called Negro.

THEY MUST be separated. Envy and hatred are growing between the two people, regardless to their preachings of social integration. The truth must come.

What is better than the program you find I have written and kept on the last page of our paper, MUHAMMAD SPEAKS, for approximately four or more years?

You two, (black and white) cannot get along in peace, since you never have gotten along in peace.

DO YOU know why the white American does not like to talk with you about separation, and why he calls separation of the two people the wrong solution for peace be-

tween the people?

He knows that it is promised and that God will do it. Then, why do they not agree with separating themselves from you and me, and we from them? Why is the Black man and white man all over the earth now in disagreement with each other to live in peace? Do you know why?

Oh, foolish so-called Negro, seek some of this earth that you can call your own to live on in peace.

Unite and ask the government for a portion of America.

THIS IS what we need----somewhere to live to ourselves and let the white man live to himself. The two people are not brothers. They are alien to each other.

God did not make them brothers to each other.

I ask you, my brother and sister, to learn this and learn it quickly and fly for your life to the refuge of Allah. Come follow me.

The Real Uncle Tom

By
Brother John 9X

PROVIDENCE, Rhode Island--As -Salaam - Alaikum, Brothers and Sisters. We're quick to call another Brother or even a Sister an "Uncle Tom". It is an insult. It describes a brother who is a "sell out". A Black brother or Sister who cares more for the wishes of the devil than he cares for his fellow Brothers or Sisters.

I don't need to give you any examples of Uncle Toms because we know who they are.

But as the Honorable Elijah Muhammad taught us, it is important for us to study our TRUE history.

It is one thing that was stripped away from us and it is THE one thing that will lead us to truth.

When we call someone an Uncle Tom. This is based on a character in a story by Harriet Beecher Stowe, "Uncle Tom's Cabin".

The character was a perfect slave. He was a caring, gentle Brother who would do whatever his master wanted. And in the end he was treated as the devil wants to treat all of us: he was beaten to death before he got the freedom he richly deserved.



Josiah Henson, pictured here. Henson's autobiography "Truth Is Stranger Than Fiction" is widely believed to have inspired the INACCURATE account of his life and history in Harriet Beecher Stowe's novel, "Uncle Tom's Cabin"

But as we know of the devil, he lies and deceives. So it shouldn't surprise us that the real Uncle Tom was much more than the character in this book.

The real Uncle Tom was named Josiah Henson. He was born in 1789 in Rockville Maryland and was a slave.

He was a caring and gentle Brother who was taught by his master to read and write, but that is where the similarity ended.

The Real Uncle Tom was a warrior Brother who threw off the

shackles of slavery and escaped.

The Real Uncle Tom instinctively knew how evil America was so when he fled North, he never stopped until he got to Canada and made that his home.

The real Uncle Tom came back into America from time to time to be a part of the underground railroad and help other Brothers and Sisters to get their freedom.

The real Uncle Tom started the first trade school in Canada to help Brothers and Sisters find a way to fend for themselves.

The time was 1810. It was before the Honorable Elijah Muhammad and Master Fard Muhammad came on the scene. Yet this Brother possessed a certain amount of truth.

He understood about unity. He knew about doing for self and he knew he couldn't trust white people.

The Real Uncle Tom wasn't a weak, sissified Brother. This is a Brother who, with one dose of the Honorable Elijah Muhammad's teachings, probably would have accepted Islam.

How many doses did it take us before we, (hard-headed, stiff-



Brother John 9X

necked and rebellious) finally broke down and accepted the truth?

In our time the Real Uncle Tom might have made an excellent Fruit. He might have made an excellent FOI.

Think about it, Brothers and Sisters. It was 1810. The Real Uncle Tom might have been looking for the true and living God.

Every Brother and Sister that he saw, he might have asked himself "Are you the one with a message?" (The Hon. Elijah Muhammad).

We don't honestly know. We can only speculate. But the next time you call someone an Uncle Tom. Take some time to think about it.

Brothers and Sisters. Yes., it's an insult! But it just might be an insult to the Real Uncle Tom..

Top Salesman talks on Soldiering

By
Min. Hector Muhammad



MIN. HECTOR MUHAMMAD
Muhammad Speaks Newspaper
Top Salesman of 2005

the mentally deaf, dumb and blind. You are equally cussed out and praised when you stand up.

Doors are opened and slammed in your face equally.

When I am rejected or accepted, I wonder what goes on in the minds of those I have come across.

Despite all the trials and tribulations that I have experienced, the ability to spread the truth has always been open. It has been a therapeutic experience for me. One that allows me to meet and overcome all obstacles.

If you can withstand years of rejection and still make a sell with a newspaper, then you can overcome any obstacle in your path.

It is this unique training that has allowed me to gain strength in selling the services of my security company.

To all soldiers in Islam, take your obstacles and trials as blessings. Look at them as opportunities to further your favor in the sight of Allah.

LOUISVILLE, Kentucky--As I wait for the Muhammad Speaks to arrive via mail, I think back to the many years that it has been since I started soldiering.

Soldiering isn't for everyone. It takes an unique desire to spread the Teachings of Messenger Elijah Muhammad, to soldier the (Muhammad Speaks) paper in the streets of America.

It takes great courage to go out, in uniform, and offer this truth to

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Are You Living Islam?

By Minister Al-Muntaquin Ali



Minister Al-Muntaquin Ali

PHILADELPHIA, Penn.--In the Name of Allah who came in the Person of Master Fard Muhammad, and in the Name of his last and greatest Messenger The Most Honorable Elijah Muhammad. I greet you in the Nations greetings of peace of As Salaam Alaikum

Who wouldn't want to live a life that has been prepared (tailor made for the Blackman and woman) by Allah himself?

There is only one person I know who wouldn't want to live as the Lamb teaches and that is the White Devil and those who love devil's (white man's) way of life.

The Devil (white man) is a person who rejects everything that Allah tells him to do. And he is a rebel to God himself.

The Devil (white man) opposes all that Allah, Master Fard Muhammad, asks us to do.

When Allah gives a righteous person a holy way of life, right away, the Devil sets out to rob and steal that righteous life from that person.

First the Devil person tries to get the holy person not to listen to Allah at all. If he fails to stop your hearing, he moves to another means of getting you to fail at living right.

The Devil (white man) will come up with a way to put trouble in your life so that while you want to do Allah's will, The Devil makes doing that real hard.

Right here I ask you again, Are you living Islam as taught by Messenger Elijah Muhammad or are you under the power of the Devil (white man)?

Do you drink wine, whiskey, or beer? Allah and the Lamb said no alcohol of any kind.

Do you smoke cigarettes, pipes, cigars, snuff, crack, reefers, or blunts? No smoking allowed. Do you use narcotics? Prescription or non prescription is a NO NO.

Are you just in your dealings with others? Remember do unto others has you want done unto you.

Do you pray five times a day? Remember prayer is one of the pillars of our faith.

Do you love the law, given to us by Messenger Elijah Muhammad? Laws keep order when practiced.

Are you a lover of the truth of God? And Do everything in your power to live as the Lamb taught?

Now I bear witness that all of us need some work to conform. However we must not make excuses for our weaknesses. We must work at getting over our weaknesses.

We are not like other Muslims. They can drink and smoke if they want to. But you as a follower of the Lamb can not.

Are you a help or are you a hindrance? Do you support the Temple in your area or send support to some Temple to make them as strong as you can?

Do you rob God as it says in the book of Malachi chapter 3? Some claim Messenger Elijah Muhammad, but don't give to anything set up in his name.

We have to think like this (if not me then who) for our rise. Our brother is asleep in his grave. His 7 oz. brain is numb from all the vices of the true and living White Devil.

I encourage you to go back and pick up the books, tapes, Muhammad Speaks, and writings of Messenger Elijah Muhammad.

I know that if you don't pick them up in a vain way, Master Fard Muhammad will bless you.

Your life will be so much better for your conforming to the Lamb's teachings.

What do people who left the Lambs teachings have to show for their leaving?

We know that scripture teaches only 144,000 people being redeemed from us, but Messenger Elijah Muhammad loved us so

much he wanted to beat the 144,000 number if possible.

Now we have moved into the last days and all manner of opposition has come upon the followers of the Lamb.

Every religion you can think of has come into our lives and Nation. All believing in a Spirit God, which our leader and teacher is 1000% against.

Men have long wanted to make Messenger Elijah Muhammad to appear as not being a Divine Person and have accused him of everything, from adultery to murder.

We the true followers of the Lamb will always see the Most Honorable Elijah Muhammad as

the Messenger of Allah.

So I ask you again, are you living Islam as taught by Messenger Elijah Muhammad?

To those who think the Honorable Elijah Muhammad is not the Messenger of Allah or there were no more Messengers to come after Prophet Muhammad of 1400 years ago, especially scholars of the so-called Orthodox community, Read Holy Quran 44:5 "...truly we are ever sending Messengers."

Ever means ever, like nowadays or modern days.

We the believers thank Allah Master Fard Muhammad! For had

He not come, we might still be swinging from a rope on trees.

After Messenger Elijah Muhammad teaches us Islam here come all these Eastern Muslims saying they know better than our leader and teacher.

You may know some Islam, but do you give a DARN about black people?

Our leader and teacher cared about us for sure. Live the life of Islam that the Honorable Elijah Muhammad got from Allah for us and be blessed.

Your Brother In Truth
Brother Minister
Al-Muntaquin Ali

Frequently Asked Questions

"What is the difference between The Honorable Elijah Muhammad's Teachings and what most Arab Muslims believe?"

The Holy Qur'an was written 1,400 years ago. It states in many places that "Every Nation Has a Warner raised up from among that people". We (The Black man and woman in America), also known as THE NATION OF ISLAM, did not exist as a people 1,400 years ago. Nevertheless, the prophecy of the Holy Qur'an stands true. We did have a Messenger (Warner) raised up from among us. His name was Elijah Muhammad. He was not a Prophet. He was a MESSENGER (Warner) raised up by Allah (Who came in the Person of Master Fard Muhammad). He was raised up to teach us (who had been slaves in a strange land for 400 years). This was the answer to the promised made to Abraham by God (Allah). We (Black man and woman in America) are the seed of Abraham.

[see your Bible- Genesis 15:13 concerning the seed of Abraham]. We had never had a Messenger (Warner) come to us before Messenger Elijah Muhammad (Peace be upon him).

We (The Nation of Islam) have "different acts of devotion" from other Muslim Nations, though all Muslims believe in the same Basic Principles, which include the following:

BELIEF IN ONE GOD ALLAH (We Believe Allah came the Person of Master Fard Muhammad)

BELIEF IN HIS MESSENGERS AND PROPHETS (We believe in all the Messengers and Prophets of Allah, including Messenger Elijah Muhammad, who was raised from among us)

BELIEF IN PRAYER AT LEAST FIVE TIMES A DAY (Our Messenger taught us that position of standing upright with hands outstretched for prayer was ESPECIALLY FOR HIS FOLLOWERS)

BELIEF IN CHARITY IN IT'S BROADEST SENSE

BELIEF IN FASTING ESPECIALLY IN THE MONTH OF RAMADAN (Our Messenger taught us to observe Ramadan every year in the month of December)

BELIEF IN THE DIVINE REVELATION [HOLY QURAN] AND THE HEREAFTER (Messenger Elijah Muhammad taught us that the Holy Qur'an is true but that only a portion (two-thirds) of it pertains to us, The Black man and woman in America. Messenger Elijah Muhammad taught his followers that there is no heaven or hell beyond physical death, that heaven and hell were both conditions we experience in this life, that the resurrection was a mental resurrection, and that the hereafter only meant after the power and authority of the white man's rule has been broken).

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Continued on Page 19

Sayings of The Messenger

Compliments of Brother David Muhammad
of
Ellenwood, Georgia
aka
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Leave Them Alone...

“If after all of this plain truth poured upon them, into the ears of every American, whether he’s white or black, all the way around the earth like a belt, then there is no hope for a person that cannot believe in plain truth; you have to leave them alone.”

Mecca’s Destruction

“This Holy City Mecca of Arabia, the original scientists didn’t rule there, nor do they rule there today, but they’re gradually easing in. There are white scientists who’s ruling there. This is why Muhammad must destroy the old. You find in the history of Muhammad that he declared war on Mecca and he overcame them.”

Self-Made Leaders

“It took the destruction of the people of Korah by Almighty God to make Israel understand that it was God who had appointed Moses to lead them, and that self-made leaders such as Korah would not work in the way of delivering and establishing Israel into another country because Allah had chosen Moses to act as a guide to Israel and all other self-made leaders would be failures.”

Wealth

“In past history, you will find when Allah was angry with the people, He always destroyed that people and took their wealth and gave it to the poor. So, don’t be surprised if you’re given wealth.”

America OUR Future Kingdom

“ I want to see Heaven given to you Divinely. The prophets prophesied that you would receive this from God in the Judgement. You would be given a land for yourself. “It is Allah’s Own Good Will...”

Don’t be Foolish

“I do not blame the white man anymore for making fools of our people. It is the nature of the white man to make a fool of our people, but it is not the nature of our people to allow him to make a...”

Why Does The Devil Keep Our People Illiterate?

Continued from page 11

est man on the planet. He is only 6,000 years old. He is a Made man..Where the Bible says, "Let us make man". Who was that "US" That was us, The Blackman! We made him! Our Black brother, Yacub, along with 59,999 other Black brothers and sisters, were "kicked out of heaven" (sent to the Island of Pelan, a.k.a. Patmos) to make him. He is 100% wicked! You were raised in Compton, California. I shouldn't have to tell you this. But you have been thoroughly tricked into loving him, despite the proof, in your face,

that he doesn't love you. You see his devilish works the world over, but you are mentally blind so you don't accept what you see. You hear what he says about you and your people, but you are mentally deaf so you don't accept what you hear. If you weren't so DUMB (mentally) then you would be able to speak the truth and say "THE" New man is white, instead of "Your" new man is white. What a tool you are! He stands you up, wealthy, and successful in the eyes of your poor sister. And you make a statement like that. You help the devil to make

fools out of the rest of your people, who look up to you. This new made man was only given six days (6,000 years) to do his work (to rule the world with evil) and on the 7th day (7,000th year - The Blackman's time) he is to rest (be destroyed). We are living in the 7,000th year. It's time to wake up and look around you and see that the white man or devil (the Beast of Revelations) is being destroyed. Soon, as Messenger Elijah Muhammad warned us, his money will not be worth anything. Then he will show you who he really is.

How Many Times Can A Man Save Your Life, *Part 1*

Continued from page 19

Some Brothers had taken me over to Sister Fulton's and introduced me to her. She made me fresh carrot juice every day.

I began to look forward to my visits and started to like the juice. I got all kinds of negative comments from 'friends' not in The Nation Of Islam, but I kept on going with the juice.

Much to my surprise and amazement, within TWO weeks, my illness had disappeared! I could not BELIEVE it!

Right away I got on the telephone to the doctor! "Nonsense!" Said the doctor. "Come in to my office and let me examine you! I know that problem just didn't GO away! When can you come in? Can you come in today?"

I told the doctor I would come

right over. I didn't tell him about the carrot juice. I knew that I would really sound crazy if I told him that and above all. WHOM I got the information from!

"WOW!...Did my medicine do THAT?" exclaimed the doctor after examining me and finding no trace of the problem.

"Wow! Isn't that amazing! MY medicine did that! Hold on a moment, I'm going to get Dr. ———. I've got to show HIM this!"

Before I could tell him what really happened, he jumped up and ran out of his office, calling loudly for his colleague! They bounded back into the office like children finding a new toy!

"Look," I said, "Your medicine didn't do this! I stopped taking your medicine over two weeks ago!" He stopped in his tracks!

"Well," he composed himself, "If

my medication did not cause this positive result, what is YOUR explanation for this?"

I explained about The Messenger and His unorthodox methods of the use of carrot juice to correct an ailment not known to be mended by any other means but surgery.

As I related The Messenger's instructions and the time element between first taking the juice, to the disappearing of all the symptoms, the doctors became silent. Sour looks of indignation sprawled over their faces. They could stand no more! "Baloney! BALONEY!" said my doctor! "You come in here and tell us that some QUACK told you to take CARROT JUICE and it HEALDYOU?"

Up I jumped at that remark! "The Messenger Of Allah is NO quack!" I said loudly! "Well, He may not be a quack," the doctor quickly

stated, realizing he was treading on dangerous ground! "He's certainly not a medical doctor! I'm sure you would agree on THAT! Think about it! You start drinking carrot juice and by some miracle or whatever, your condition leaves! That's a coincidence, just CHANCE! I'm sure you KNOW that! If cures were that simple, EVERYBODY would be drinking carrot juice! We wouldn't NEED doctors! Your condition is still there! It will show up again and SOON!"

The doctor dampened my spirits. Sadly, I began to believe him. It sounded logical! For one not yet confident in his beliefs, the explanation rang true. The doctor scheduled the operation! I went home! I resumed eating the way my family had always eaten. In a few days after the doctor visit, I came down sick again.

I was too ashamed to call The Messenger. Something kept nagging after me to try the carrot juice again, even though it probably WAS just a coincidence, me getting well and all. So... over to Sister Fulton's I went!

After a few days of carrot juice, I was all right again! Now... I wish I could say that the second time the Messenger Of Allah proved to be correct in this matter, was enough to convince the most dull wits among us, but it wasn't!

I got deathly ill when I went BACK to my old eating habits for the THIRD time and had to be hospitalized!

The operation was to take place while I was in the hospital. Well, as many of us will do, when we are at death's door, we start to increase our output of prayers!

Much like today, I will always remember my fervent prayers to Allah, while on my back in the quiet of a hospital room.

Ether odors mixed with medici-

nal smells drifting in the air. The darkness was all around me! How did I EVER get in this condition I kept asking myself!

I would pray." Dear Allah, please deliver me from this pain and make me well again. Are you trying to tell me something? Are you telling me to try The Messengers remedy again, for the third time? Dear Allah, I will try the carrot juice once again. If I recover a third time, I will listen and learn everything I can from The Messenger! I will study the correct diet! I will eat only one meal a day! I will stop eating meat! Please heal me!"

I called my mother." Ma", I said, "Would you please go over to Sister Fulton's on 63rd. Street and get me some carrot juice?"

My mother assured me that she would do so right away but cautioned me that the hospital did not want outside food brought in.

"I know you'll find a way Momma." I said.

The doctors were waiting until I got stronger before they operated. For three days I drank the carrot juice my mother had brought in. I refused all the hospital food! I grew stronger by the day!

I strolled out of the hospital more able than when I went in and..without ANY operation! Praise be to Allah!

How many times can a Man save your life?

I began to study The Messenger's Teachings seriously! I started to eat in the correct manner and from that day to this day, the awful condition never returned.

I could hardly wait to tell my family, my Brothers and Sisters at The Mosque, EVERYBODY, about this miracle!

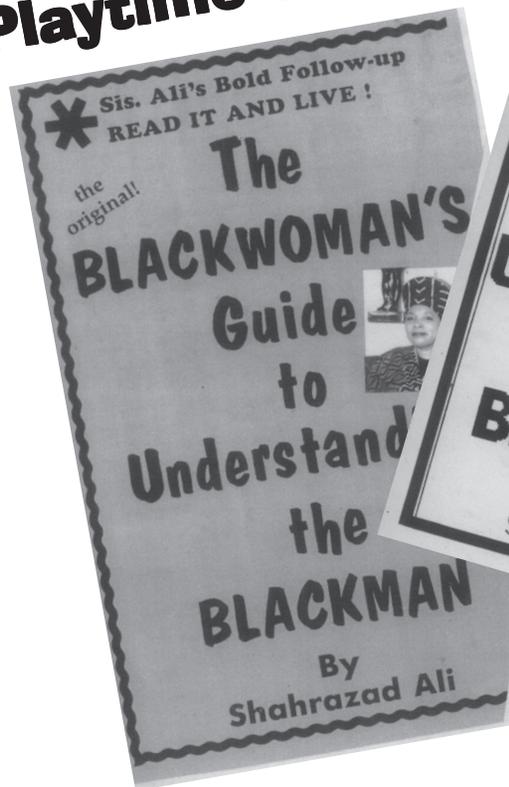
All Praise is due to Allah for His Messenger, The Most Honorable Elijah Muhammad (peace be upon him)

To Be Continued in Next Issue

GET READY BECAUSE

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and Playtime is over!



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WHAT ISLAM HAS DONE FOR ME

...Made me want to be a Better Man

By

Brother Malik Muhammad



Brother Malik Muhammad

Detroit Michigan--In The Name of Allah, Who Came to us in The Person of Master Fard Muhammad, The true and Living God To Whom all Praises are due, We forever thank Him for raising up The Most Honorable Elijah Muhammad (Peace be upon him) from among a people that had never had a warner from among them before.

Brothers and Sisters when I talk about What Islam has done for me, I have to make a distinction and say, What Islam, **as taught by the Honorable Elijah Muhammad**, has done for me because, in 1957 when I first became acquainted with Islam, I had no knowledge of the teachings of Master Fard Muhammad (God) As taught by His Messenger Elijah Muhammad.

I was in the United States Military stationed in Turkey, when I first heard of Islam.

At that time, the only differences that I could see between Islam and Christianity were that the names they called God were different.

What I learned among Turkish Muslims, was not much different from what I had learned in America under Christianity. The Turkish Muslims believed that Allah (like the Christian God) was a spirit that would judge all of the dead, and at, after physical death, the good people would go to a place called heaven and the evil people went to a place called hell. It was no different.

The only difference I saw, at that time, was that Muslims praised Allah and Christians praised Jesus, and that Muslims didn't eat pork.

Although I was born and raised in America, I knew nothing about the Messenger of God (Allah) to the Blackman (The Most Honorable Elijah Muhammad), but the Turkish people did!

They knew that Muslims were being raised in America, and because I began claiming Islam for my religion, after learning about Islam from the Turks, some of them, mistook me for one of the Messengers students, and treated me as a brother Muslim.

The strange thing about my experience in Turkey, was although we said all praises is due to Allah, we still smoked cigarettes and hash. We drank all forms of alcohol and took different drugs to get high.

It wasn't until around 1986 that I learned of The REAL ISLAM FOR THE BLACKMAN IN AMERICA, as taught by Messenger Elijah Muhammad.

This is the Teaching that made me want to clean up my life. I learned how dangerous cigarettes, drugs and alcohol were, not only to my physical body, but how these things had no place in a Righteous and peaceful society (The Nation of Islam), This I learned from Islam, as taught by the Most Honorable Elijah Muhammad.

Once I became acquainted with the teachings of Allah's Last Messenger, The Most Honorable Elijah Muhammad, the desire to do these things was gone.

Only Messenger Elijah Muhammad taught these things on a level that was easy for anyone to understand.

There were many other things that I learned after accepting my own. (You don't join the nation of Islam you accept what is already yours).

But the most important thing I learned from The Messenger's teaching was the True knowledge of God and the devil.

It was very easy for me to believe that white people are a race of devils that hated Black people, because I had known their history of the treatment of black people here in America and how they treated other black or non white nations around the earth.

At first, it was hard for me to accept that God almighty was a Man and A Black Man at that.

But after learning how we had been robbed of the knowledge of Self, during slavery and afterward, I understood.

Islam, as taught by the Most Honorable Elijah Muhammad can be proven in any length of time.

Allah (God), Who came in the

Person of Master Fard Muhammad gave to the Honorable Elijah Muhammad proof that the Original God, and all succeeding God's were Black.

White people (devils) had went all out to make black people think God was white. Making Jesus the son of God and always showing him as a Caucasian white man with long stringy hair.

Hold On A Change is Coming

BY

Sister Nafeesa Muhammad

ATLANTA, Georgia-- In the Name of Allah, Who came in the Person of Master Fard Muhammad, To Whom Praises are due forever and in the Name of His Last and Greatest Messenger, The Most Honorable Elijah Muhammad.

As-Salaam-Alaikum.

As a young person striving to do right, it is easy to get discouraged because of the evil that takes place here in America.

Everyday I shake my head in utter disgust as I see my Black sisters parading down the street half naked and using foul language.

My heart sinks as I listen to young Black men talk about filth and berate their Black sisters as if they do not deserve respect.

Seeing, hearing, and watching such negativity on a consistent basis can destroy a person who is striving to live righteously. However there is a remedy that can restore peace of mind and contentment.

When I find myself feeling down about situations I cannot control, I pray and read the teachings of the most Honorable Elijah Muhammad.

The Messenger warned the righteous about pessimistic thinking.

In *The Theology of Time*, the chapter entitled: "Seek Assistance through Prayer and Patience?" The Messenger tells the believers to continuously pray for strength and be patient to wait on Allah.

In this day and time, the righteous cannot afford the "luxury" of a negative thought.

The Messenger, referring to those who are impatient, to wait on Allah for the destruction of this world states: "So they get unhappy and restless and they say



Sister Nafeesa Muhammad

something similar to what we find in the Bible in Paul's Epistle: Why have we walked mournfully while the wicked indulge?" They are happy. Here we are, going around mournful looking.

But the Lord heard this and the Bible says that when He writes up his people, those who are afraid to turn back into the world will be His: "These will be mine."

Therefore we must continue to pray and be patient. We have to believe in our prayers and not doubt Allah. The Messenger said that if Allah is behind us, what right do we have to fear. Brothers and sisters we cannot allow our oil to burn out like the five foolish who did not believe that the Bridegroom was coming and they missed out on such a great blessing. If we allow our minds to focus on the negative side of life then we will also miss out on our blessings. The Messenger also mentions that we are living in the change of the worlds, America is and will be destroyed and a new world will take its place. We have to hold fast to the teachings of the most Honorable Elijah Muhammad because a change is coming.

As-Salaam-Alaikum

I believe this to be one of the most (if not THE most) important teachings in Islam, as taught by the Honorable Elijah Muhammad.

It means that I and all Black People have a direct family link to the Lord of all the worlds.

What could be more important information than that?!

No one else taught me that God and I were related.

This knowledge made me want to strive for more and more knowledge and understanding. It made me want to not only stand up with other men in the civilized world but it gave me the understanding that I could, should and MUST be a better man.

Hurry and join onto your own kind in the Nation of Islam. Learn all about yourself through The programs and teachings of The Honorable Elijah Muhammad. Thank you for reading this article.

Tornadoes caused death nearly \$500 million in damages

TENNESSEE — On April 2 and then April 7, tornadoes and hailstorms left 35 people dead, 281 injured and a path of destruction across West and Middle Tennessee that is still being assessed.

As of the date of this printing, an estimated 18,000 insurance claims on losses totaling \$61.5 million have been filed for the April 2 storms. And about 70,000 in claims, with \$391 million in insured losses, from the April 7th storm.

Why is this spanking being put on this state?

In every significant chapter of Tennessee's history, black men and women have played important roles. Yet few of the many books published on Tennessee's history attribute significant roles to the state's Black citizens.

Except for chapters on slavery, the aftermath of slavery, and civil rights, the books written by most white authors generally ignore social and cultural Black history in Tennessee. The majority of history books on Tennessee are inadequate and incomplete.

Messenger Elijah Muhammad said the worst thing that you can rob a man of is "The knowledge of himself."

Growing up in the Nation of Islam

By
Brother Rauh Karim

I know we don't socialize with Lost/Found, but we can and should go among them to ease a little Islam on them.

Since the weather has been nice, I have been trying get among the Lost/Found Brothers and Sisters who are my age.

They see me and my family coming and going to the Temple and other places and I know they wonder about us. But I also know that they won't just knock on our door and start asking questions.

So I decided to make myself available to them so they could ask me whatever they wanted to ask.

And right off it worked. I was riding my bike and a girl on my block asked me, what am I. I didn't understand the question so I asked what she meant. She kept saying "What are you?" I replied, jokingly, "I'm a human being". Then I finally helped her out and said, "Do you mean what is my religion?". She said, "Yes". And I told her, "I am a Muslim".

That opened the door for lot more questions. But they did not come all in the same day nor all from her.

I can see, how going among the Lost/Found to try to help them is very important and very much needed. But when you do, be prepared to be made fun of. A Lot!

When you hang with Lost/Found they try to make you feel ashamed of being a Muslim.

Now I can see why Allah, Who came in the Person of Master Fard Muhammad told Messenger Elijah Muhammad to teach our parents not send us to public school.

For instance, they assume you "gay" because you choose not to have sex at a very young age. And because you are not all up in the Sister's faces.

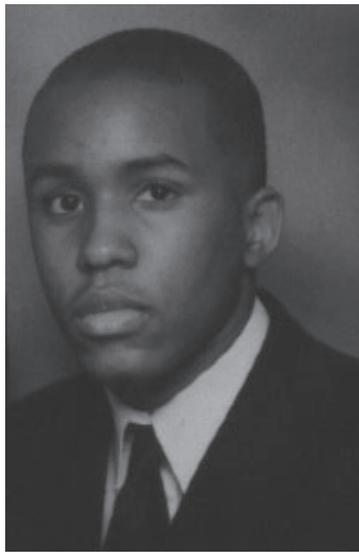
They tease you because you don't were "name-brand clothes" or because your pants don't sag.

They even make fun of you because you don't eat pork.

You are an outsider. They are the majority, and they team up on you.

When it's just one or two of them, they act more civilized, but in a group, they show-off and make mockery.

Now you will find some, every now and then, that will act civilized no matter what, but they are rare.



Brother Rauh Karim
Age, 13

Our test as young Muslims comes in our response to the teasing. We can't always say the first thing that comes to mind.

It's hard for our parents, who were not raised in the Nation, to give us advice on how we should respond to the mockery. Sometimes they tell us what they said back when they we young, but they forget sometimes that they were young LOST FOUNDS. And there are certain things you can't say because you are MUSLIM.

As young Muslims we have to be an example of righteousness, but not afraid to speak up and be firm.

We learn at the Temple how Moses had to get down on all fours to civilize the devil (white man) who was crawling around in the caves of Europe like savages.

Sometimes we have to do like Moses did. Sometimes we have stoop down to their (our Lost/Found Brothers and Sisters) level in order to teach them.

They think that just because we're Muslim that we don't know what's happening. For instance they are shocked to know that we know the latest music, about drugs, or even slang.

If we are going to try to teach our people we have got to know what is going on in their world.

I know I'm not alone in trying to help my Lost/Found Brothers and Sisters to learn about Islam, as taught by Messenger Elijah Muhammad. I'm sure that there are other young Muslims in other cities who feel the same way I do. I sure hope there are! If so, hang in there brothers and sisters, although they make mockery and laugh, we're going to have the last laugh and laugh the loudest.

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Respect For Life

By
Sister Samirah Muhsin

DETROIT, Michigan--Children have their own way of doing things and I suspect that we can learn a lot more from them than we think.

For about a year now my daughter has had a pet fish in a little tank and she really enjoyed taking care of it. Although she only did some of the remembering to feed it, she wanted to take good care of the fish.

Recently the fish died. I did not notice until my mother retold the conversation my daughter and her had on the telephone.

My daughter had told her, she wondered if the fish was alright because it was not moving. My mother told her maybe the fish was sick. My daughter then told her that the fish was really really sick because she had tapped the tank and it still would not move.

After hearing this I quickly checked the fish while my daughter was in another room and found the fish to be dead and not sick.

My mother suggested that I wait until the next day to tell her and say that the fish was sick yesterday and the fish died today.

I chose not to go with that idea because I did not want to leave a 4 year old under the impression that when you get sick, you die. So I did wait to tell her and tried to think on it but I never really came up with what to say.

Much to my surprise, the next morning she went back to the fish and said to me, "Ma I think the fish is sick." I said, "Well baby, I think the fish is dead."

She looked at me so sweetly and said, "No, I think the fish is sick." I repeated that the fish was dead and that it happens (death).

So I asked, "What do you think happened to him?" She said she thought that the fish had hurt himself on the leaves that decorate the tank. She thought that he hurt his head on them.

I told her that I didn't think it was that because he had always swam around those leaves and explained to her that sometimes when death happens we don't always understand how or why it happened.

Finally, I said we should probably pour all his water and him down the toilet and flush it. She said

"No!" I told her we had to do something with it so I asked her what she thought we should do with it.

She suggested that we pour the water in the toilet and put the fish on her table. I asked, "Why?" She said that she would look at him like a doctor. Naturally this idea was tossed.

She went on to say that doctors could help the fish. I told her that they could not help him because he was already dead.

I reminded her about a bug that I killed a few days earlier. I asked her, "after it was dead what did we do with it?" She said, "threw it away". I, again, suggested we do that with the fish. And again she said no.

After a moment of silence she said, "Animals eat other dead animals, maybe we should take the fish outside so that another animal could eat it."

Well, I thought that was the



SISTER SAMIRAH MUHSIN
Wife & Mother

I'm happy that she did not take the death of her fish lightly and that she came to a realistic conclusion of what to do with the fish.

This Lesson that me and my daughter learned together, has opened a way for many other lessons about the respect of life.

I will be able to use this example in teaching her many other realities of life and death.



Sister Aalirah Muhsin (age 4) & Ariana Muhsin (just one day old)

sweetest thing. I called her other grandma, whom we call grandmommie and told her the situation and she was so proud.

She said that it was good to see a child with such respect for life. I said, "Well what does that say about me? I just wanted to throw it out."

She reminded me that I, nor she, was raised in the Nation of Islam to have respect for life as our children are raised. We were raised to just flush it and maybe get a new one.

All Praise is due to Allah Who came in the Person of Master Fard Muhammad for blessing her with that understanding because I sure was about to flush him.

I won't have to use the pacifier that Christians and spooky Muslims use that after we die a physical death, we will live again with wings on our backs while flying around some spooky heaven beyond the sun, moon and stars.

This opened the way for me to teach her to have respect for her own life. To know that if she doesn't practice what Messenger Elijah Muhammad taught about eating to live, that her life will be cut short.

I thank Allah for showing me, once again, the benefits of raising children in the Nation of Islam and practicing the Teachings of the Most Honorable Elijah Muhammad.

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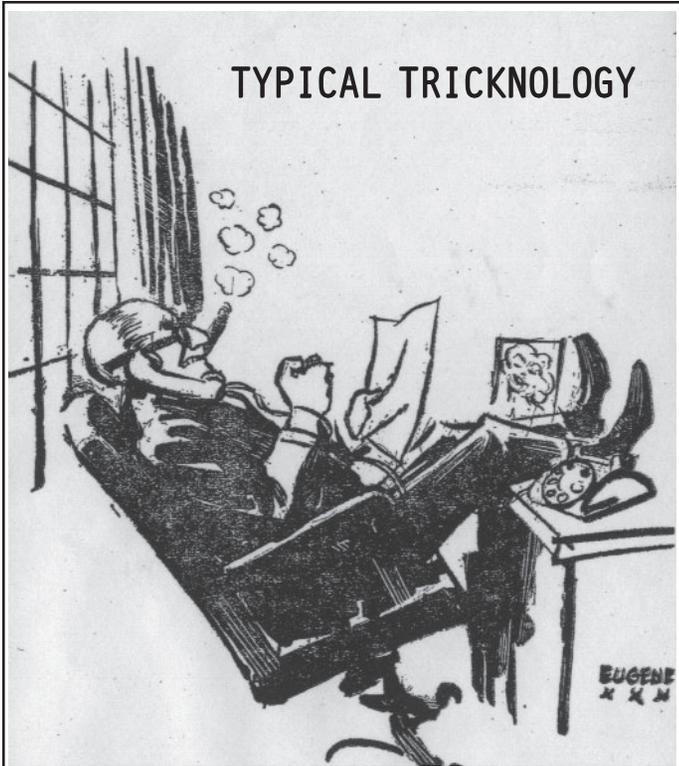
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THE FUNNIES



“MARTY? THAT NIGGER WHO WAS TRYING TO GET A JOB WITH US IS ABOUT TO JOIN THE MUSLIMS. CALL HIM BACK AND GIVE ‘IM THE JOB! ...YEAH, AND GET ‘EMA SECRETARY...A BLONDE!”

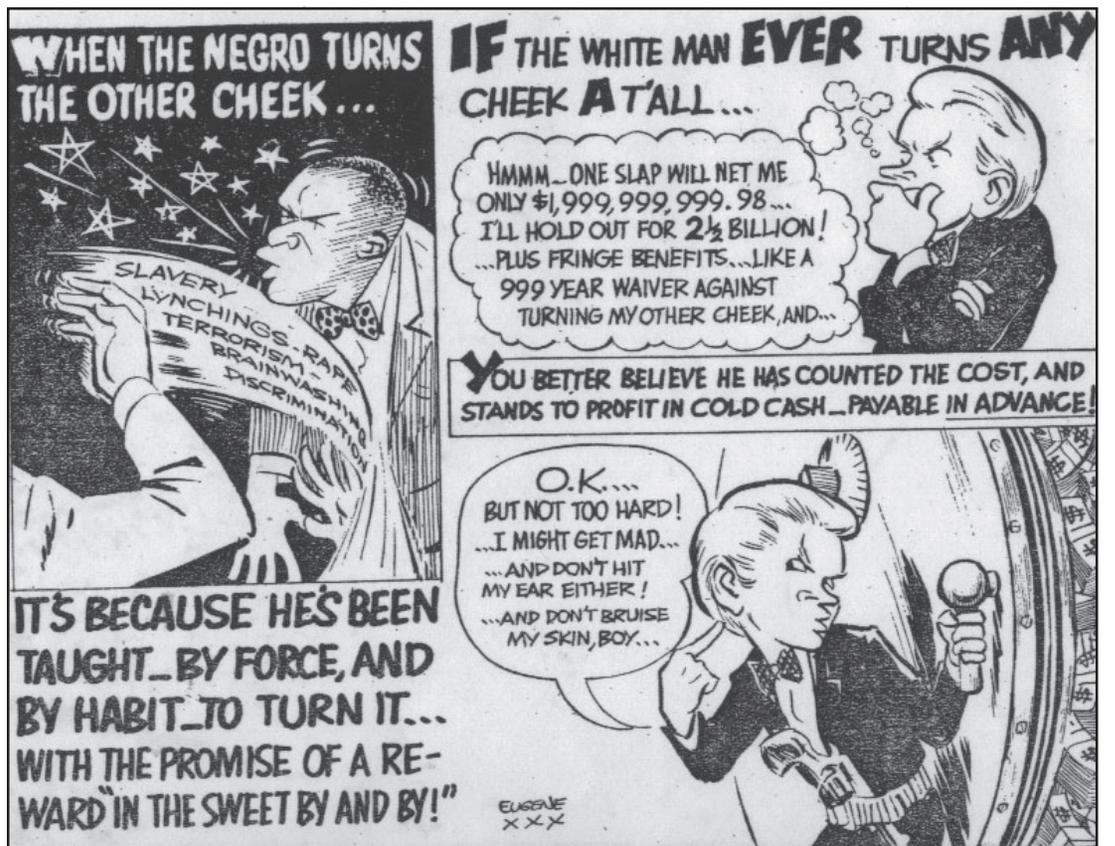


“How Come You White Folks don't Turn the Other Cheek”

DR. JEKYLL & MR. HYDE?



“I'M GOOD, I'M GOOD, I AM GOOD !”



Fear Not And Seek The Road Less Traveled

By Brother Muhammad Zahir

KANSAS--As-Salaam-Alaikum. In the Name Of Allah, the Beneficent, the Merciful, Who Came in the Person of Master Fard Muhammad. We forever thank Allah for blessing us with His Last and Greatest Messenger, the Honorable Elijah Muhammad (peace upon him).

Dear Family:

I am going to speak to you in our "Language."

Don't be ashamed. Some of our people are acting like they have done something wrong when they really haven't.

They may have been taken or misled by a wrong doer, but they are not to blame. The majority of the world has been misled by a stranger. But they should not be ashamed. We did not know.

So Allah provides the manner for us to come to know the truth of all these things. Thus, Allah forgives us all and gives us a way out of our difficulties.

He is, above all things, a Merciful God. But please don't sit there and beat up on yourself by self accusations when you are not the one to blame.

And don't be afraid. All roads are ripe with trials and tribulation but only one road leads out of the Wilderness.

Seek the road less traveled. Wherever the Honorable Elijah Muhammad stepped, try to step in those foot prints. Take that road, and by all means, stay on that road.

I know they are pretty large feet, with very large steps. But he walked the straight and narrow path perfectly.

So, as long as we stay right on his path by following his foot prints, we have a very good chance of reaching the ultimate goal.

Even if we have to take 10-15 steps for each of his, that's still OK. We will be on the right road.

And don't allow yourselves to

be distracted by what you may see along the way. Pay no attention to any of that. Just keep on moving along the path of the Messenger. He set that path for you, knowing what things you would have to deal with.

So, he and Allah laid out and walked a path that is designed for your safety and success.

Please be careful of what you "eat" as you move along the path. There are many poisons that can and will "kill" you if you partake of them on your journey.

Eat simple "foods." Be very careful of exotic dishes with mixed "foods" prepared by others that you do not recognize.

Often they contain forbidden "foods" that you cannot see with the naked eye. Eat plain and simple prescribed "foods."

Remember that "mind states" are really "brain states." Every mental state corresponds to a physical state in our brain.

In each mental activity, c-cells fire and chemical reactions take place resulting in a specific physical brain state.

So, be very careful of the things your mind consumes. It can be as deadly as any poison food.

Also, stay clear of large numbers of people with whom you are not familiar and whose "Language" you do not understand.

Deadly enemies will hide in crowded environments, seeking to murder and kill the innocent and unsuspecting true believer.

Be especially careful of the one who claims a superior way to the "promised land." They are often the loudest bearer of witness but in whose heart is a black hole of darkness and deception. These love to frequent the Righteous' places of worship and learning. Indeed, many reside there in "high places."

In that regard, seek the road less traveled. That is where you will

find the foot prints of the Lamb of God, the Honorable Elijah Muhammad.

As-Salaam-Alaikum

Your Brother

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PROGRESS REPORT

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The Muslim Program

What the Muslims Want

This is the question asked most frequently by both the whited and the blacks. The answers to this question I shall state as simply as possible.

1. We want freedom. We want a full and complete freedom.

2. We want justice. Equal justice under the law. We want justice applied equally to all, regardless of creed, or class, or color.

3. We want equality of opportunity. We want equal membership in society with the best in civilized society.

4. **We want our people in America whose parents or grandparents were descendants from slaves, to be allowed to establish a separate state or territory of their own...either on this continent or elsewhere.** We believe that our former slave masters are obliged to provide such land and that the area must be fertile and minerally rich. **We believe that our former slave masters are obligated to maintain and supply our needs in this separate territory for the next 20 to 25 years...until we are able to produce our own needs.**

Since we cannot get along with them in peace and equality, after giving them 400 years of our sweat and blood, and receiving in return some of the worst treatment human beings have ever experienced, we believe our contributions to this land and the suffering forced upon us by white America, justifies our demand for complete separation in a state or territory of our own.

5. **We want freedom for all Believers of Islam now held in federal prisons. We want freedom for all black men and women now under death sentence in innumerable prisons in the North, as well as the South.**

We want every black man and woman to have the freedom to accept or reject being separated from the slave master's children and establish a land of their own.

We know that the above plan for the solution of the black and white conflict is the best and only answer to the problem between two people.

6. **We want an immediate end to the police brutality and mob attacks against the so-called Negro throughout the United States.**

We believe that the Federal government should intercede to see that black men and women tried in white courts receive justice in accordance with the laws of the land - or allow us to build a new nation for ourselves, dedicated to justice, freedom and liberty.

7. As long as we are not allowed to establish a state or territory of our own, we demand not only

equal justice under the laws of the United States, but equal employment opportunities - NOW.

We do not believe that after 400 years of free or nearly free labor, sweat and blood, which has helped America become rich and powerful, that so many thousands of black people should have to subsist on relief, charity, or live in poor homes.

8. We want the government of the United States to exempt our people from All Taxation as long as we are deprived of equal justice under the laws of the land.

9. We want equal education -but separate schools up to 16 for boys and 18 for girls on the condition that the girls be sent to women's colleges and universities. **We want all black children, educated, taught and trained by their own teachers.**

Under such schooling systems we believe we will make a better nation of people. The United States government should provide, free, all necessary text books and equipment, schools, and college buildings. **The Muslim teachers shall be left free to teach and train their people in the way of righteousness, decency and self respect.**

10. We believe that intermarriage or race mixing should be prohibited. We want the religion of Islam taught without hindrance or suppression.

These are some of the things that we, the Muslims, want for our people in North America.

What the Muslims Believe

1. WE BELIEVE in the One God Whose proper Name is Allah.

2. WE BELIEVE in the Holy Qur'an and in the Scriptures of all the Prophets of God.

3. **WE BELIEVE in the truth of the Bible, but we believe that it has been tampered with and must be reinterpreted** so that mankind will not be snared by the falsehoods that have been added to it.

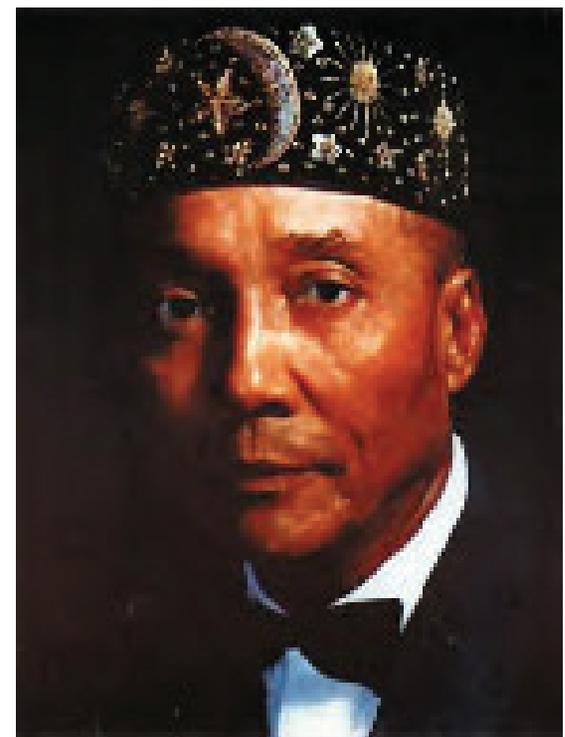
4. WE BELIEVE in Allah's Prophets and the Scriptures they brought to the people.

5. **WE BELIEVE in the resurrection of the dead -- but not in the physical resurrection -- but in mental resurrection.** We believe that the so-called Negro's are most in need of mental resurrection therefore they will be resurrected first.

Furthermore, we believe we are the people of God's choice, as it has been written. That God would choose the rejected and the despised. We can find no other persons fitting this description in these last days more than the so-called Negro's in America. We believe in the resurrection of the righteous.

6. **WE BELIEVE in the judgement; We believe this first judgement will take place in America.**

7. WE BELIEVE this is the time in history for the separation of the so-called Negro's and so-called white Americans. We believe the black men should be freed in name as well as in fact. By this we mean that he should be freed



**The Most Honorable Elijah Muhammad
THE LAST MESSENGER OF ALLAH**

from the names imposed upon him by his former slave masters. Names which identified him as being the slave master's slave. We believe that if we are free indeed, we should go in our own people's names - the black people of the earth.

8. **WE BELIEVE in justice for all, whether in God or not;** We believe as others, that we are due equal justice as human beings. We believe in equality -- as a nation - of equals. We do not believe that we are equal with our slave master in the status of "freed slaves".

We recognize and respect American citizens as independent people and we respect their laws which govern this nation.

9. **WE BELIEVE that the offer of Integration is hypocritical and is made by those who are trying to deceive the black people into believing that their 400 year-old open enemies of freedom, justice and equality are, all of a sudden, their "friends".** Furthermore, we believe that such deception is intended to prevent black people from realizing that the time in history has arrived for the separation from the whites of this nation.

If the white people are truthful about their professed friendship toward the so-called Negro, they can prove it by dividing up America with their slaves.

We do not believe that America will ever be able to furnish jobs for her own millions of unemployed, in addition to jobs for the 20,000,000 black people as well.

10. WE BELIEVE that we who declared ourselves to be righteous Muslims, should not participate in wars which take the lives of humans. We do not believe this nation should force us to take part in such wars, for we have nothing to gain from it unless America agrees to give us the necessary territory wherein we may have something to fight for.

11. **WE BELIEVE our women should be respected and protected as the women of their nationalities are respected and protected.**

12. WE BELIEVE that Allah (God) appeared in the Person of Master Fard Muhammad, July, 1930; the long-awaited "Messiah" of the Christians and the "Mahdi" of the Muslims.

We believe further and lastly that Allah is God and besides HIM there is no God and He will bring about a universal government of peace wherein we all can live in peace together.