

Divine Wisdom

BLACK WOMAN GET YOUR MIND RIGHT

Peace!! I enter your universe with the warmest of thoughts and care for your well being. This article is written with the total dissatisfaction of the current state of my sisters. Black women its time to stop accepting mediocrity in our choice of life partners. I always hear women complaining about their men (I have done this as well); well guess what **WE PICKED THEM**. We as women are not dumb by any stretch of the imagination; however we allow our own hang ups, short comings, and emotional issues to dictate our choices. When you come into the knowledge of yourself, with proper guidance and the correct knowledge it creates a transitory experience that maximizes your growth and

development because it provides an environment that's conducive to such. Sometimes our progressions are not resolute and we resort back to the old habits and frames of thought that we utilized prior to the knowledge of ourselves. How can anyone claim to have the knowledge of self but continue to seek the same type of situations or men that were sought prior to receiving the knowledge of ones self? HMMMM!! Everything we do both good and bad not only affect ourselves but our children as well. Statistically women with children who are engaged in dysfunctional relationships have higher instances of their children doing poorer in school, having emotional

problems, using drugs, and higher instances of unplanned pregnancy. The bottom line becomes when you know better you do better. I want anyone reading this to truly question the motivation for seeking the knowledge of self. Was it because you wanted a man, thought it could get you a particular man, or was it because you truly sought the truth about yourself and about life? Understand black women that **A MAN IS NOT THE ANSWER TO OUR LACK OF LOVE, IMMENSE FEELINGS OF LONELINESS, LOW SELF ESTEEM, OR FEAR OF BEING ALONE, THE ANSWER IS IN OURSELVES**. Do not think that a man or monetary items can fulfill or give us something

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that we can't give to our self or fulfill within our self. We know that we are to seek and at times create the best part, but to do that we still need to recognize and understand the worst part and what it entails. Righteousness is about balance not only within

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yourself but also within your cipher. **TRANSITIONING AND GROWTH IS IMPERATIVE TO OUR MENTAL AND PHYSICAL LIFE**. It is possible to find not only ourselves but also a proper mate buy utilizing mathematics and the lessons

to both improve and unify your mind and body. Remember always clean out your closets before you move into a new house. In other words get rid of the mental and physical dead weight (baggage). When you decide to seek a man also

enforce the rules of courtship. Keep in mind if mathematics is being lived out and things aren't right and exact, then something's not adding up....**TAKE IT BACK TO THE FOUNDATION!!**

**POSITIVE EDUCATION.
ALWAYS CREATES.
EARTHS**

*BY: BEAUTIFUL ASIATIC
EARTH*



PERSONAL OUTLET

Too often we as a nation get so "wrapped up," in our busy schedules. When was the last time you actually stopped and really asked yourself "how am I doing?" It's a simple question that tends to get neglected, or put on the back burner by us simply because we don't have the time. We are the mothers and fathers of civilization, our culture or way

of living is older than the sun, moon, and stars. So is it really because we don't have the time or is it because we don't make the time? With the supreme knowledge that we possess we know in order to deal in equality with everyone else in our ciphers we must first deal in equality with self. Take myself for example; I was so busy running around

striving to make sure my word is bond to everything I dealt with. By the end of the day I would be so exhausted that I would go home to prepare for the next day to do it all over again. Don't get me wrong there is nothing wrong with taking care of everything that you are involved with each day, because everything needs refinement. However, I

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think that a "personal outlet," is needed for each and everyone of us. A personal outlet is means of release of stress and or emotion. At the end of each day everything has to recharge and prepare for another day. If you are taking in stress from work or any cipher you deal with, you should

treat yourself to some form of release from that. Whether that release is silence, yoga, tai chi, reading, writing etc.... It is not healthy for us mentally, physically or emotionally to have a build up of stress. So with all love and respect for my universal family, I challenge you to find something

positive and constructive that you enjoy doing. Once you figure out what that is I am sure you will feel better about yourself and others. Always love yourself and take time out for you because if you don't who will. Peace to the Nation of Gods and Earths. I just wanted to say that so many of you



PERSONAL OUTLET CONTINUED

have inspired me, showed me so much love and all of us are talented in so many ways. Thank you to Netiya Refine Earth in Richmind, Victory Allah for helping me finding my personal outlet, yoga. Also a big thank you to the Nation of Gods and Earths in Richmind we all have grown together and really been there for each other.

By Peqeila Peace Earth



REBECCA'S RULE VOLUME 1
RECOGNIZE THE 5

The silent Rule of the Wisdom is and has been without question the most influential of history. The mastery of this Power requires discipline and control over ones Self. It is a fact of nature and a compliment to evolution, to state that a physical desire for carnal pleasure exists. In any bi-partisan manifestation of life, there must be a desire to procreate.

As we look at ourselves, we find the same basic instinct at the root of many of our decisions. From the choice of car we purchase to the places we frequent. It is not hard to come to the conclusion that she who controls the Saviors Equality Unknown to their mate (or victim), controls the majority of their decisions. How to harness this Power is the topic

at hand. As with any endeavor, the goal can be reached via many means. The question is "Do the ends justify those means". To have such Power is Divine! When we get the Knowledge of Self, we also get an Understanding of self. A given Understanding of self is not our own and there for not truly Understanding. We are taught that Eve caused the



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Eviction of both man and woman from the Garden of Eden. It is also said that the woman is a major source of lust and various types of sin in the teachings of Religious doctrine. When a black man receives the Knowledge of self, He is told that He is a great mind (Mind meaning Man) and that if he would take great care, He will realize his birth right as a great man. The same however can not be said about a woman who seeks to Know. She is

immediately given restrictions and limitations, which in some cases even Destroy Her Love of Self. The first of these restrictions is Her dress code and demeanor. She is to conceal Three Fourths of Her Power. Although the science of ones dress code is right and exact, the Understanding is often interpreted as overstanding. It makes sense that the mother of civilization should Be unique in appearances and refined at all times. However the decision to Be



REBECCA'S RULE CONTINUED

wrap three fourths of the body should not be as important as the learning and living of one hundred and twenty degrees, which would inevitably lead to the Refinement and divinity. Any person of sound mind will seek to establish a certain degree of influence over their immediate Cipher. This is no different for the black woman who Now finds herself in the midst of God. A true and living God, who finds her mental and physical Power to be suitable for himself. Keep in mind that this man has the mind set of a dominant

being, determined to maintain the Cipher as He sees fit. What chance then does this black woman have. None but the Power of Equality which He chooses to share with He (Be it voluntary or not). You now find yourself with the Power of the heavens at your feet. At this point, who you are will then be revealed to you. Is it his mind that you want or his Power? The Refined Black Woman Understands that it is his mind that is necessary for the education of the babies. It is his

mind that is indispensable in the war against our homes. It is his mind that provides your nourishment and development. His body is the vehicle. If his favor is won by carnal means, those favors will always be subject to carnal gratification. Leaving the both of you in the realm of lust and distrust. Let us not be naive and think that you are the only woman in his eyes. Instead, let us explore a timeless bond. I implore you to Knowledge the bond between a mother and a father.

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Before bringing children into this world, would it not Be Wise to Be sure that both you and your man are Healthy, Strong and good in Multiplying mentally? This can not truly Be seen when He is being led by your curves to the bed chamber. The first of your attributes you present to him should be of your superiority as a person, as a mind to Be reck-

oned with. A man is a simple being. He seeks to excel copulate and maintain the comfort of his loved ones (in this mans world). A woman is no different, and must also do so in this mans world. He is the black man who shines his light on Her, the black woman. Her is the black woman, who absorbs reflects and directs that energy throughout the Universe.

One is a mute point without the other. There would be now discussing it, if there where no duality. Without a doubt Allah is Allah with or without one to debate such a statement, however the form we dominate now is a direct result of the holy flag of Islam being manifested from Knowledge though Wisdom, to ultimately produce Understanding.



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In the coming articles, I plan to delve further into this very important issue. It was through the nurse that Yacub eased a Living Nation into an Un-Dead Devilish Parasite, and it is through the Earth that we will Re-Birth the Original Nation. The Next Time We Connect, I Will Be Bringing Forth Light on The Hail Mary and other similar incantations.

*Hail Mary Full of grace,
the lord is with thee.
Blessed are thou and
blessed are the fruit of thy
womb. Holy Mary Mother
Of God pray for our sins,
now and at the hour of our
death.*

AMEN!!!

I close for now by saying:
If you win his mind first, the

body will follow for sure,
secure his body first and the
rest is a gamble.

Peace: Inner Beauty of Allah
A.K.A. I. 9. Allah

A T H O U G H T T O A L L

Peace! Nation of Gods and Earths! I will take this opportunity to build on an aspect of seeing Nation of Gods and Earth. I see the Nation of Gods and Earth as; (We being together according to Supreme Mathematics). From Knowledge to Born, add on Cipher. The Cipher I will apply in this wisdom will be, Earth. The Black Woman, Wisdom, Wiz, Queen, Earth, your Highness or any esteemed title. Well deserved to her by nature even if we misunderstand ourselves to call her other than such. I won't mention those names however I'm sure we have all used them in our uncivilized story. This history will be written accordingly. First, on behalf of the Black Man which will encompass us with or without knowledge of self. I thank you. Without you we would not be. Secondly, I apologize for our iniquities past, present and future. Lastly, I ask that you never forsake us. The reason I take this approach is because in this stage of my growth and development. I see so many Gods yet so few Earths. If there are few Earths There will be What? Few Babies? Emphatically No! Our Nation of Gods and Earths shall add on and multiply. So, to my equality in life, the black woman, earth, queen, mother of civilization or wisdom. I will that this will encourage you to learn, know, remember and never forget who you truly are, Gods' most precious creation. Peace.

Universal Love

M Y W I F E

Pleasant. Educated. Articulate. Conscious. Enchanting. The admirable characteristics she embodies in her living mold. Beckoning those who would repel her cleanliness, she sings. Forgiving them the errors made in a half sober fold. In the mind is where love can be cold and lessons told are kept valuable as gold. Ancient scrolls encased in D&A. Elevate, that is the task, she procreates. Generate, a physical mold from the breath she takes. A seed from my mind, boldly

transcending time. Clear is the sign. On the dotted line I place my mark. A live Genome. Mother earth is his home. Made whole so that the story can be told. Of how she would give. Of how we would live. In health, we bond, creating love. The highest form of Understanding on earth or above. Is that enough. No the road from my mind to your mind is rough. The challenges of the world. Because our hair tends to curl. Original to the world. Without you, I am

not. Through a blood clot, and a sperm drop, we are the chosen. Frozen to the victims of time, we appear to be the illusion. Standing as if on line to enjoy the rising of the mind. How beautiful, the sun coming out of the earth. Sunrise. How beautiful you are to give birth. Third Eyes. Never lie, it is all yours don't steal and you have no reason to cheat. I remember my mothers words to me as I Cee you saying the same to our Sun. The one. Maker and owner of the planet earth. Laying defenseless in your



C O N T I N U E D

Care. Perfect person, Beautiful Woman, Wonderful Wife, Peerless Mother. We are Blessed to have you. In time, we may not understand the things you do, enchanted by an illusion in the form of a line. Taking for granted your Wisdom, refusing your jewels as you freely give them. What fools you love. Although impeccable, your

physical frame pales by many disables to your mind above. Forgive us as you would forgive those mentioned above. Fore a nation is only as great as its Woman (2) /Home(6) /Planet(9). ALL BEING BORN TO 17-
QUEEN IS A REFINED BLACK WOMAN WHO KNOWLEDGES GOD SO THAT SHE CAN BUILD

AND DESTROY BESIDES ME.

With love, Your Sun at every degree!

By:
 Scientific Allah



T H E W E A L T H O F A N E A R T H

The earth is the original black woman, who has been drawn up to her fullest equality by her Blackman (God). The knowledge of god allows her to build on the positive and destroy the negative in her cipher so that he and her can build a heaven on earth to bring balance to their universe which is peace and love. She does not cause confusion, lie, and steal cheat OR try to master the original man. The earth comes to

build and to add on to the cipher of life, and her worth is more then gold, diamonds and pearls. These are jewels that come from the earth (the planet), so if they come from her then she is greater then the jewels that came from her. The earths jewels are (knowledge-wisdom-understanding) knowing how to raise her children, how to keep her god (man), how to keep their home, how to cook, sew, and in general

how to act at home and abroad. She is wise in the way of education, business and other life skills that she needs to build (survive), in this day and time not to be bear foot, pregnant and always in the kitchen like the slave master taught the black men and black woman to be during the time of slavery. We are free, and as a free people we need to know the wealth of the earth (black woman) is priceless.

C O N T I N U E D

The earth is a black woman like no other woman on this plant. Her duty is to reflect the knowledge (light) of her god and to teach the babies the righteous way of life. This means to teach them how to live out the supreme mathematics (life). The earth is a black woman who loves to do her duty, which consists of helping to bring peace and balance to the universe (home). You think

you know what it takes to be a good earth; some of you have no idea. You must understand that this earth has a big job to do. Some of you God's do not treat the earth as she need's to be treated. The earth is god's gift in our universe (life). Some of you can't hold the weight of the earth simply because you can't hold your own weight. Holding your own weight entails teaching her to be

your help mate not your footstool, teaching her to learn 120 degrees, to build within the 120 degrees, and to show and prove that her Blackman is the true and living god that he said he is. Show her how to make her mathematics walk and talk. Don't be fearful to teach her what she needs to know because when you're not around she has to reflect your (light) in your absence. Not to be a god but to be the earth strong in her knowledge of her god (17). The wealth of the earth is

C O N T I N U E D

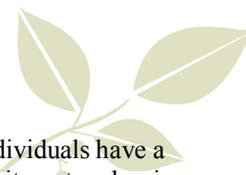
Priceless. The duty of the earth is to reflect Gods knowledge by teaching knowledge and wisdom to those who are UN-civilize. This is done by the God building within the earths mind not her body (sex). The mind of the earth when building with supreme

knowledge is better then having sex with her body because her mind is more fulfilling when she gives you back what you give to her mentally. Gods should sometimes create a peaceful evening with a little soft music, burn some incense and ask her what's on your MIND. I

would advise you check out her mind and truly you will be surprised at what you may find. The wealth of your earth is priceless.

Peace your brother
Born Justice Allah





STOP AND THINK

By the time you read this writing, I hope that you are in the best of health mentally, physically, and a result of the two, spiritually. I'm writing this article to address a situation that I think has now reached an epidemic. One reason this situation has become an epidemic is because people have sat back and allowed these subtle seeds of corruption to enter their minds, via their social environment, and their hearts without the proper protests necessary to crush its self-destructive effects. The situation

that I'm referring to is adultery and the destruction of the human family. There are several reasons why these conditions have become an epidemic such as people's misunderstanding of what love truly is, what it takes to produce love, and what truly defines a marriage. But besides all those issues the causes that I'm going to discuss exist due to people's failure to recognize this epidemic as being a social problem and not an individual problem. What I mean by this is that one or a few people cheating can and usually

means that these individuals have a problem with commitment and or is not ready for a committed relationship. However, when the statistics have reached the proportions that they have recently in today's society then it can no longer be considered an individual problem it has to be considered a social problem. It means that something or things are producing an environment that is conducive to adultery and divorce due to infidelity rather than faithfulness and commitment. One of the major factors involved in making such an

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environment is the entertainment industry. The entertainment industry has become excessively lewd and our minds are being flooded with sexual scenarios and innuendoes all day everyday. Rap artist boast about having sex with another person's spouse and reflect the attitude that if they achieve that, it serves as a testimony to the idea that they are more of a man or woman than that person. As a result of this people have lost all respect for boundaries when it comes to honor-

ing another person's relationship. It has become socially acceptable now for people to engage in sexual intercourse with another person's spouse. If that person objects or becomes upset over the fact that this has happened or sees the potential for it to happen he or she is called weak, jealous, or a "sucker for love" for trying to enforce the boundaries of a relationship. Another factor that's making the environment conducive to infidelity and adultery are the current

fashions. Women's clothing has become more and more revealing over the past couple of decades and the effects it has had on society has been devastating. Even a minute understanding of the science of courtship and procreation will show the observer that the sexual parts of both genders act on the sexual nature of the opposite sex. To wear clothes that reveal body parts designed to play a role in both procreation and sexual attraction and believe that it does not promote or make sexual suggestions is a failure to respect the laws of nature which always leads to self destructive behavior. The irony of it all is that the majority of the women who wear these provocative clothing have grandeur dreams of a happy marriage with a faithful man who will respect her for her mind rather than focus on her body. This is a clear sign of a person's naiveté of the forces at

CONTINUE

work in the acts of courtship and reproduction. Everywhere you turn there is a woman with form fitting jeans, low riding jeans, or low cut top shirts that expose the majority of their cleavage or cotton "gaucho" pants that expose the shape of a women's rear end to the point where you can notice exactly how big her rear end is and how much it shakes when she walks especially if

she has on thongs. All of this stimulates thoughts of sexual intercourse in the mind of the man rather than thoughts of him cultivating the mind of the woman. Let us not for one minute play the role of the fool and believe that the force that sparks the desire to reproduce is such an easy task to control. It is a necessity for the body, a manifestation of the same innate will to continue one's own exis-

tence as the one that causes us to yearn for food and water. When factors such as these are addressed and people stop supporting people and shows that promote this degenerated sub-human lifestyle then an environment that is more conducive to committed relationships will be produced and the statistics will improve. When a person is questioned on how they could support music like this they will often respond with the excuse that they don't listen to the words they only like the beat but I ask you to consider this; An alcoholic or a crack fiend both get pleasure from their habit or from them indulging in something they consider pleasurable but the overall effects are negative and destructive to both themselves and

STOP AND THINK CONTINUED

their environment. On the same token unless that alcoholic or crack addict builds up the strength and will necessary to attack that habit and their addiction to the pleasure they experience from it then they have no right to complain about the destructive effects it has on life. They must then accept those conditions and let it take its course. Until people address these factors that are producing this super sexual environment then they have no true right to complain about its effects whether it's on personal level of experience or social.
Peace.

By: Khaaliq Jafar



JARGON OLD TO NEW

INTROSPECTION- As defined by wikipedia.org is [contemplation](#) on one's [self](#), as opposed to [extrospection](#), the observation of things external to one's self. Introspection may be used synonymously with [self-reflection](#) and used in a similar way. This word represents the epitome of what we must do. Look at ourselves before we look toward others. So for the month I would like for you to focus on yourself, take time to discover you again. Meditation is a great

way to achieve this. Now that does not mean you have to light incense and things like that if that is not your style. Simply go to a quiet place and think you can also start a journal if you like. Don't forget to ask yourself hard questions about yourself and don't be afraid to be honest with yourself. Never forget no matter how busy you are if you don't take the time to discover or meet your own needs then why should you expect someone else to.
COURTSHIP- Defined by Webster is to seek the affec-

tions of; *especially*: to seek to win a pledge of marriage from. Now marriage is an intimate or close union that is a socially sanctioned bond in a [sexual](#) relationship. Most people don't realize that sex creates a bond between two individuals as energy passes between the two. That is why it should not be taken lightly. Let us examine the proper measures to ensure our virtue in the courtship process:

- DO NOT HAVE SEX BEFORE YOU KNOW AND UNDERSTAND YOUR POTENTIAL SUITOR
- Speak often exploring value systems and moral and ethical behaviors (what they are and mean to you both)
- Watch CLOSELY what one does not what one says and watch for inconsistencies

CONTINUED

- If something doesn't feel right examine what sent your red flags up
- Don't rush or push for a relationship it has to be a natural progression
Always be open and honest



HERBAL CORNER

THE HERB THAT WE WILL BE FOCUSING ON THIS QUARTER IS:

Flax

Botanical Name: *Linum Usitatissimum*

Parts used: Seeds and oil

Primary Uses: Chronic constipation, gastritis, cough, sore throat, burns, boils, allergies, arthritis, high cholesterol

Dosage options: Flaxseed oil offers a huge benefit as it is a concentrated source that is easily taken. Taking between 1 tsp, which offers 2.5 grams of Omega-3, to 1 Tbsp, offering 7.5 grams of Omega-3, of flax-

seed oil per day can meet and exceed your daily need for Omega-3 fatty acids. Flax is also a great source of fiber; as little as ¼ cup of ground flaxseed contains six grams of fiber – the equivalent of 1 ½ cups of cooked oatmeal. You can also mix 1-2 tsp of ground flaxseed into a glass of water or juice for a quick and easy way to get plenty of fiber. As a strong source of fiber flax has been used as a laxative to manage constipation. Fiber has the ability to hold water while it is in the intestinal track helping keep bowel function more regular.

Warnings: Flaxseed shouldn't be

used when there is a bowel obstruction.

Contraindications: Flaxseed does not have any known contraindications.



HERBAL RECIPE

HERBAL RECIPE OF THE QUARTER:

ACNE:

- Include plenty of Essential Fatty Acids in your diet (e.g. cold water fish, flaxseed)
- Eat carotene-rich, orange, yellow, and green leafy vegetables
- Drink lots of pure filtered water (8-10 glasses per day)

- Avoid dairy, caffeine, sugars, alcohol, refined foods, meat
- Supplement your diet with vitamins A, E and Zinc

Herbs:

Take a combination of Red Clover, Echinacea, Yellow Dock, and Burdock Root

An external wash may reduce acne systems. The use of any of the following, twice daily, may be helpful:

- Calendula soap or tea-

1 tsp. herb per cup of water

- Tea tree oil-15 to 20 drops per cup of water, for severe acne also applied topically
- Colloidal Silver-1tsp. three times a day and also applied topically
- Apple cidervinegar-1tsp. per cup of water for normalizing skin Ph

Reference: *Materia Medica*



REAL TALK

I wanted to take a minute to address a real serious issue that has affected many women. It is ABUSE. This is very serious and unfortunately very common for BOTH MEN AND WOMEN. I wanted to help individuals be able to identify abuse by telling women and men what abuse is. Abuse is a general term for

the *use* or *treatment* of something (person, thing, idea, etc.) that causes some kind of harm (to the abused person or thing, to the abusers themselves, or to someone else) or is unlawful or wrongful. Its close synonyms are mistreatment and maltreatment. The word "misuse" has a more distant meaning of incorrect, uneducated use, not necessar-

ily harmful. Abuse can be something as simple as damaging a piece of equipment through using it the wrong way, or as serious as severe maltreatment of a person. Abuse may be direct and overt, or may be disguised and covert. Several types of abuse include:

1. **Sexual abuse:** The improper use of another person for sexual purposes, generally without their consent or under physical or psychological pressure (which may include children whether abused by parents, those *in loco parentis* or strangers).
2. **Physical abuse:** Where one person inflicts physical violence or pain on another.

REAL TALK CONTINUED

3. [Verbal abuse](#) Verbal abuse (n.) when a person uses profanity or says things that threaten or make a person feel scared. The use of [foul language](#), obscenities or demeaning talk directed at another.

(p. part of speech from Latin word [abus](#) meaning pain)

4. [Emotional abuse](#) or [psychological abuse](#): [coercion](#), [humiliation](#), [intimidation](#), [relational aggression](#), [parental alienation](#) or covert [incest](#): Where one person uses [emotional](#) or [psychological](#) coercion to compel another to do something they do not want, or is not in their best interests; or when one person manipulates

another's emotional or psychological state for their own ends (see [battered person syndrome](#)), or commits psychological aggression using ostensibly non-violent methods to inflict mental or emotional violence or pain on another.

5. Parental Alienation: is any behavior by a parent, a [child's mother](#) or [father](#), whether conscious or unconscious, that could create [alienation](#) in the relationship between a child and the other parent.

Forms of parental alienation include:

- [brainwashing](#),
- [character assassination](#)

- the false inducement of fear
- incitement of shame,
- rage in children against the target parent,
- loss of self control,
- flare-ups of anger,
- Unconscious alliances with the children against the target parent.
- Deliberate denigration of the children's relationship with the target parent.

CONTINUED

SOME WARNING SIGNS OF ABUSERS ARE:

1. Extreme Jealousy

Calls constantly, visits unexpectedly, is always checking up on you; says things like "if I ever catch you looking at someone else" and/or frequently accuses you of having affairs, sleeping with friends, spending too much time with your friends or family; interrogates you.

2. Possessive

Act like they "own" you; believes that you should con-

sult with and get permission from them before going anywhere, doing anything, buying anything; won't let you out of their sight.

3. Isolation

Tries to cut your ties with your friends, family and extracurricular activities; accuses people who are your supporters of "causing trouble;" refuses to let you have other friends; controls who, when and where you hang out with people.

4. Blames Others

For their problems, feelings, or behaviors; always someone else's fault if something goes wrong; rarely takes responsibility for making a mistake; says things like "if you weren't so stupid..." or "you provoked me, pressed my buttons, made me do it, led me on."

5. Uses Verbal Put-Downs

Verbally criticizes and belittles you, calls you inappropriate names, swears at you; puts-down what you wear, do and say, "you'd look good if..." tries to embarrass you and make you feel stupid, so that your self-esteem and confidence will diminish.

6. Unpredictable Behavior

Has extreme mood swings; switches from sweet to violent in a short period of time; has a quick temper.

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7. Hypersensitivity

Hypersensitive to criticism or perceived criticism; is easily insulted, claiming hurt feelings.

8. Close-Minded

Believes in stereotypical gender roles; shows little respect for the opposite sex; believes that their way is the only way, that you should be obedient, not disagree, not question, and never act independ-

ently.

9. Unrealistic Expectations

Of you or the relationship; expects you to meet their every need; gets too serious too fast.

10. Violent Tendencies

Threats of violence towards you, others or pets; has a history of fighting or unhealthy relationships; grew up in a violent home; breaks up or strikes objects; owns or

uses weapons or displays them to back up threats.

11. Denial

Has difficulty identifying feelings & communicating them; refuses or is unable to discuss, negotiate and compromise; refuses to accept breaking up.

12. Plays On Your Guilt

Says manipulative things like "if you really loved me, you would have sex with me" or "I can't live without you" or "if you leave I'll kill myself," trying to make you feel guilty about your choices, so that they can maintain control over what you choose to do.

REAL TALK CONTINUED

13. Uses Intimidation

Pressures you to use/abuse alcohol or drugs; pressures you for sex; scares you or is forceful with you.

14. Blames Circumstances

Always has an excuse for their behavior; believe they can't control their anger; asks for a second chance and promises to change, says things like "I'm sorry, if only I hadn't been drinking, I wouldn't have hit you."

15. ALWAYS HAS TO BE IN CONTROL

We must all, BOTH men and women monitor our behaviors to make sure that we appreciate and

love those around us in the fashion that they deserved to be loved. Our mathematics does not teach us to abuse or mistreat anyone or anything. So if you see any of these qualities in yourself, go through a refinement process because all is never lost and if you are experiencing abuse to any degree please GET AWAY from that situation. There are support networks within this great nation as well as in your communities please utilize them. Remember to always Love and treat yourself with Love.

Peace
Beautiful Asiatic Earth

References and Resources:

- <http://www.hiddenhurt.co.uk/Abuser/signs.htm>
- <http://en.wikipedia.org/wiki/Abuse>
- http://www.save-dv.org/aboutdv_redflags.html
- <http://endabuse.org/programs/display.php3?DocID=9916&gclid=CO668-bZtokCFRJMGodQUVUCw>
- <http://www.ncadv.org/>

Please Educate And Cherish Earths



A NOTE TO MY READER

Never forget to handle yourself with care! Precious you are and unique in your way. This is celebrated and appreciated by all who cross your path. The beauty and grace by which you move captivates all and impresses many. For your DIVINE MIND amazes and mesmerizes. For you are a measure of the greatness of ALLAH. This great nation is perpetuated through you and your wisdom. I am telling you this just in case you haven't heard it today. I want you to refer to this everyday. If I can only give you a glimpse into the BEAUTY OF BEING THE EARTH, then so be it. This is a

small fraction of how my way of life makes me feel. I will that in your travels you come across individuals that value your earthliness as much as I do and as much as you should **LOVE AND CHERISH YOUR-SELF**

Peace
Beautiful Asiatic Earth

*Perfect. Enchanting. Amazing.
Creative. Educated.*





PEACE

If you would like to submit any articles, respond to any articles or if you would like subscription information to the Divine Wisdom publication please email or call me.

PEACE

Productive. Education. Always. Cultivates. Equality.

Beautiful Asiatic Earth

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Proper. Education. Always. Creates. Earths

C O U N S E L C O R N E R

This is the section where sisters can submit questions that they may have concerning any topic. Then our readers can submit advice to that particular sister. Email all questions and responses to the email address listed above. If you are not comfortable giving you name you can use a pen name. Sisters when responding include the name of the individual you are responding

include the name of the individual you are responding to. Be wise and remember that we are righteous.

Peace



**As one we share, as one we care, and as one we need to be. I am my sisters keeper.
Peace**