



2024 SPRING EQUINOX NEWSLETTER

THE YEAR OF MINERAL

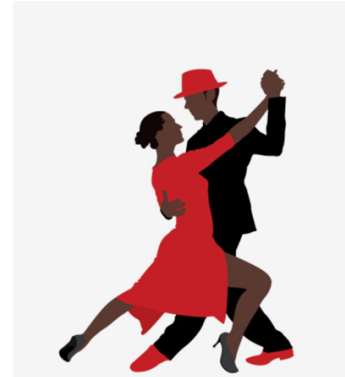
"Memory is stored in our bones not our brains." ~ Dr. Malidoma Some`

MEDICINE

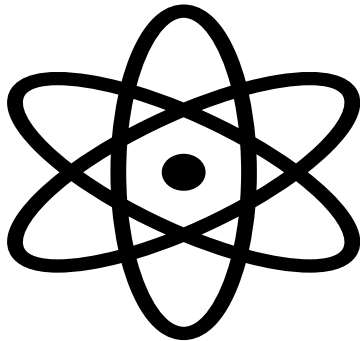
01 EMOTIONS

According to TCM (Traditional Chinese Medicine), each organ in the body and its complement are associated with an emotion:

- (1) The heart and small intestines are associated with joy.
- (2) The lungs and large intestines are associated with grief.
- (3) The stomach and spleen are associated with worry/overthinking.
- (4) The kidney and urinary bladder are associated with fear.
- (5) The liver and gall bladder are associated with anger.



02 BREAST CANCER REVELATIONS



While attending a breast awareness conference a few years ago at Wayne State university, Detroit, Michigan, I found the conference to be very enlightening.

A few revelations are:

- (1) African American women are the least prone to breast cancer of all other ethnic groups.
- (2) If a woman breast feeds her baby, it reduces the chance of getting breast cancer by 40%.
- (3) When breast cancer is about to manifest, all the energy in the body goes to that one area.



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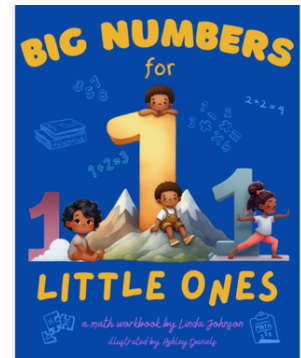
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MATH

03 BIG NUMBERS FOR LITTLE ONES

By Linda Johnson

COMING SOON!

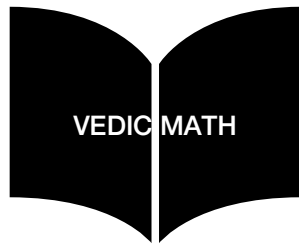


The math workbook for ages 2-7 years old.

The workbook is an African -centered workbook that covers, in a very simplistic way, topics of counting, patterns, number rhymes, basic math facts, algebra, geometry, data, probability, and word problems, in African dilemma story form.

Check the website for future announcements:

MathIsMedicine.com



04 VEDIC MATH

SPIRITUAL SUTRAS OF INDIA

Vedic math is a very short way of doing lengthy math problems in one step.

It originated from the spiritual sutras of India where the father of Vedic math, Shri Bharathi Krishna, discovered that the sutra laws also translate into mathematical formulas.

Here is a short cut for multiplying: **4,523 x 11:**

- (1) First insert zeros on each end of the given number: **045230**
- (2) Then add from right to left the numbers like this:
 $0 + 3 = 3$, $3 + 2 = 5$, $2 + 5 = 7$, $5 + 4 = 9$, $4 + 0 = 4$
- (3) Therefore, (starting backwards, writing the numbers) **4,623 x 11 = 49,753.**
- (4) If any number adds to more than 9 when adding the numbers, carry 1.



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AFRICAN MEDICINE WHEEL

THE ELEMENTS	DAGARA FEATURES
(1) FIRE (2,7) (2) WATER (1,6) (3) EARTH (0,5) (4) MINERAL (4,9) (5) NATURE (3,8)	<ul style="list-style-type: none">• The name of the element.• The last digit of a person's birth year associated with that element.• One/two-word description that identifies one's purpose in life.



05 FIRE (2,7)

VISIONARY

Each year the Babalawos of Cuba come together and perform a group divination for the coming New Year. From that divination is revealed the governing Orisha for the year and several predictions are written in what is known as The Letter from Cuba.

This year, 2024, the governing Orisha is Papa Legba, the one who is the communicator and stands at the crossroads (the area between the cosmic realm and the earth realm which reminds me of the Dagara element of FIRE.)

There are many very interesting conclusions of which a few will be mentioned here.

1. Be careful with whom you leave your children.
2. A warning against the consumption of breaded foods
3. An increase in neurological diseases
4. Pay more attention to agricultural productivity and growing your own food.
5. For more details concerning the 2024 Letter from Cuba:
Visit: <https://botanicaonline.net>



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06 WATER (1,6)

PEACEMAKER

In 1847 African Americans were not allowed to be educated on land, even though many had gained their freedom.

African American minister and educator, John Berry Meachum, built a ship and established 'The Freedom School' inside the ship!

African Americans were taught to read and become educated right on the water!

Talking about 'still water runs deep!!!'



07 EARTH (0,5)

ONE LOVE

Bob Marley was born in 1945 and was therefore an Earth element - one who sees to it that everyone has everything they need.

Bob Marley exuberated that energy in his life and among many other deeds, he fed the community of people on a regular basis. The recent movie about Marley's life story "One Love" pointed out some of his feats.

First, everything that Bob did and created came from the spiritual realm. He saw a vision of every major event before it happened. During the dangerous political times in Jamaica, Bob Marley was shot and so was his wife, Rita Marley.

Amazingly the bullets did not deeply penetrate him, and Rita's locks were so thick, they broke the impact of it penetrating her neck. Shockingly, they were both able to perform right after such a traumatic incident!



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08 MINERAL (4,9)

ARTIST & HISTORIAN

The element of mineral consists of community, memory, orator, speaker, storytelling and includes the fine and performing arts.

There are some interesting facts among some artists.

1. John Coltrane revamped the musician's 'circle of fifths' and added very traditional musical notes from India to it. His intent was to create music so that if someone was sick, he could write a song for their physical healing. Or if someone needed money, he could write a song for their financial wealth.
2. I was told that Reggae music starts on the downbeat to give the idea that whatever was happening had already started.
3. When African Americans first created gospel music, it was produced, owned and controlled only by African Americans.



09 NATURE (3,8)

TRANSFORMATION & CHANGE

We must never give up hope.

Things can change within 24 hours or in one hour.

"Things Change"

Lyrics by Nina Simone

Everything must change.

Nothing remains the same.

Everyone must change.

No one and nothing remain the same.



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10 JUST THE FRACTIONS

By Linda Johnson

Forward By: Professor Kaba Hiawatha Kamene

The book is about understanding the concept of fractions from an African-centered perspective using 'cakes' to bring out the concept of equality - a must for the understanding of the operation on fractions!

See my latest book and other items of interest:

VISIT: www.MathIsMedicine.com

