

**FROM EMPIRES TO SLAVERY  
TO FREEDOM :**

**NANA SPEAKS  
OF SANKOFA**

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And

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**EMPIRES, SLAVERY, FREEDOM**

I ask the elder of elderes for permission to speak .

**Onyankopon Twediumpon Nyame**  
 ( Great Creator who leans on no one )  
**Asase Yaa** ( Earth Mother )  
**Nananom** (Great Elder) **Nsuo** ( God of water )  
**Nananom Asase** ( God of the earth )  
**Nananom Egya** ( God of fire )  
**Nananom Mframe** ( God of Air )  
**Nananom Abosomfo** ( Lesser Gods )  
**Nananom Nsamanfo** ( Great Ancestors )  
**Brefia Tano ee ! Kronkron Tano ee !**  
 ( Great Water God ) ( Holy Water God )  
**Meko kra Nyame** ( I go first to the Creator )  
**Mema wa aha !** ( Good afternoon )

A long life is a gift of God, I ask for a long life for our Honored Elders here today. I ask for unity, healing, and protection, for all of you who have attended this historic Adae Kesse celebration. May the spirits of the Creator, the lessor Gods, and the Ancestors clear all obstacles in your paths, and reward you a prosperous new year.

Whenever I make any statements that are true, or should be true, you should say: ZO ! ZO ! ZO !

I have a message to present to you. It's about Akwasidae Kesse, what I believe it means to me, you, America, and Africa. I feel humbled and honored that you came to be with us today. Not to be depressed, not to be angry, or to berate white people.

We are here for Atonement, Reconciliation, Healing, Responsibility, and most importantly, to say, Thank You, to our enslaved Ancestors. They made it possible for us to be what we are today.

It is clear to me on this day, God, the Ancestors, and you, are pleased with us. I see and feel the spirit. Today we rise from the hurts, like the sacred drums call, and wake up our Ancestors. Today, we remember and treat our Ancestors like they ought to be treated -- with respect, honor, and dignity. This is the sacred day of the Ancestors.

Our enslaved Ancestors always had a holiday, but they had to ask their slave masters for permission. Today, as their children, we return to free them. We asked no one's permission. The Kemetic Benu Order African Fraternity, and You, declared this day to be Aday Keesee.

**In these African proverbs there is wisdom. Forgive me a thousand times for saying them to someone as wise as you.**

### **African Proverbs**

**"The wise person who does not learn ceases to be wise"**

**" If you travel with lies, you may reach your destination, but will be unable to return "**

**" However hungry the alligator becomes, it looks for food in the river, not the forest "**

**" If a mouse was the size of a cow, it would still be the cat's slave.**

**"One who gathers water at the same place on the riverbank too often, ends up in the belly of the alligator."**

There is an African word I want you to learn and to remember today, it is called **SANKOFA** ! It means, you can always undo your mistakes. You can find your source of strength, to know the present in the past, and to ensure your future. Repeat after me, **SANKOFA** ! This concept is symbolized as a bird looking backward.

Today we observe **SANKOFA** by returning to our past to express our gratitude to our enslaved ancestors. We honor their courage, the lives they led, and for making it possible for us to prosper today. We return today to open the wounds of our minds, to confront our hurts and angers, so that our true **HEALING** will begin, and to **ATONE** for our behavior. We do not feel depressed today being on this former slave plantation. No, we rejoice ! The first laws found in the Holy Bible are: "Man know yourself" and "Physician heal yourself". You can not know yourself when your identity has been destroyed. You cannot heal yourself if you do not know you are sick. Who are we ? Are we sick ? We can not be defined as a people who went from slavery to freedom. No ! We can only be defined as a people from Empires to slavery to freedom to Empires. "The wise person who does not learn ceases to be wise"

We are the people of Yesterday, Today, and Tomorrow ! Our history did not begin here in slavery, like we are taught in school. No ! We are the people of yesterday, today and tomorrow. "If you travel with lies, you may reach your destination, but will be unable to return." Yesterday our African Ancestors built the great pyramids of Egypt, wrote many of the holy words that are found in the Bible. Yesterday our Ancestors created mathematics, medicine, law, art, and music. Yesterday, our people ruled the Great Empires of **Ghana, Mali, Songhai, the Great University of Sankora in Timbuktu, Yoruba, Zimbabwe, and Ashanti**. Yesterday, our ancestors produced iron, gold, diamonds, and agriculture. Yesterday our Ancestors wore their own names, practiced their African religion that God gave them, honored their Ancestors, observed their own morals and values, and had a mission and a purpose for their lives.

Then today , yes, they were torn from their motherland - Africa. They were captured prisoners of war, male and female, the best of the best. In fact, they were sold to white people, by rival 'misinformed" African kings and queens who captured them. The chained and shackled voyages across the land, the ocean, and diseases killed 3/4 of the Africans sold. Additionally, white slave merchants conducted experiments to see who could survive the long Atlantic crossing in the slave forts in Africa. Only the strongest and most intelligent ones survived, to be resold in the American markets. Most cities had a slave market, including Wall Street in New York, Washington, D.C., Raleigh and Fayetteville, NC, and Charleston, S.C. Our African ancestors were not called "Negroes". Instead, they

were from the ethnic groups of: **Zulu, Ibo, Kongo, Ethiopian, Kukuyu, Shona, Wolof, Akan, Ewe, Yoruba, Egyptian, Nubian**, and many others. Once here on the plantations, selective breeding was added to the mix. Unintentionally, the slave merchants, and masters, caused a superior group of human beings to be produced. We are those people, descended from the best of the best. They became the Economic Prisoners, called slaves, here on the plantations. They were the ones that created the wealth and made it possible for the power and opportunities that many

white people have today. It was the brutal physical punishment, and the Psychotechnology of brainwashing, that forced noble Africans into becoming submissive Negroes, now called "Minorities".

Our enslaved ancestors were punished and taught to forget that they were Africans. However, they were rewarded for remembering that they were black and inferior to whites. Today, our Ancestors were raped, abused, and sexually taken advantage of, by white men and women. Children born by Africans, through sexual conquest, caused color discrimination and divisions among our people, by color and hair texture. Their shades of skin color were classified by the percentage of white blood. They were known then as *"Mulattos"(1/2), "Quadroons"(1/4), and "Octoroons"(1/8)*. When they married a darker skin African, or were not economically and socially successful, they were referred to as "yellow gone to waste"! Yet, they all, dark and light skinned, caught the same hell. Many quadroons and octoroons moved to other cities or states and "passed" into the white race and lived in fear of being found out! Today, the brainwashing created into psychic, good hair and bad hair. If the hair was kinky (African), it had to be made "bone straight", fixed, or done. This was true for males and females. Was

their hair broken, or unfinished by God? The standard of beauty became no longer African, but white, for black males and females.

Today, here on the plantation, they first heard the word **"nigger"**. "Nigger" became a key power word; "run nigger or die". They became humans lost, in someone else's system of religions, beliefs, values, and morals. They were forced to seek love and acceptance by denying their Africanness. Today, they used this **"n"** word to refer to each other. This is a case where brainwashing today is still today. Let the "n" word die an unnatural death. Today, they were taught that they were less intelligent than whites. They were taught to disrespect and to distrust

their own black leaders and experts. They felt inferior and sought approval, and consulted experts who were White to define their reality. This relates to the poverty of looking for food in the wrong places. "One who gathers water at the same place on the riverbank too often, ends up in the belly of the alligator."

Today, most of our enslaved Ancestors resisted. They rebelled, fought, died, and multiplied. We are now over 40 million. How long was today? Not too long ago. There are people here today, 83 years old, whose fathers were freed slaves. Somewhere in America, there are still some former slaves alive today. They are about 109 years old. As you should know, the Act of 1865, freeing slaves, alone did not stop illegal slavery. As late as 1888, a slave ship arrived at Charleston, S.C. Only the enforcement of the laws abolished physical slavery. Today, the psychological chains still remain on the minds of too many of our adults and children. We are the ones passing on these psychological germs to our children.

**However, it is not our fault because we have been brainwashed. Today, we begin to undo this brainwashing.**

The Bible says in Genesis " *Then the Lord said to Abraham, 'Know of a surety that your descendants will be sojourners in a land that is not theirs, and will be slaves there, and they will be oppressed for four hundred years; but I will bring judgement on the nation which they serve, and afterward they shall come out with great possessions.'* "

This description of bondage describes the experiences of Africans born in America. The 400 years are up now. Rejoice, and know that God, the Ancestors, and our struggles for freedom, have answered the prayers for our deliverance. Tomorrow, all we have to do, is to learn how to reprogram our minds, or to reverse this Psychotechnology of brainwashing. My book, *The Psychotechnology of Brainwashing: Crucifying Willie Lynch* provides instruction. Only then will, we be able to define ourselves, not allowing fear to stop us, and to practice Sankofa. "If the mouse was the size of a cow, it would still be the cat's slave."

Here we are tomorrow, being healed ! Tomorrow, we will remember Sankofa. We will look back to our source of strength. We will undo our mistakes and be

healed. Tomorrow, you must reconcile your differences with your family, friends, and within your communities.

If you are still looking for the secret to freedom and empowerment, you must observe Sankofa. Remember this; each different race of people on earth, with the nuclear bombs, also have the money. What they all have in common is the practice, and support, of their own: cultures, religions, languages, names, education, economics, politics, traditions, and control of their media. They define and defend themselves, and their social system. There is only one human race, but there are many social races. The social races that are oppressed, do not practice and support their own social system, but that of another social race. This is what makes racial supremacy possible. If you believe in equality, then you must play the game by the equal rules that others play by in America. Then you will create equal wealth, equal power, equal education, equal employment, equal communications, equal health care, equal happiness, and equal relationships. This is not racial separation, instead it is equal diversity. This is the true secret formula for freedom and respect. This is the secret you have been seeking. You must become Africentric. Relearn your history, before enslavement. You are now free to take back your African culture; buy books, attend seminars, and ask questions. "However hungry the alligator becomes, it looks for food in the river, not the forest."

With Sankofa, we will once again become the noble people of Yesterday and the people of Tomorrow. You will see our children blossom into high achieving students, law-abiding citizens, and the disappearance of killings and drug abuse in our communities. This is the message of Sankofa that our enslaved Ancestors have asked me to bring to you this Akwasidae Kesse. These laws were established by the Ancestors for the people to obey. They are to regulate our society. As we have already seen, when they were first broken by enslavement, and later through mis-education and brainwashing, destruction and disunity descended upon us, even while many of us materially prospered. It is only through Sankofa that we will relearn to build our own homes, instead of rearranging the furniture in other people's houses.

Race relations will improve when you define yourselves in your own African image. You then will become producers, instead of consumers. You will create a factory for each church you build, for the employment of your people. You will

support black owned businesses that support you, and defend them. You will spend your money with white owned institutions that also supports you. This is what actually will improve racial relations, lessen resentment, and put interaction on mutual terms.

I, **Nana Ashanti**, am calling today, for the establishment of an **Institute for the Study of the Enslavement of African People**. We need to know the locations of other slave plantations in America. We need to know the impacts of slavery on the mentality, economics, and the spirituality, of descendants of enslaved people. We need to know the remedies that must be made to them, to make them Whole again.