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7E2 - ROMAN JAMARCUS

A Woman of Four Paths - The Strange Story of a Black Woman in South Africa is an unusual struggle of a Black Woman in South Africa, as a domestic worker, as a female teacher, as a hospital nurse, and finally as a traditional healer. The final chapters are written by Baba Credo Mutwa, African High Sanusi, healer, and author of more than 15 books on African culture, mythology, and healing. Included in this book is a fascinating tale of Two Deaths in Parrallel: Princess Diana and King Mushweshwe.

Credo Mutwa is a black African, a practicing witchdoctor- and a writer who has been called 'the Homer of Africa.' A witchdoctor is part physician, part poet, part library; he learns the oral traditions of Africa as handed down through generations receding into pre-history. My people, My Africa is thus that rare thing: an African history and ethnography of southern Africa, from the ancient legends- how the white, Greek-like Na-Iti subjugated Africa thousands of years ago. Credo Mutwa documents the effects the whites have had on his people, including how the Europeans arrogant refusal to acknowledge the African customs and taboos alienated the blacks, and moreover how they were needlessly humiliated.

Witchcraft accusations and violence are generating new forms of popular 'justice' that threaten to destabilize the state's administration of justice. What is to be done?

In The Chosen Ones, sociologist and feminist scholar Nikki Jones shares the compelling story of a group of Black men living in San Francisco's historically Black neighborhood, the Fillmore. Against all odds, these men work to atone for past crimes by reaching out to other Black men, young and old, with the hope of guiding them toward a better life. Yet despite their genuine efforts, they struggle to find a new place in their old neighborhood. With a poignant

yet hopeful voice, Jones illustrates how neighborhood politics, everyday interactions with the police, and conservative Black gender ideologies shape the men's ability to make good and forgive themselves—and how the double-edged sword of community shapes the work of redemption.

" ... Combining various legends and myths, with perhaps only the vaguest background of historical fact," [pref.].

Capitalist Nigger is an explosive and jarring indictment of the black race. The book asserts that the Negroid race, as naturally endowed as any other, is culpably a non-productive race, a consumer race that depends on other communities for its culture, its language, its feeding and its clothing. Despite enormous natural resources, blacks are economic slaves because they lack the 'devil-may-care' attitude and the 'killer instinct' of the Caucasian, as well as the spider web mentality of the Asian. A Capitalist Nigger must embody ruthlessness in pursuit of excellence in his drive towards achieving the goal of becoming an economic warrior. In putting forward the idea of the Capitalist Nigger, Chika Onyeani charts a road to success whereby black economic warriors employ the 'Spider Web Doctrine' - discipline, self-reliance, ruthlessness - to escape from their victim mentality. Born in Nigeria, Chika Onyeani is a journalist, editor and former diplomat.

*Includes pictures *Includes a bibliography for further reading By the dawn of the 17th century, Portuguese influence in Africa fell into decline, and the occasions of European contact with Ethiopia became very few and far between. It would be another three centuries before another European would venture into the holy precincts of Lalibela as part of a British military expedition mounted in 1867. Thus, the "rediscovery" of the remarkable churches and the story of Christianity in Ethiopia would only be recently written. As that indicates, the modern history of Africa was, until

very recently, written on behalf of the indigenous races by the white man, who had forcefully entered the continent during a particularly hubristic and dynamic phase of European history. When they began to arrive in sub-Saharan Africa in the early 16th century, Christian missionaries replaced established animist practices with the tenets of Christianity. This was particularly true for the Catholics who offered a faith promising eternal paradise upon the simple confession of sin. In an age of slavery, disease, and inter-tribal warfare when life was unembellished, brutal, and usually short, this was a particularly seductive message. Add to this the ritual inherent in Catholic worship, the drinking of blood and the eating of flesh, and the susceptibilities of a society defined by elaborate religious rituals, and the conversion succeeded with extraordinary ease. It is also true that the Catholic spiritual hierarchy reflected the structure of African spiritual life. The first line of African worship is composed of the spirits of passed ancestors whose relationship with the living remains direct and active. This overlapped with the idea of a host of saints endowed with specific functions and responsibilities. At a higher level, the more remote ancestral spirits, those of more than three or four generations past who have merged into the overall spirit of the nation, formed a less definable but powerful presence in day to day life. These spirits easily translate to angels, while the almighty creator, too vast and remote to be understood, conforms to the notion of the one God. The embrace of Christianity and Islam, even today, is not necessarily to the exclusion of ancestral spirits, nor the essentials of witchcraft and sorcery. The precarious security of albino people in east and central Africa, whose body parts are sought after in traditional "medicine," is testimony to the fact that these superstitions are alive and well throughout Africa. Africa's Origin Stories: The History and Legacy of the Ancient African Sto-

ries that *Sought to Explain Life* examines the various legends, how they formed, the evolution of African beliefs, and how they've affected countless cultures. Along with pictures depicting important people, places, and events, you will learn about African mythology like never before.

Mentacide occurs when you willingly think and act out of someone else's interpretation of reality to their benefit and against our survival. It is a state of subtle insanity which, over the last few hundred years, has come to characterize more and more Afrikans globally. This collection of essays addresses various aspects of this self-negating confusion. For we, as an Afrikan people, cannot possibly attain an independent, self-sustaining empowerment without a clear understanding of who we are and are not. We cannot be someone else and ourselves at the same time, especially when that someone else is hell-bent on destroying us. For that reason, these lectures look into this confusion by critiquing our refusal to accept responsibility for consciously rearing our children, the political treason of some of the intellectuals who still pretend to speak for us, the flight of our emotions from European faiths to Afrikan spiritual systems designed to cater to our unchanged European ways and the systematic incarceration of our men and women and boys and girls while, at the same time, bring solutions to the table by paying homage to the thought and behavior of revolutionary Ancestors and Elders, discussing the responsibilities that our daughters and sons must be taught to internalize in preparation for their adult duties and examining the mental and physical conditions that are essential to our independent empowerment as a people. As we know, problems and solutions work hand in hand without knowing something is wrong or if aware, why what is wrong is wrong, we cannot implement ideas or programs that will help us solve our problems to our advantage. To that end, this collection of essays is an Afrikan centered investigation into both some of our problems and potential solutions to these problems.

From debut author Cole Nagamatsu comes an atmospheric contemporary fantasy about three teens coming of age in the wake of a mysterious death. Last summer, Link Miller drowned on dry land in the woods, miles away from the nearest body of water. His death was ruled a strange accident, and in the months since, his friends and family have struggled to make sense of it. But Link's close friend Noemi Amato knows the truth: Link drowned in an impossible lake that only she can find. And what's more, someone

claiming to be Link has been contacting her, warning Noemi to stay out of the forest. As these secrets become too heavy for Noemi to shoulder on her own, she turns to Jonas, her new housemate, and Amberlyn, Link's younger sister. All three are trying to find their place—and together, they start to unravel the truth: about themselves, about the world, and about what happened to Link. Unfolding over a year and told through multiple POVs and a dream journal, *We Were Restless Things* explores the ways society shapes our reality, how we can learn to love ourselves and others, and the incredible power of our own desires. A great pick for readers who want: YA contemporary books with touches of YA fantasy Modern ghost stories and fairytales Young adult LGBT books with an asexual character

A collection of folktales from a Zulu tribal historian attempting to preserve the history, heritage, and oral tradition of his people includes an insightful essay offering commentary on the apartheid years of his native province of Natal in South Africa. Original.

In the revised and updated second edition of *The Tone of Teaching*, bestselling author Max van Manen defines sound pedagogy as the ability to distinguish effectively between what is appropriate, and what is less appropriate in our communications and dealings with children and young people as parents and educators. The author: -Shows how tactful educators develop a caring attentiveness to the unique; to the uniqueness of children, and to the uniqueness of their individual lives-Describes how this "tone" of teaching can be sustained by the cultivation of a certain kind of seeing, listening, and responding to each child in each particular situation-Offers practical insights for both educators and parents

"I hated being pregnant with you. I used to cry the whole day. I hated carrying you in my stomach." Thuli Nhlapo grew up constantly hearing these words from her mother. She was seven years old when she realised that no one called her by name. Known as "Yellow" she was bullied at home and at school. Fearing that she had a terrible disease, she withdrew into herself. Years later, Thuli is still haunted by her childhood experiences. She confronts her mother about her real father and real surname. Getting no answers, Thuli embarks on years of searching for the truth. In the process, she uncovers unsettling family secrets that irrevocably change all their lives." --Back cover.

Vusumazulu Credo Mutwa tells the story of his life as an artist, political activist, and healer. Mutwa, the most famous African tradi-

tional healer of the 20th century, shares the wisdom of Africa's traditional sangomas and healers in this beautiful volume, which includes an audio CD that captures the prayers, sacred songs, and sounds of the culture. In addition to his works as a healer and champion of native South Africans and their culture, Mutwa is an outspoken artist and critic best known for his sculpture and paintings. Includes audio CD.

Get In Touch With African Oral Tradition With This Fascinating Compilation of 23 Fables and Folktales From All Around the African Continent. If you want to discover long lost stories full of universal wisdoms, then this folktale compilation is perfect for you. Folktales are rich and beautiful treasure chests of knowledge and culture inherited and passed down from generation to generation. These stories will take you on a journey through African oral traditions from East to West. Folktales prove how many facets of humanity are the same throughout any time and any place. Anyone of any age can relate to these stories - for example, the charlatan hare, the naïve civet, the greedy turtle, or the caring guinea fowl. From Tanzania to the Democratic Republic of Congo, these folklore stories are a great way to study other cultures, to model positive character traits, and to reinforce cultural values and essential traditions. Hopefully, through these tales, you can broaden your view of the world and develop a greater appreciation for rich and stunning African heritage. Here's what you can find in this compilation of folklore tales: Retold traditional narratives: Discover more than twenty beautiful folktales, each one contains insightful wit and surprising plot twists, in the tradition of the griot, the traditional African storyteller. How did the story come to us: Each chapter begins with a quick introduction that shares some interesting info about the story's country or the region of origin. Diverse stories: Explore core themes of humanity, such as love, loyalty, deceit, jealousy, or revenge. And please don't think that these stories are (only) for children stories! So enjoy the wisdom and connect with African heritage.

Ethnographic portrayal of the Mandinko with special emphasis on their religious beliefs.

Tales of East Africa is a collection of 22 traditional tales from Kenya, Uganda, and Tanzania. Welcome to a world of magical adventure—a place where a boy spares the life of a fearsome monster, a flock of doves brings a girl back from the dead, and a hare wreaks havoc among all the other animals. Translated and tran-

scribed by folklorists and anthropologists in the early 20th century, these stories evoke the distinctive beauty and irresistible humor of East African folklore. • The tales come alive alongside bold, contemporary art in this special illustrated edition. • Each story transports readers to an enthralling world. • Part of the popular Tales series, featuring Tales of Japan, Celtic Tales, and Tales of India Tales of East Africa will enthrall fans of fairytales and captivate those interested in East Africa's rich history and culture. Readers will encounter mischievous animals, plucky heroes and heroines, and monsters, and artist Jamilla Okubo pairs each tale with a bold and vibrant illustration. • A visually gorgeous book that will be at home on the shelf or on the coffee table. • A perfect gift for fairy tale and folklore lovers, fans of East African culture, people of East African ancestry, collectors of illustrated classics, adults and teens alike, and bibliophiles • Add it to the collection of books like *The Girl Who Married a Lion: and Other Tales from Africa* by Alexander McCall Smith, *Favorite African Folktales* by Nelson Mandela, and *Indaba My Children: African Folktales* by Vusamazulu Credo Mutwa

The Akan are an African indigenous group found primarily in the southern parts of Ghana, as well as in Cote d'Ivoire and in Togo. This book explores certain aspects of Akan language, culture and tradition that point to association with star beings from the Sirius star system. Akan language and culture offers clues and revelations that point to links with the ancient cultures of Mesopotamia and of the Nile valley. Among these revelations, Kwame Adapa shows that names of Akan deities can be traced back to Egyptian and Mesopotamian deities who have links with the Sirius star system. Having grown up in Akan culture, it was a starting point for Kwame Adapa to do more research on the Akan and other African people. Among the revelations in this book are language and cultural connections between the Akan and other African groups as well as with human groups beyond Africa. Kwame Adapa tells an engaging story that implies that the Akan, the Bakwama, the Bambara, the Dogon and just about every African ethnic group is connected to the Sirius star system in one way or another. These connections can be found in their legends, their language and their culture.

The author describes his experiences studying the Asmat people of the jungles of New Guinea and discusses the place of homosexuality in their culture

?The stories within these books have the poignancy of new discoveries as well as the unworn imagination of the ancestors. The commentary has the sharp edge of modern thought and the intricacy which results from the intellect being woven through the ritual complexities of tribal life. The purpose of constructing thresholds that bring this world together is to find the powers that can heal the rends in tribal as well as modern communities.? --Michael Meade, from the Introduction
Versed in the languages of psychology, comparative literature, as well as ancient mythology, healing, and divination, Malidoma Patrice Some bridges paths between the ancient tribal world of the West African Dagara culture and modern Western society. Ritual is written with wild imagination, careful critical reflection, and intuitive insights that will force the reader to encounter the world anew.

A collection of stories by the award-winning Latino author of *The Magic of Blood* and *The Last Known Residence of Mickey Acuña* chronicles the lives of men and women living in Houston. Reprint.

First published in 1964, *Indaba, My Children* is an internationally acclaimed collection of African folk tales that chart the story of African tribal life since the time of the Phoenicians. It is these stories that have shaped Africa as we know it.

A dark, thought-provoking adventure that “artfully evokes the blood-soaked reality of 17th-century pirates” (*Entertainment Weekly*). This “wryly humorous, satiric, and often macabre novel” (*Library Journal*) follows Jean Smeeks, a Flemish thirteen-year-old who signs up as an indentured servant with the French West Indies Company, but instead winds up a slave on the notorious island of Tortuga. Over time, he learns the arts of herbal medicine and surgery—a skill that allows him to join a band of Caribbean pirates. Contrasting Jean’s romantic pull toward the “Brethren of the Coast”—an all-male society pursuing socialist, anti-colonialist ideals—with the brutal reality of their lawless existence, *They’re Cows, We’re Pigs* is a “unique and memorable” novel whose “pirate world leaves you as a good book should: thinking” (*The Boston Herald*).

Comprehensive and beautifully written, this collection of African folktales is a stunning ethnographic achievement and riveting narrative of the mythical origins of the Zulu culture.

Inventing Africa is a critical account of narratives which have selectively interpreted and misinterpreted the continent's deep past. Writers have created alluring images of lost cities, vast pre-

historic migrations and golden ages of past civilizations. Debates continue on the African origins of humankind, the contributions of ancient Egypt to the world and Africa's importance to global history. Images of "Africa," simplifying a complex and diverse continent, have existed from ancient Mediterranean worlds, slave trading nations and colonial powers to today's political elites, ecotourists and aid-givers. Robin Derricourt draws on his background as publisher and practitioner in archaeology and history to explore the limits and the dangers of simplifications, arguing -- as with Said's concept of "Orientalism" -- that ambitious ideas can delude or oppress as well as inform. Defending Africa against some of the grand narratives that have been imposed upon its peoples, *Inventing Africa* will spark new debates in the history of Africa and of archaeology.

Taken together, these comprehensive volumes offer an authoritative account of the music of Africa. One of the most prominent experts on the subject, Gerhard Kubik draws on his extensive travels and three decades of study in many parts of the continent to compare and contrast a wealth of musical traditions from a range of cultures. In the first volume, Kubik describes and examines xylophone playing in southern Uganda and harp music from the Central African Republic; compares multi-part singing from across the continent; and explores movement and sound in eastern Angola. And in the second volume, he turns to the cognitive study of African rhythm, Yoruba chantefables, the musical Kachamba family of Malaŵi, and African conceptions of space and time. Each volume features an extensive number of photographs and is accompanied by a compact disc of Kubik’s own recordings. Erudite and exhaustive, *Theory of African Music* will be an invaluable reference for years to come.

Relates the spiritual traditions and wisdom of a West African tribe known for its healing powers, and shows readers how to use them to discover their own purpose and connect with their communities. Containing ten essays by anthropologists on the beliefs and practices associated with witches and sorcerers in Eastern Africa, the chapters in this book are all based on field research and new information which is studied within its wider social context. First published in 1963.

Vusamazulu Credo Mutwa - healer, shaman, and spiritual leader for millions of Black Africans - presents lore, prophecies, dreams, tales, and a comprehensive sketch of the rich mythology of the

African people. This is also his personal story.

Virtually anyone, anywhere knows that six million Jewish human beings were killed in the Jewish Holocaust. But how many African human beings were killed in the Black Holocaust – from the start of the European slave trade (c. 1500) to the Civil War (1865)? And how many were enslaved? The Black Holocaust, a travesty that killed millions of African human beings, is the most underreported major event in world history. A major economic event for Europe and Asia, a near fatal event for Africa, the seminal event in the history of every African American – if not every American! – and most of us cannot answer the simplest question about it. Here is a sample of what you will get from the painstakingly researched, painfully honest *The Black Holocaust For Beginners*: “The total number of slaves imported is not known. It is estimated that nearly 900,000 came to America in the 16th Century, 2.75 million in the 17th Century, 7 million in the 18th, and over 4 million in the 19th – perhaps 15 million in total. Probably every slave imported represented, on average, five corpses in Africa or on the high seas. The American slave trade, therefore, meant the elimination of at least 60 million Africans from their fatherland.” *The Black Holocaust For Beginners* – part indisputably documented chronicle, part passionately engaging narrative, puts the tragic event in plain sight where it belongs! The long overdue book answers all of your questions, sensitively and in great depth.

“With *A Visitation of Spirits*, Randall Kenan continues James Baldwin’s legendary tradition of ‘telling it on the mountain.’” —*San Francisco Chronicle* When *A Visitation of Spirits* was published, Randall Kenan (1963-2020) was instantly recognized as a writer of significance, and one who brought into literary fiction the southern Black, gay experience, one of the first such writers to achieve

mainstream success. His groundbreaking first novel, *A Visitation of Spirits*, is the powerful story of Horace Cross, a popular and high-achieving sixteen-year-old boy, who wrestles with the guilt of discovering who he is, a young man attracted to other men and yearning to escape the narrow confines of the small town of Tims Creek, North Carolina, where he grew up. Raised on stories of prophets, revelations, and dreams, his internal struggles take shape in his mind as demons and angels battling for his soul, culminating in one night of horrible and tragic transformation. *A Visitation of Spirits* established Randall Kenan as a literary master, and his influence continues to be felt. Now in Grove paperback and with an introduction by Tarell Alvin McCraney, Oscar-winning writer of *Moonlight*, *A Visitation of Spirits* is a classic novel of growing up from a literary giant.

We Are What We Eat follows the fortunes of dozens of enterprising immigrant cooks and grocers, street hawkers and restaurateurs who have cultivated and changed the tastes of native-born Americans from the seventeenth century to the present. The book draws a surprisingly peaceful picture of American ethnic relations, in which “Americanized” foods like Spaghetti-Os happily coexist with painstakingly pure ethnic dishes and creative hybrids

Offers a rare view into the world of a Zulu shaman • Includes 14 Zulu myths as told by a traditional Zulu story keeper • Reveals Zulu shamanic practices, including healing techniques, dreamwork, oracles, prophecy, and interactions with star beings In this rare window into Zulu mysticism, *Vusamazulu Credo Mutwa* breaks the bonds of traditional silence to share his personal experiences as a sangoma—a Zulu shaman. Set against the backdrop of post-colonial South Africa, *Zulu Shaman* relays the first-person accounts of

an African healer and reveals the cosmology of the Zulu. Mutwa begins with the compelling story of his personal journey as an English-trained Christian schoolteacher who receives a calling to follow in his grandfather’s footsteps as a shaman and keeper of folklore. He then tells the stories of his ancestors, including creation myths; how evil came to the world; the adventures of the trickster god Kintu; and Zulu relations with the “fiery visitors,” whom he likens to extraterrestrials. In an attempt to preserve the knowledge of his ancestors and encourage his vision of a world united in peace and harmony, Mutwa also shares previously guarded secrets of Zulu healing and spiritual practices: including the curing power of the sangoma and the psychic powers of his people.

Readers everywhere and of any age will be both entertained and instructed by these timeless stories—more than 40 tales of human foibles, magic, and nature—representing fifteen countries, including Angola, Nigeria, Cameroon, Gambia, Liberia, Ghana, and Senegal.

The search for a means to an end to apartheid erupts into conflict between a black township youth and his “old-fashioned” black teacher.

Africa is a vast continent whose population is fast approaching one billion. Africa also has more politically independent states than any other continent. *Africa A-Z* attempts to provide, in a concise manner, the facts for an elementary understanding of the continent and its complex issues. The book falls into two main sections. The five chapters in the first section focus on the continent as a whole, dealing with its physical and human diversity, its eventful history and Africans’ struggle for economic survival. The second main section contains profiles of 57 independent and non-independent countries, ranging from Algeria to Zimbabwe.