

## **Adult Rites of Passage to African Centered Worldview**

Updated by Roland Lucas 2/14/16

The purpose is to steer an initiate onto a life long path of an African centered life that is in service of the uplift of African people. It is to help clarify initiate's commitment to Afrocentricity.

- 1) **Preparing the ground** - Every initiation ceremony is a reliving of the Time and Place of the original Divine presences.
  - a. This is a time when the initiates are given the mythology of the community and can understand its symbols and traditions
  - b. Mentors make arrangements & become familiar with the life of the candidate.
  - c. Mentors and candidates speak with sponsor (sponsor is someone who knows the individual personally and vouches for the character and intentions of the candidate)
  - d. Preparing individualized curriculum for candidates
  - e. Arrangements of places
  - f. Emblems or symbols are constructed
  - g. Announcements made to candidate and community
  - h. Opening ceremony with statements of intent and goals by candidate and group representatives. Invocation to ancestors.
  
- 2) **Separation** - To sever the initiate from distractions and dependencies upon the old Eurocentric world-view.
  - a. The initiate is envired with the new support system - assigned a mentor.
  - b. Initiate commits to fasting from T.V., toxic foods, toxic people, toxic media, to prepare the initiates' own sacred ground of body, mind & spirit.
  - c. Initiate is provided with curriculum, with due dates and appointments.
  
- 3) **Symbolic death** - death of one world-view to obtain another.
  - a. Identify and ritualistic sacrifice of old egoistic, individualistic, and Eurocentric ideals to be replaced by African centered ideals.
  - b. Pledge of allegiance to African centered ideals.

Ten virtues expected of all initiates, "the antidote to character flaws" are:

- 1) Control of thought
- 2) Control of action
- 3) Devotion to purpose

- 4) Faith in the teacher's ability to teach the truth
- 5) Faith in one's ability to assimilate the truth
- 6) Faith in our self to wield the truth
- 7) Freedom from resentment under persecution
- 8) Freedom from resentment under wrong
- 9) Ability to distinguish right from wrong
- 10) Ability to distinguish the real from the unreal

#### **4) Ordeal -**

- a. Fasting, silence (speak only to certain people when necessary), sacred time allotment for study, meditation, conference and initiation activities
- b. Special assignments or tasks
- c. Reading / viewing course study materials and passing assessments
- d. Initiate maintains a journal of experiences and thoughts and shares it with mentor.
- e. Sharing experiences with other initiates and members.
- f. Working with members and initiates in harmonious ways to accomplish defined goals
- g. Verification of products by sponsors and mentors

#### **5) Rebirth/collective regeneration**

- a. Meeting with elders and program mentors
- b. Given special community charge / responsibility
- c. Public acknowledgement
- d. Conferring status

## **Survival Strategies for Africans in America**

Anthony T. Browder, in his book "Survival Strategies for Africans in America", list "13 steps to freedom" (of the mind and spirit, and also the body or material). The below course work can be assigned in the context of these survival strategies.

### **Mind**

1. Racism and White Supremacy Are the Most Persistent Problems Confronting Africans in America
2. Become Aware of the Power of the Media
3. Perception Precedes Being ... You Are Who you Believe You Are
4. Information Is Power, But Power is Nothing Without Control
5. Empower Your Mind ... See the World Through African Eyes

### **Body**

6. Become Aware of the Uniqueness of Your African Body
7. Develop Cultural and Holistic Approaches to Health
8. Become Aware of Your Mind/Body Relationships
9. Familiarize Yourself with the Mysteries of Melanin

### **Spirit**

10. Learn to Interpret Religious Imagery
11. Learn to Honor the Memory of Your Ancestors
12. Learn to Prepare Yourself for War and Peace
13. Learn How to Live in the New America

**Course of Study for Adult African Centered Rites of Passage**  
(Adapted from Paul Hill Jr., 1992)

Modified by Roland Lucas: 8/1/15 11:15 PM

**Program objective:**

1. Initiates will understand an African worldview as expressed in Nguzo Saba (Seven Principles) minimum value system.

Reading material from the reading list: 4,7,8,9,13,24,27

**Subject Objective**

Initiates will:

- 1.1 Define ontology, epistemology, and axiology
- 1.2 Define an African worldview
- 1.3 Discuss the meaning of menticide and how to guard against it
- 1.4 Discuss African Self Consciousness VS cultural confusion (as elucidated by Kobi Kambon)
- 1.5 Define the Nguzo Saba
- 1.6 Discuss the meaning of the Seven Principles
- 1.7 Become familiar with basic Kiswahili terms
- 1.8 Participate in a Kwanzaa ritual
- 1.9 Demonstrate an incorporation of the Nguzo Saba Principles in daily life

**Program objective:**

2. Initiate will develop an understanding of African and African American History and culture.

Reading material from the reading list: 1,3,6,14,15,16,17,21,22,29,30

**Subject Objective**

Initiates will:

- 2.1 Define his-tory and our-story and an African centered approach to interpreting history
- 2.2 Identify the birthplace of the original man and woman
- 2.3 Identify the great African civilizations (Ethiopia, Nile Valley, Egypt, Ghana, Mali, Songhai, Kenya, Zimbabwe, Azania)
- 2.4 Understand the contributions of Africa to Western civilization and World History
- 2.5 Discuss the Olmec civilization and pre-Columbian contact
- 2.6 Discuss the many invaders of Africa (Asians, Arabs, Greeks, Romans, and Northern Europeans)
- 2.7 Explain why Africans allowed invaders to settle along the coast.
- 2.8 Discuss the underdevelopment of Africa by Europe

- 2.9 Understand the differences in slavery as practiced by Africans, Arabs, and Europeans
- 2.10 Demonstrate an appreciation for the ancestors who survived during the Middle Passage
- 2.11 Discuss Africa's resistance to slavery (North America, South America, Brazil, Haiti, etc.)
- 2.12 Discuss interaction between enslaved Africans and ancestors in America with indigenous populations (Creek, Cherokees, Seminoles, etc.)
- 2.13 Discuss the uniqueness of New Orleans and South Sea Islands (south Carolina and Georgia), as related to African American history and culture
- 2.14 Discuss the flaws of integration and assimilation ideology of Civil Rights movement, how they are distinguished from equality

**Program Objective:**

- 3. Initiates will understand the importance of wellness.  
Reading material from the reading list: 4, 11,12,13,25,31,32,35,36

**Subject Objective**

- Initiates will:
- 3.1 Demonstrate basic self-defense
  - 3.2 Understand the importance of proper nutrition
  - 3.3 Prepare a well-rounded meal
  - 3.4 Demonstrate physical fitness ability
  - 3.5 Understand the importance of health and personal hygiene
  - 3.6 Define sexual responsibility
  - 3.7 Discuss how meditation can promote self discovery and mental health
  - 3.8 Discuss African Self Consciousness VS cultural confusion (as elucidated by Kobi Kambon) in the context of psychological health
  - 3.9 Discuss the meaning of menticide and how to guard against it in the context of psychological health
  - 3.10 Understand the White media as propaganda and brainwashing
  - 3.11 Discuss how yoga and Tai Chi / Chi Gong can promote self discovery and mental health

**Program Objective:**

- 4. Initiates will understand the importance of spirituality and African philosophy

Reading material from the reading list: 10,20,27,28, 33

### **Subject Objective**

Initiates will:

- 4.1 Discuss spirituality, common aspects in African spirituality
- 4.2 Distinguish between religion and spirituality
- 4.3 Discuss the role spirituality has played in the lives of Africans of the Diaspora
- 4.4 Discuss Creation stories
- 4.5 Identify the Pharaoh Akhenaten (Amen-hotep) and his conception of monotheism
- 4.6 Discuss traditional African religions
- 4.6 Discuss the significance of traditional African rituals and libation
- 4.7 Discuss how Africans were denied the worship of their traditional religions
- 4.8 Discuss the Egyptian 42 Negative Confessions and its relationship to the Ten Commandments as well as other "borrowings" of African religious concepts
- 4.9 Discuss the African contribution to Western religion
- 4.10 Discuss Greek philosophy as being founded upon African philosophy (Pythagoras and all renowned ancient Greeks studied in Egypt or Kemet)

### **Program Objective:**

5. Initiates will develop an understanding of Cooperative Economic Systems.  
Reading material from the reading list: 18,21,23

### **Subject Objective**

Initiates will:

- 5.1 Define economics
- 5.2 Discuss scarcity
- 5.3 Explain natural resources
- 5.4 Differentiate between "wants" and "needs"
- 5.5 Discuss "competition" and "cooperation"
- 5.6 Discuss marketing, media, propaganda, and subliminal seduction,
- 5.7 Differentiate between idealism and realism
- 5.8 Understand a system and institution
- 5.9 Compare various economic systems
- 5.10 Explain economic problems facing the African American community (differentiate between consumers and producers)
- 5.11 Understand the importance of circulating Black dollars multiple times within community before spending in other communities
- 5.12 Understand the importance of owning the means of production
- 5.13 Understand and develop a business plan
- 5.14 Understand the interrelationship between the Western Economy and the World Economy

**Program Objective:**

6. Initiates will develop decision-making skills for self-awareness and personal planning  
Reading material from the reading list: 2,4,7,10,37

**Subject Objective**

Initiates will:

- 6.1 Identify one's life as related to present and future visions
- 6.2 Discuss attitudes and how they affect your future
- 6.3 Recognize personal values
- 6.4 Establish goals and objectives
- 6.5 Explore divination systems as a means of gaining insight into incarnation objectives

**Program Objective:**

7. Initiates will understand the importance of leadership.  
Reading material from the reading list: 2,4,7,10

**Subject Objective**

Initiates will:

- 7.1 Identify the qualities of leadership
- 7.2 Understand how leadership is developed
- 7.3 Understand the responsibilities of leadership
- 7.4 Understand the differences between acting from your enlightened will VS your desires, habits, peer pressures, likes and dislikes.
- 7.5 Identify and understand conflict and cooperation
- 7.6 Develop speaking skills
- 7.7 Develop an agenda and chair a meeting
- 7.8 Research, study and debate opposing viewpoints and interpretations of current, national, and international issues

**Program Objective:**

8. Initiates will understand the value of community services  
Reading material from the reading list: 26, 33

**Subject Objective**

Initiates will:

- 8.1 Identify a community service activity to participate in
- 8.2 Identify how that community activity serves the larger uplift of African people

**Program Objective:**

9. Initiates will develop an understanding of government  
Reading material from the reading list: 18,19,23

**Subject Objective**

Initiates will:

- 9.1 Explore why despite increases in African American government offices there is no corresponding increase in services to African American communities  
9.2 Explore Amos Wilson's proposal for an Independent African Political Party and its necessity  
9.3 Identify existing Black political parties and their impact on African people around the world

**Program Objective:**

10. Initiates will develop an understanding of manhood and womanhood.  
Reading material from the reading list: 2,4

**Subject Objective**

Initiates will:

- 10.1 Differentiate between males and men, females and women  
10.2 Discuss male and female stereotypes  
10.3 Discuss the hazards of assuming male and female stereotypical roles  
10.4 Identify different ways in which males and females mis-handle emotions  
10.5 Identify the male code of conduct  
10.6 Identify the female code of conduct  
10.7 Define a man and a woman  
10.8 Related the African value system of male-female dual principles in cosmology and natural world to personal and Black family relationships



## Adult Rights of Passage to Afrocentricity Reading List

1. [Destruction of Black Civilization: Great Issues of a Race from 4500 B.C. to 2000 A.D.](#)  
Williams, Chancellor
2. Return to the African Mother Principle of Male and Female Equality  
T'Shaka, Oba
3. When We Ruled  
Walker, Robin
4. SBA: The Reawakening of the African Mind by Asa Hillard 111
5. The Afrocentric Paradigm  
Mazama, Ama
6. The Legacy of Arab-Islam In Africa: A Quest for Inter-religious Dialogue  
John Alembillah Azumah
7. The Afrocentric Manifesto or Afrocentricity a Theory of Social Change by Molefi Asante to get a grounding on the concept of Afrocentricity
8. [Afrikan-Centered Consciousness Versus the New World Order: Garveyism in the Age of Globalism \(AWIS Lecture Series\) by Amos N Wilson](#)
9. [Yurugu: An African-Centered Critique of European Cultural Thought and Behavior Apr 1994](#)  
by [Marimba Ani](#)
10. Metu Neter, Vol. 1: The Great Oracle of Tehuti and the Egyptian System of Spiritual Cultivation Paperback – July 1, 1990
11. Know Thyself  
Dec 1, 1998  
by Na'im Akbar and Asa G. Hilliard III
12. Breaking the Chains of Psychological Slavery  
Aug 1996
13. The Falsification of Afrikan Consciousness: Eurocentric History, Psychiatry and the Politics of White Supremacy (Awis Lecture Series) 1st Edition
14. A History of Pan-African Revolt (The Charles H. Kerr Library)  
James, C. L. R.
15. [From the Browder File: 22 Essays on the African American Experience \(From the Browder File Series\) by Anthony T. Browder and Zelma Peterson Jan 1, 1989](#)
16. [Nile Valley Contributions to Civilization \(Exploding the Myths\) Dec 1, 1992](#)  
by Anthony T. Browder
17. New Dimensions in African History Paperback – April 1, 1991  
by [John Henrik Clarke](#)
18. Blueprint for Black Power: A Moral, Political, and Economic Imperative for the Twenty-First Century Paperback – May, 1998  
by [Amos N. Wilson](#)
19. Decolonising the African mind Paperback – 1987  
by [Chinweizu](#)
20. African Religions & Philosophy Paperback – 1990  
by [John S. Mbiti](#)
21. Precolonial Black Africa Paperback – August 1, 1988

- by [Cheikh Anta Diop](#)
22. The African Origin of Civilization: Myth or Reality Paperback – July 1, 1989  
by [Cheikh Anta Diop](#)
  23. PowerNomics : The National Plan to Empower Black America Hardcover – February, 2001  
by [Dr. Claud Anderson](#)
  24. African/Black Psychology in the American Context: an African-Centered Approach Second Edition Paperback – 2012  
by [Kobi Kambon](#)
  25. Psychopathic Racial Personality and Other Essays by Wright, Bobby E. (2006)
  26. The New Jim Crow: Mass Incarceration in the Age of Colorblindness Paperback – January 16, 2012  
by [Michelle Alexander](#)
  27. [Kawaida and Questions of Life and Struggle: African American, Pan-African and Global Issues Paperback – 2008](#)
  28. Maat, The Moral Ideal in Ancient Egypt: A Study in Classical African Ethics (African Studies)
  29. The re-birth of African civilization Paperback – 1993  
by [Chancellor Williams](#)
  30. Facing Mount Kenya by Jomo Kenyatta Author(s): By Barbara Celarent  
Source: American Journal of Sociology,  
Vol. 116, No. 2 (September 2010), pp. 722-728
  31. African Holistic Health Paperback – June 17, 2004 by [Llaila Afrika](#)
  32. Afrikan People and European Holidays: A Mental Genocide, Book 2 Paperback – February 2, 1983  
by [Ishakamusa Barashango](#)
  33. Let the Circle Be Unbroken: The Implications of African Spirituality in the Diaspora Jun 1994  
by Marimba Ani and Richards
  34. Selections from the Husia: Sacred Wisdom of Ancient Egypt Paperback – June, 1989 by Maulana Karenga
  35. Attune Your Body With Dao-In by Master Ni Hua Ching
  36. Eight Treasures Qi Gong Level 1 by Mao Shing Ni
  37. From the Browder File Vol II: Survival Strategies for Africans in America: 13 Steps to Freedom Paperback – December 1, 1996 by [Anthony T. Browder](#) (Author)
  38. [Asafo: A Warrior's Guide to Manhood](#)  
Bomani Baruti, Mwalimu K.
  39. [Clarity](#)  
Baruti, Mwalimu
  40. [Centered: Building Afrikan Realities](#)  
Mwalimu Bomani Baruti
  41. [Eureason: An Afrikan Centered Critique of Eurocentric Social Science](#)  
Mwalimu K. Bomani Baruti

Additional reading list given by [Mwalimu K. Bomani Baruti](#):

## **Things Fall Apart**

Sep 1, 1994  
by [Chinua Achebe](#)

## **Nationbuilding: Theory and Practice in Afrikan-Centered Education Spiral- bound – 1992**

by [Kwame Agyei Akoto](#) (Author)

## **The Sankofa Movement: ReAfrikanization and the Reality of War**

2000  
by Kwame Agyei and Akua Nson Akoto

## **Towards Black community development: Moving beyond the limitations of the lecture model : a critical review of the current Africentric movement Paperback – 1996**

## **The Black Holocaust For Beginners**

Aug 21, 2007  
by [S.E. Anderson](#) and Vanessa Holley

## **Two Thousand Seasons**

Jan 2000  
by [Ayi Kwei Armah](#)

# **Homosexuality and the Effeminization of Afrikan Males Paperback – November 15, 2003**

by [Mwalimu K. Bomani Baruti](#) (Author)

## **[Africa: Mother of Western Civilization \(African- American Heritage Series\)](#)**

Feb 7, 1997  
by Yosef ben-Jochannan

## **[Iceman Inheritance : Prehistoric Sources of Western Man's Racism, Sexism and Aggression](#)**

Jun 1991  
by Michael Bradley

## **[From the Browder File: 22 Essays on the African American Experience \(From the Browder File Series\)](#)**

Jan 1, 1989  
by [Anthony T. Browder](#) and Zelma Peterson

## **[From the Browder File Vol II: Survival Strategies for Africans in America: 13 Steps to Freedom](#)**

Dec 1, 1996  
by Anthony T. Browder

## **[Intellectual Warfare](#)**

May 1, 1999  
by Jacob Carruthers

[The West and the Rest of Us: White Predators, Black Slavers and the African Elite](#)

Mar 12, 1975

by [Chinweizu](#)

**Africans at the Crossroads: African World Revolution First Edition Edition**  
[http://www.amazon.com/Africans-Crossroads-African-World-Revolution/dp/0865432716/ref=asap\\_bc?ie=UTF8](http://www.amazon.com/Africans-Crossroads-African-World-Revolution/dp/0865432716/ref=asap_bc?ie=UTF8)

by [John Henrik Clarke](#) (Author)

[The Cultural Unity of Black Africa: The Domains of Matriarchy & of Patriarchy in Classical Antiquity \(Karnak History...](#)

Jan 7, 2000

by [Cheikh Anta Diop](#)

[African Spirituality: On Becoming Ancestors](#)

Mar 16, 2011

by [Anthony Ephirim-Donkor](#)

[Black Bourgeoisie: The Book That Brought the Shock of Self-Revelation to Middle-Class Blacks in America](#)

Feb 13, 1997

by E. Franklin Frazier

[The Spook Who Sat By the Door](#)

Apr 1, 2002

by [Sam Greenlee](#)

**[There Is a River: The Black Struggle for Freedom in America \(Harvest Book\)](#)**

Jan 15, 1993

by [Vincent Harding](#)

**[Bringing the Black Boy to Manhood: The Passage](#)**

Jun 1985

by [Nathan Hare](#) and Julia Hare

**[Wonderful Ethiopians of the Ancient Cushite Empire, Book 1](#)**

Jun 1, 1985

by Drusilla D. Houston

**[Introduction to African Civilizations](#)**

Jan 1, 2001

by [John G. Jackson](#) and John Henrik Clarke

**[Stolen Legacy: The Egyptian Origins of Western Philosophy](#)**

Jan 1, 2014

by George G M James

Black guerrilla warfare in America

by Dr. Kamau Kambon

Yurugu by Mirimba Ani

**[The African Personality in America: An African-Centered Framework](#)**

Jul 1992

by Kobi Kazembe Kalongi Kambon

**[The African Origin of Biological Psychiatry](#)**

Mar 3, 2012

by [Dr Richard D. King M.D.](#)

**[The Black Student's Guide to Positive Education](#)**

Jan 1, 1996

by Baba Zak A. Kondo

[Selections from the Husia: Sacred Wisdom of Ancient Egypt](#)

Jun 1989

by Maulana Karenga

[Black Men, Obsolete, Single, Dangerous?: The Afrikan American Family in Transition](#)

Jan 1, 1991

by [Haki R Madhubuti](#)

# **Enemies: The Clash of Races Paperback – June 1, 1978**

by [Haki R Madhubuti](#) (Author)

[Race and Reparations: A Black Perspective for the Twenty-First Century](#)

Jun 1996

by [Clarence J. Munford](#)

[The Maafa & beyond](#)

1995

by [Erriel D Roberson](#)

[Assata: An Autobiography](#)

Nov 1, 2001

by [Assata Shakur](#) and Angela Davis

[Black Women in Antiquity, Revised Edition](#)

1984

by Ivan Van Sertima

**Too Much Schooling, Too Little Education: A Paradox of Black Life in White Societies**

Mar 1994

by Mwalimu J. Shujaa

To be an “African professional”, in Burnett Kwadwo Gallman, Marimba Ani & Larry Obadele Williams To Be African  
Sankofa: African thought & education by Elleni Tedla

**The Isis Papers: The Keys to the Colors**

Dec 1991

by Dr. Frances Cress Welsing

**The Mis-Education of the Negro**

Aug 7, 2013

by [Carter Godwin Woodson](#)

**Destruction of Black Civilization: Great Issues of a Race from 4500 B.C. to 2000 A.D.**

Feb 1, 1992

by [Chancellor Williams](#)

**The Falsification of Afrikan Consciousness: Eurocentric History, Psychiatry and the Politics of White Supremacy...**

Jul 1993

by [Amos N. Wilson](#)

**Black-On-Black Violence: The Psychodynamics of Black Self-Annihilation in Service of White Domination**

Nov 1991

by Amos N. Wilson

**Psychopathic Racial Personality and Other Essays**

Dec 1, 1985

by Bobby E Wright



