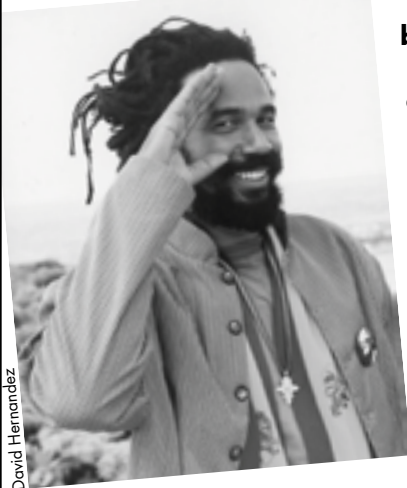




# The Words of

## ...for the Bredren



David Hernandez

**by Prezident Brown**

Know that you are the masculine Aspect of the Almighty Creator and Honor the feminine Aspect (Mother Energy) that gives birth to and nurtures all living things. The two are complementary and work hand-in-hand. In your early years of living, you are being prepared by

good and bad experiences that will determine the influence and effect that you will have on your immediate surroundings and the world in the future. You have the freedom to choose. Living is filled with ups and downs and turn arounds so never let a bad vibe get you down.

Visualize your goals, focus on all the things you need to achieve and then go for them with a steady aim. Tell yourself "you can" and you will. Tell yourself "you can't" and you won't. Whatever your endeavor, make sure you don't hurt your fellow men in the process. Let your heart be as light as a feather. Don't be unfair when you measure. Don't be fooled and ruled by the ego and its evil desires. Know that every action produces causes and effects, so what you give will be what you get.

In this materially oriented society, it is important to know that spiritual progress must be equal to material progress in order to develop longer lasting values and diminish evil. So you must work for the attainment of both and only then will you be able to achieve the inner calm that is so necessary to your well being. As the *Bible* says, "Be still and know that I am God." When you work, choose the project that you love and you will work with a smile. Exercise patience when things don't seem to come together when you want them to.

When you are successful in your doings, let not prosperity block the eyes of circumspection. When you are not successful, don't let adversities drag you down into depression, because these smiles and frowns don't last forever. Situations are subjective to change and so are

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## ...for the Sistren



Diane Issachar

**by Judy Mowatt**

I was born in a quaint little town called Industry Village, located in Gordon Town, St. Andrew, Jamaica. I grew up with my grandmother, mother and older sister. We were a poor family but one thing which was evident was my grandmother's faith in God which was like steel; we experienced some miracles performed by just her relentless faith in a never-changing God. We depended mostly on the crops that grew on the land owned by my Grandma. The land was well cultivated and every season we looked forward to the many types of fruits, which my sister and I would eat whether they were green or ripe. We were seldom ill because our immune system benefited from the vitamins contained mainly in the oranges and mangos.

Mom was seventeen years of age when she had me and thus in need of love, being a child herself. There were times when my sister and I would desperately seek her love and attention but she would gently push us away from her. Grandma on the other hand, expressed her love by working hard, bending over backwards for us. She would leave for work early in the morning, returning home late at night and we would wait up for her because as tired as she was, she always told us bedtime stories, not about Hansel and Gretel, but about her life experiences and stories of her family. Some nights she would have to repeat what she told us the night before but that was ok by us. Grandma did everything else to prove her love but she was not used to hugs, kisses and 'I love you's.'

How many of us know that we were born to be loved and return love? We were born to receive affections, to be embraced and to be nurtured. It is the responsibility of every parent to physically and verbally show love to their children, for it is cruel to plant seeds and refuse to water them; they will grow but they will lack important

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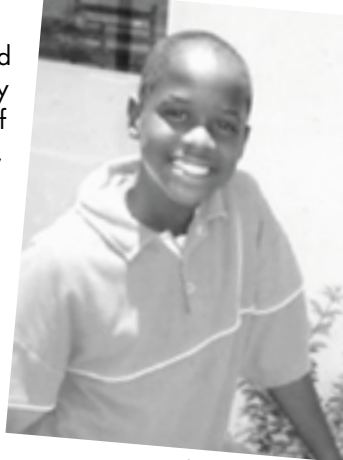
# Enlightenment



## ...for the Youth

**by Javaughn Genius**

I am 12 years old and I listen to my dad. Family can help you take care of things, but if you are alone, with no family to turn to, go to the police station and people can help you there. Listen to what your parents are saying. Don't follow bad company. If you follow a crew or a gang, that could get you in trouble. Don't go out at night alone or with friends because of dangers. Don't steal things – that gets you into dangers too. My dad does not let me stay up past midnight. He tells me how to wear my hair. He says not to eat pork – that I'm not supposed to eat it. I do eat healthy cereals, foods and fruits. I even eat baked beans, which I do not like, because I know they are good for me. I would not eat all the candy I could – even if it was allowed. That's how I stay strong. My coach says always eat before sports and so I do, so that I do not drop down on the field. I like to play athletics, like cricket and football (soccer). It is good to play sports, to play as a team. And to go to school. Listen in school or when you grow up you will not know anything. You don't want to waste your parents' money. Math is good to learn too, because then when you make money you can check it. You need to know how much change you get back when you buy something.



I like to read books, especially the social studies books in school about the early ages of Jamaica. I think it's very important to know my history. I worry about wars, but not really about anything else. I know I have to do schoolwork and I have to study. If I have to choose between play or schoolwork, I do the schoolwork – you have to, to study good. Play time is play time, and work time is work time. Play, cool off, then start work. Do not over play. One book I would suggest to read is funny, *A Cow Called Boy*, by Jamaican author, Everard Palmer.

I have had one best friend for the past seven years. We do not have to agree on everything but I know we are still best friends because I trust him. We eat lunch at school

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## ...for the Youth

**by Rome Owens**

When I think about my life, the people who contributed most in making me what I am are my family members. First of all my grandfather taught me most of things I would need to know to become a kind and gentle person. He would take me aside during family gatherings and tell me how proud he was to see how caring I had grown to be. When I think back to these certain times, I know that he is the one who gave me these qualities.

My father taught me how to be respectful and strong. He has always made sure that I was polite to everyone around me, not only adults but my peers too. My dad went along with whatever I wanted to succeed in, and even became my basketball coach to help me be a better sportsperson. I always follow my mom's example of being a generous person. She gives of herself constantly, and as I watched people love her, I took on her giving nature. My grandma made sure I would acknowledge the ideas and feelings of other people.

My teachers have shown me how to be persistent about finishing all my work, and giving my best effort to everything I do. They have given me examples over the years of other people in the world, who have become successful because of these qualities.

I think that my participation in sports has shaped me a lot. I learned while playing basketball not to give up, even when I was tired enough to drop. My dad being with me at times, when I became dejected about losing, helped me understand that it was not the winning or losing the game that was important. The important thing was playing the best I could and being proud of how I contributed to the game.

After thinking this through, I have discovered many things. All my teachers have had an importance in shaping not only what I am now, but what I will become in the



Kristine Staff

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## The Words of Enlightenment

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### ... For the Bredren by Prezident Brown

people. Eat and drink – but not in excess. Have fun – but not in excess. Be aware of the illusions of pleasure and be moderate in all your doings.

**Peace and Prosperity  
One Perfect Love  
Rastafarian**

Prez ♡

*Prezident Brown was born on Jamaica's Bullhead Mountain in Clarendon and now lives in Ocho Rios. He started out in 1984 on Jack Ruby's Highpower sound system and now performs at all major festivals and clubs the world over. When not on tour, being "addicted to music" as he puts it - he records dub plates and writes songs in his own little studio. With most studios being in Kingston, he felt the need to open Muzic Avenue for the talented youth in the parish of St. Ann, creating a scene where they can record, talk music and learn from his experiences in the business. His next CD is Showcase Volume IV, Health and Strength, and he reminds you of his other releases, Showcase Volumes I-III, all available on the Jahmani label. He will be touring the U.S. this summer and fall. PrezidentBrown.com or jahmanipro@yahoo.com and for bookings contact Sean Fay: 206/669-7470 or 206/527-7057 or www.jahmanipro.com*

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### ... For the Sistren by Judy Mowatt

elements and the fruits produced most times are not beautiful and healthy but damaged and rotten.

I don't recommend early parenthood. A teenager is only a teenager once and should fully enjoy and make the most of that period of life, as it can never be relived. Someone once said "make your life before you make a new life." You should be absolutely sure that you can mentally, physically and financially care for a child before you decide to take a chance. As a mother, you are responsible for the seed you bear. A father can lose a job or even run off, so you should take pride in being responsible for the care of your child, meaning taking the necessary steps to ensure that your child will not want in life. Some of us may not have extended family nor can we afford childcare, but if you have to leave your child with someone, make sure it is someone who cares for you and in turn cares for your child – someone you trust to administer the same level of discipline and values that you would administer yourself. I dare not say that I was the best mother and single parent because my career took me overseas and away from my children. I regretted that I was not home during the most impressionable times of their lives. When negative habits were formed, I tried to

### ... For the Sistren by Judy Mowatt

dispel them but the minute I left, they picked up again so it was a constant battle. I did not realize that this was my children's way of seeking attention and I later learned that children can act out when they feel they are not sufficiently loved. In my case, because I had to be away from home very often, my children mistook my absence for me loving them less and in a child that can cause emotional damage. These are some of the things children will do to gain a parent's attention: become aggressive, develop low self esteem, lack confidence, become bullies, be disruptive in school. Self-affliction becomes depression and that depression causes children to lash out at others by inflicting pain or being extremely angry. Later on in life, they may try to combat these emotions by turning to drugs and alcohol. Some children even become men or women involved in serious crimes and violent acts.

I too experienced some of the above. I vented by looking for love in the wrong places and ended up in the arms of men I never loved and who never loved me. I was always angry even though I could never put a finger on what exactly was making me feel this way. My self esteem was so low that eventually I could not find an outlet to vent my anger and dropped into a deep depression. One day

I decided to check myself into a psychiatric hospital and a man, said to be mentally deranged, shouted that I should not come in – I should go find someone to talk to! Now, I know that it was God speaking through him – maybe if I had committed myself to that institution, I would be on medication for the mentally ill today.

In 1974 I was introduced to the Rastafarian faith. I became a member of one of the largest Rasta bodies known as the Twelve Tribes of Israel, where one of our main objectives was repatriation. I enjoyed the fellowship with the brothers and sisters. We were instructed to read the *Bible* and the philosophy and opinions of Marcus Garvey. We also studied about the life of His Imperial Majesty Haile Selassie. It was here I became aware of the injustice and abuse of brothers and sisters on the African continent and in the Western world. I later became a member of the I-Threes along with Sister Marcia Griffiths and Sister Rita Marley. We sang background vocals for the honorable Robert Nesta Marley, affectionately known as 'Brother Bob,' and for seven years we supported Bob's mission to enlighten and uplift the brothers and sisters around the world by using music as a vehicle to convey the message.

I was once given a book called *To Be a Slave* by Julius Lester (Puffin, 2000). That book opened my eyes to

## ... for the Sistren by Judy Mowatt

slavery in America and to the slaughtering of human lives. It told stories of how black women and children were sold, separated from their husbands and treated like animals. Families were splintered as women were used to bear children they would never rear. I read. I cried. I wrote. I became pregnant with emotions which was the motivation behind my album, *Black Woman*.

**I too learned from Bob Marley that my message can be sent to my sisters by way of reggae music. As singers, I believe we must hold convictions and have a strong belief in a worthy cause.**

In 1994 a searchlight was turned on within and I began to feel unfulfilled. I started to visit different churches. My mother was an ordained Evangelist and I used to attend church as a child, but now my search was more intense. Many trials and tribulations came along to drive me further. I remember at one stage it was unbearable. I felt changes needed to be made but it had to start with me. I began praying and asking God to reveal his true self to me. Two weeks later, someone gave me a cassette with a rare interview of His Imperial Majesty Haile Selassie. This was when he stated that he was a mere man and would be replaced by the oncoming generations. He also said that a human being should not be emulated for a deity. That interview made me examine some of my beliefs. Following that, someone also gave me a book titled *The Important Utterances of Haile Selassie*. In it he made an address to the World Evangelical Congress in Berlin, Germany, starting with this paragraph: "Oh Christians let us arise and lead our brothers and sisters to our savior Jesus Christ who can only give life in its fullest sense. It was centuries past since our country Ethiopia accepted the Gospel of Christ. We learn from the Holy Scriptures that the first Ethiopian who confessed the faith in Jesus Christ was baptized a few months after the death and resurrection of our Lord. From then Christianity spread steadfastly from among the Ethiopian people." Reading this started me on a path of challenging the things I held in my heart. When we have a closed mind, the truth will never be completely revealed to us. Truth is progressive but we have to have an opened mind to receive it when it comes.

I recently had the opportunity to visit Ethiopia in February 2005, at Africa Unite, the Bob Marley birthday celebration in Addis Ababa. I missed my flight from London to Ethiopia. Unable to get another for the 6th of February, I eventually arrived on the morning of the 7th. I made it in time for the dinner at the Imperial Palace. It was a wonderful occasion. I was made to understand that it was the first time in history that the public was invited

into the palace and the Ethiopian people were in awe and amazement to see people gathered from all over the world dressed up in their traditional attire, both young and the young at heart. I was happy to see Muslims and Christians gathered in the same place, respecting each other and showing that people of different faiths can still live in unity and love. My two and a half days were spent shopping and sightseeing, but it was too short as I would have loved to do and see more. Still, I would encourage anyone who can to go and experience that beautiful country.

Throughout my life, I have learned one important lesson: that in every situation I am faced with, God has approved it and inside that approval, he makes provision, gives grace and the strength I need to see me through it. I cannot say I have escaped the attacks of the enemy on my own. It's God's mercy that has kept me and empowered me. God has always put a boundary around my life. He decides how far beyond it I should go and where I shouldn't.

His love is not only for me but for everyone: no matter how many times you have failed or messed up, and regardless of the bad habits you just can't seem to kick. His love is able to forgive us and wash all our sins away in the sea of forgetfulness, where he chooses not to remember them anymore. All you have to do is just come to Him, humbly, as you are, not trying to change yourself. Only God has the power to change our negative desires, appetites and dispositions. Peace, joy, righteousness and eternal life awaits you if you repent and call upon the Lord to help you.

I am very happy and it's all because of Jesus Christ. No matter what stormy circumstances blow my way, I can face them without fear or anxiety. My children and I now have a better relationship. I have a church family that is a source of encouragement for me. Whenever I am facing challenges, they are there to pray me through. My mission is to do the same for others because so many are hurting in the world. Sistren, I hope you gain strength and courage from my words. ♡

*Judy Mowatt has a message for her West Coast family: I want to thank you for your support and for standing strong with me throughout the years. Whenever I didn't have a hit song you were still there for me. I have a CD out called Something Old, Something New which is distributed by VP Records. I have also produced a double compilation CD called Soldiers for Jesus Christ, featuring Papa San, Lieutenant Stitchie, Chevelle Franklin (who did "Dance Hall Queen" with Beenie Man), Betty Wright (the woman who sang "No Pain No Gain"), Carlene Davis and myself. I am currently working on a CD, Reggae for Christ. All 13 songs were written and produced by Tennyson Walters, a Jamaican living in the U.S. This album will feature songs performed by Mikey Spice, Paul Murray, myself and many other talented and promising upcoming artists. It will be one of the best gospel compilations released. For bookings or information: 876/977-5852 or 876/969-1378 or groce4u@hotmail.com or JudyMmusic@yahoo.com.*

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... **for the Youth** by Javaughn Genius

and play sports together. If you have other friends that tell you to do something wrong, you can ignore them – they can't make you do anything. I have some friends that tried that – I ignored them and they are still my friends. I ignore kids that want to fight me, too. I will think about girlfriends in high school or when I am older, but before that I want to build up my singing career. To do this, I practice singing and train my voice every day. It is very hard. I have always loved singing. When I was little I would sing that kid's song about going to the market. Now I love to sing reggae songs. My dad taught to me play all the instruments because he is a music teacher. Music is good to learn. Math is in music, too. I listen to the radio to learn songs. I travel to festivals to perform and it's pretty cool. It's easy. I don't fret. I want to go to England. I want to travel everywhere!

**As a young youth coming up in life  
always try to have a goal in sight.  
Work hard for it and you will achieve.  
Hold your head up high and don't stop try  
because the time you waste today  
you gonna need them for tomorrow  
and surely I say your life will be in sorrow.**

**Don't just sit on street corner  
and waste your time away.  
Don't just sit on street corner  
and stay idle every day.**

**Show me your company  
I'll tell you who you are,  
follow bad company you can't reach far.  
Bad company will lead you astray.  
Be careful of the friends you keep today,**

**Keep progressive friends,  
progressive you will be.  
Keep loafter friends,  
a loafter you will be.**

**Don't just sit on street corner  
and waste your time away.  
Don't just sit on street corner  
and stay idle every day. ♡**

From "Streetside Loafing" by John "Ragga" Bond, Javaughn's father.

Javaughn Genius, was born in Portland, JA, Dec. 17, 1992. He attends Fair Prospect High School. He grew up in a musical family. His father, John Bond, is a singer, songwriter and music teacher plus the primary parent; his mother died when he was six. One of JA's youngest singing sensations, he started singing and playing the keyboard at two, first performed on a stage at three and at four started singing with the Decision Band from Port Antonio. He has performed at shows with Ken Booth, Leroy Sibbles, Tinga Stewart, Sista Moy and with Lady G and the Mighty Diamonds. Festivals include Unifest 2004, Sting 1999, Mikey Dread's Reggae on the Beach 2004 and the Boston Jerk Festival, JA's biggest festival, where he will perform again this July. Recently he performed in New York and Miami. He next appears at Unifest 2005 in Florida. His CD, Music Life, is on the Tuff Gong label. His next CD is being produced by "his almost brothers" Damian "Junior Gong" Marley and Stephen Marley (Ghetto Youth Productions), with whom he also plays football and basketball. For bookings call 876/840-4509 or email JavaughnGenius@yahoo.com.

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... **for the Youth** by Rome Owens

future. My eyes have opened to the most important thing I have learned from my family: without them I would never have learned what love, respect and happiness really are.

**Dad is a strong independent man  
who doesn't like to get told what to do.**

**Mom is the one  
who makes sure that my work gets done.**

**Sister, there's two of her,  
I love them both.**

**Grama, she is real loud and always  
lets u know what is on her mind.**

**Grandpa he will always let u know  
about the good times.**

**The rest of my family is real big,  
I'm not sure what to say about them.**

**I'm... I'm a little bit of everything,**

**I've taken bits and pieces of my whole family.**

**That's what I am I'm a little bit of everything. ♡**

*Rome Owens was born and raised in the San Francisco Bay Area of California. His roots come from Jamaica, Alabama, Sweden Ireland, France and Germany. He has grown up with reggae music his whole life and he loves it. Rome is known by family and friends as an excellent DJ, artist, brother, son, nephew and friend because of his generous spirit and sense of humor. Even at his young age, he lives the truth of the music message: justice, peace and good vibes.*