



Empowering



...by the Bredren

**by Winston Rodney
aka Burning Spear**

Life has taught me strength and discipline. I am not a star. I am not a rich man. I am the creation rebel who has become the old Rastaman. I am a free man, but you have to remember that freedom does not come cheaply or easily in this life.

Life is a struggle and it will throw curves at you. Life will get shaky and there are times when you have to stand strong and know who you are. Things will come along to test your faith, and this has happened to me like it does to every man and woman. I am no different

than any of you in this respect. But, based upon my faith, I know that Jah, the Creator, will not let me down and has never forsaken me. He does not pass any challenge to me that I cannot fulfill. In recent years, I have taken over the production and every aspect of my music and my musical legacy. A lot of people didn't like to see this happen, so they put up obstacles in my way. Your obstacles may be different than mine, but you will be given the ones that are necessary for you to grow. You all will have things to test you.

From where I live, music is what I have. Music is what I give and music is what is expected of me. In the minds of many I have something to deliver, and so when I am creating music, I leave everything by the side except for the music. I have been given the gift and music comes to me. It passes through me. Sometimes when I've been on stage, I've not known where I am while I'm singing. I have to be open. Openness, clear thought, reasoning and knowing the right people to trust will help you in your life. I have a good wife, a good family and those I have learned to trust. In life, this is essential.

I just try to live my life cleanly and be humble and quiet and feel the vibes around me. You must separate yourself from crazy situations and learn to be yourself at all times. This is a challenge of course because things in life will come

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By Andrea Basch

...by the Sistren

by Sista Kat

Greetings in the name of the Most High Jah Rastafari, Empress Menen and all our ancient ancestors. It is truly an honor to offer up words of empowerment. In these times, we sistren and our daughters need as much upliftment as possible. His Majesty Haile Selassie I teaches us to always place principle above all else, and in doing so we will rise with a purpose well beyond our selves. Living with principle sets an example for others to follow, not out of force, but out of seeing the spirit that living with principle brings. I am reasoning about: carrying ourselves in a queenly character, keeping a clean house, praying daily, always caring for the youth and being mindful of your king. Truly doing unto others as you would do unto yourself. The biggest source of personal upliftment is the knowledge of self. As women, we have the ability to tap into our bodies and our own nature to create a balanced knowledge of self.

To heal ailments, turn to herbs before pharmaceuticals. Nature's medicine chest has so many offerings that actually build and strengthen the body while healing, rather than depleting it. In mothering the youth, try using herbs or homeopathy during childhood illnesses. Children's small bodies tend to heal quickly with the earth's goodness.

With the knowledge that unity and cooperation are strength, we sistren must take advantage of every opportunity the Creator has opened for us. We must strive to work together: if we as sistren can not unite, there is truly little hope for the masses. As sistren, with our communication skills, we have

the ability to join people together. We must labor diligently without frustration and follow through on the goals we set. In so doing, we will create a livity that will be remembered for generations to come.

Prayer, meditation, yoga and centering breath all help to find and create peace within our bodies and minds. In today's world we can be so wrapped up in the everyday hustle

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By Gritz



Words

...by the Youth



By Janine Weaver

by Hank Weaver

Since I was small, reggae has been in my life. From my aunt who publishes this magazine, to my uncle whose dad comes from Jamaica, it's there. Reggae has been a part of me since I was born and has influenced me greatly. I have always listened to the classics

like Bob Marley, Peter Tosh and Jimmy Cliff, and they all give me a message of peace and show me how to accept things and build strong morals.

When my family gathers for our traditional celebrations, there's always a great vibe with reggae playing in the background. People dance and vibe to the beat of drum and bass and know that on this day everything will be good because we are with loved ones and with reggae music. Reggae has brought my family together when times were hard and when times were easy. We have always pulled together with the sound of reggae and it will always guide us.

Reggae music is the music of love. The words of the greats are words of peace and wisdom. Every word of every Marley hit influences the decisions of my life. Bob sang, "One love, One heart, Let's get together and feel all right." His work was about bringing love to the world and unifying differences.

Reggae shows people from all paths in life that peace between us all could make this world a better place. I go to many reggae festivals and see people from different cultures, races and genders all feeling the message and the beat of reggae as one. Many different kinds of people come together to celebrate life, reggae and its uplifting influence on the world. When I meet people who are involved in reggae culture, I try to soak up as much of their life's wisdom as I can.

As I grow to become an adult, I will always have a place for reggae in the things I do. Who I am will always be affected by the music. Reggae gives me a place to find a

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Empowering Words

...by the Bredren

to you that will disturb your mind, your meditation or your relaxation, but you have to learn to block it out. Rise above. Walk away. Insist on your freedom. No one can take it away if you refuse to give it to them. So remember my brothers and sisters to embrace your power, live with dignity and watch your back. Jah will guide you coming in and going out. Our prayers are with the people of Kenya as they engage in their liberation struggle. Peace. ☺

Burning Spear has recorded more and traveled the world over more times than any artist in the genre. From the early days of Studio One to the recording of Jah Is Real on his own Burning Music label in 2008, Burning Spear has maintained an unparalleled standard of work. An artist who never abandoned his roots, Burning Spear has spent his life spreading his message of peace, unity and self-discipline to the people of the world. www.burningspear.net

...by the Sistren

that we forget to take the time to balance our bodies, minds and spirits. When we take that time for ourselves it gives us the serenity and balance to rise above chaotic living and move through our everyday lives with peacefulness.

I also encourage all sistren to check for literature, scripture and teachings from prophets of old. These readings and teachings remind us of ancient cultural lifestyles and awaken the spirit in us to live in similar ways. As we move forward to truth and unlock our memories of ancient wisdom, there is one thing I always seem to rise to the true King – RASTAFARI. Seek H.I.M. and all encouragement will come unto thee!

Blessed love every time, One God, One Aim, One Destiny. Bless, Sista Kat ☺

Sista Kat was born in London, UK, raised in Philadelphia, PA and is currently based in Nevada City, CA. Inspired by Rastafari,

her music is truly for the people, with strictly conscious lyrics and sweet harmonies of praise. Sista Kat's debut album Inner Strength (Higher Bound Productions) was released Fall 2007. Aside from performing, Sista Kat is also the promoter/booking agent/concert coordinator for Oneness Sound. Oneness Sound hosts conscious family reggae events in Grass Valley, Nevada City, Lake Tahoe and Sacramento promoting strength in community and family. Contact www.myspace.com/sistakatoneness, www.onenessproductions@yahoo.com or for booking (530) 613-7129.

...by the Youth

safe haven, to create some peace in the world. It lets me know that things will be all right. I have seen its influence on all kinds of people who gather to the beat and soul of reggae. Reggae has been and will always be in my life – to help me through the hard times and the good – and I love it. ☺

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