A SHORT VERSION OF OUR STORY

By Julius W. Garvey, M.D.
At the heart of every society and every individual in that society is a belief system that shapes its ideas, culture, day to day activities and future goals. This is derived from tradition, a history, and knowledge of past experience.

It is the ethos that motivates the person to participate in the community of LIFE.

Marcus Garvey said, "A people without a knowledge of their origin, history and culture, is like a tree with roots".

Maulana Karenga said, "By studying our history and engaging self-consciously in our history, we begin to understand ourselves and then to speak our special truth not only to ourselves, but to the world".
Bearing in mind that billions of our ancestors and that a
thousands of years of our human history have gone by. I want to discuss briefly OUR STORY as African people.

Africa is the most important continent in the history of humanity and civilization.

The oldest archeological evidence of modern humanity, (homo sapiens sapiens) was found at 4 areas in Africa. The oldest in Ethiopia approximately 200,000 years of age.

The oldest found outside Africa in Europe date to approximately 40,000 years ago and was Negroid in type.
The earliest Caucasians found in Europe date to 20,000 years old and the earliest Mongolians in Asia to 15,000 years old.

The current Monogenetic theory of human origins supported by archeological and DNA evidence suggest that original man was BLACK, born on the African continent, remained there for 150,000 years during which time he migrated within the continent and then 40,000 years ago he migrated outside the continent to Europe and Asia via the Straits of Gibraltar and the Sinai Peninsula.

From there mutation and mixture took place creating in addition to Negroes, Caucasians and Mongolians, the 3 races of humanity.
So for 150,000 years humanity consisted only of Africans. Our experiences as a people created the first cultures. The oldest culture documented at the present time developed in the Katanda region of North East Congo 90,000 years ago. This was a fishing culture.

Mining goes back 40,000 years in South Africa and Zambia.

Domestication of cattle took place in Kenya 15,000 years ago and agriculture developed along the banks of the Nile more than 10,000 B.C. Cereals were ground to make flour and wild game, cattle, geese and ducks were hunted.

Agriculture and animal husbandry were the 2 pillars
on which large settlements and culture were built.

All the early civilizations arose in river valleys. The earliest developments leading to civilization occurred in the Upper Nile Valley and the Lakes Region of eastern Africa.


The Blue Nile begins in the Lake Tana region of northern Ethiopia.

These 2 branches come together in Kartoum, Sudan and then flow through Egypt to the delta region and the Mediterranean.
The Nubian civilization which arose in the Sudan is the oldest known civilization with the first monarchy.

12 Nubian Kings ruled in Ta-seti before the 1st Egyptian Dynasty.

The excavations here predate Egyptian Pharaohs by 300 years. The spread of civilization was from south to north and is acknowledged by the Egyptians.

The Edfu Text tells of the origin of Egyptian Civilization by a band of invaders from the South led by King Horus.

The Papyrus of Hunefer states that the Egyptians come from the beginning of the Nile at the foothills of the mountains of the Moon (Mt. Kilimanjaro).
Egyptian civilization is dated historically from about 3200 B.C. to 391 C.E. when Roman Emperor Theodosius banned the teaching of the Egyptian religious systems and closed all the Temples after Christianity had been declared the official state religion in 333 C.E. by Constantine.

During this 4000 year period of settled habitation and study of self and environment Egypt gave us the basic disciples of human knowledge.

Studying the Nile and it's annual inundation produced the sciences of hydrology, irrigation and agriculture.

Studying the sky, sun, moon and stars gave us astronomy, astrology, the solar calendar, the lunar...
month, the 24 hour day and the Zodiac.

In observing the environment further came the knowledge of limestone, basalt, quartz, the mining and smelting of metals, the development of instruments for agriculture, hunting, building materials and hence the sciences of mathematics, engineering and architecture.

Observing the human body gave rise to medical science. Medical texts began being written more than 5000 years ago. The 2 most important that have come down to us are the Ebers and Edwin Smith-Papyrus’.

They developed the first writing systems,
hieroglyphic, hieratic and demotic and also the paper on which to write from the papyrus plants in the Delta Region.

In mathematics the Moscow and Rind Papyrus’ reveal their knowledge of algebra, geometry and arithmetic.

In the aesthetic area, there were paintings, sculptures, jewelry, furnishings, and temples.

In observing oneself the Egyptians produced the first and most penetrating mental science in its psychosocial tale of Ausr, Auset, Seth, Nephthys and Heru, the 5 aspects of consciousness.

The first religious and philosophical texts in the
world are the Pyramid and Coffin texts.

The first book on virtues, ethics and social justice are The Book of Declaration of Virtues, the Book of Ptah-Hotep, the Book of KhunAnup and others. The Priests and Sebait of Egypt created a nondual cosmology that was their understanding of their relationship with the environment. It was the basis for all of their sciences and the art of living, which was not separate but was one integrated science of LIFE in which all parts were interrelated and interconnected.

Thus in dealing with the problems of nature and society Nile Valley civilization developed the original ideas of government, sociology, science, art, philosophy and religion.
From Kemetic Egypt and Nubia human civilization moved westward and gave rise to the Dogon, The Yoruba, the Ashanti, the Bambara, the Fon and great states such as Ghana, Mali, Songhai, Kanem Bornu and the Hausa states.

It moved northward and gave rise to Sumer, Elam and the early Babylonian civilizations in the Tigris/Euphrates Valley.

It moved eastward and gave rise to Mohenjo-Daro, Chanhu-Daro and Harappa, early civilization in the Indus Valley and it moved into Europe via Greece, Rome and the Iberian Peninsula.

The dissemination continued from there to Asia and the Americas.
Thus Africans were the first humans to see the light of day, 200,000 years ago. Began populating other continents 40,000 years ago and civilizing them 10,000 years ago.

What has happened to us in recent history? It can only outlined here.

Hyksos Shepherds from the neighboring Palestinian area invaded the Delta region, 1783 B.C.

The Assyrians invaded Egypt in 667 B.C.

Alexander of Macedonia conquered Egypt in 332 B.C.
Rome defeated Carthage in the 3rd Punic War in 146 B.C. and Augustus Cesar declared Egypt a province of Rome in 30 B.C.

The Arabs conquered Egypt and introduced Islam in 642 C.E.

The east coast of Africa was similarly being invaded by Arabs and Africans were being enslaved. European slavery began in the 15th century and lasted until the 19th century. A minimum of 60 million Africans either died in the attempt to enslave them or were transported to the Americas by the Portuguese, the Spaniards, the Dutch and the English.

African colonialism began in 1885 with the Berlin
Conference and lasted until the middle of the 20th century.

The Hegemony of Europe over African people has been systematized under the institutions of the U.N., the World Bank, the IMF, the WTO, and the international court at the Hague. This has given us neocolonialism, globalization of the economic system and Europeanization of the consciousness of the world, i.e., domination of the world by Europe, it's people and it's ideas.

The Romans, under Julius Cesar, destroyed the library at Alexandria, Egypt in 48 B.C., containing 400,000 books. They destroyed the library in Carthage in 146 B.C. containing 500,000 books.
The library in Alexandria was burnt a second time in 389 C.E. by a mob of Christian monks. This time 300,000 books were burnt and teachers executed.

The fall of Granada in 1492 marked the end of 800 years of Moorish rule and influence in Europe.

Catholic Cardinal Ximenes ordered the destruction of the libraries and over 500,000 books were burned.

Queen Isabella of Castile appointed Torquemada to head the Holy Inquisition and 3 million Moors were banished from Spain during the next 100 years.

Enough African, Jewish and Greek knowledge escaped the fires to fuel the Renaissance and lift
Europe out of the dark ages which began with the fall of Rome in 410 C.E. when the ‘eternal city’ was sacked by the Visigoth’s. Thus all the books containing the history and wisdom of the known world, were burned and Europe began to rewrite world history in its own image.

Our minds have been exposed to the inaccuracies of this perversion of history for the last 500 years and we have become incarcerated in a mind set that guarantees us a destiny of dependence and suboptimal performance.

The British were one of the founders of the slave trade between Africa and the Americas.
By 1900 Britain had the largest empire in world history with France a close second controlling most of North Africa.

King Leopold of Belgium in the Congo caused the death of 10 million Congolese between 1885 and 1909. As he plundered the country.

To conquer the various African countries the kill ration could be as high as 500 to 1.

An indication of superior weaponry and a brutality that was at the heart of the Empire.

In order to slaughter large numbers of people, take their land and resources and sell them as commodities for profit it is necessary to define them
as sub-human and inferior and yourself as superior.

The ideology of white supremacy flourished in the 16th and 17th centuries and as Europe got richer from its ill gotten gains, its universities flourished as institutions of learning.

The assumptions and basis for the sciences, humanities and socio-political ideas taught were shaped by the basic concept of the superiority of Europeans and by the 18th century history had been rewritten to support this and the ‘Ancient Model’ was replaced by the ‘Aryan Model’.

Josephus, Antiquities, Book 1, Chapter 2

The rupture in African society was thorough and in
all areas: economic, political, social, religious and philosophical.

This cultural imperialism was designed to produce permanent dependency and a conviction of inferiority.

The trinitarian assailants were Christianity, capitalism and culture.

The humanistic African philosophy and way of life was replaced by mechanistic concepts of the individual as a cog in the megamachine called society. His value is determined by his utility and moral conduct is determined by self-interest.

As Rene Descartes and Francis Bacon, those 17th
century prophets of science said, "the human mind through scientific materialism could command nature and master the human body".

So spirit was non-existent, God was dead and through science and technology humans would subjugate nature, utilize her resources for economic wealth and assure exponential progress.

So with a materialist philosophy, scientific materialism, technological industrialization and a capitalist economic system Europe has ruled Africa and has gained worldwide currency for its ideas.

These have exacerbated conflicts between apple, brought the world to the rink of nuclear disaster,
while depleting the non-renewable resources of the planet creating deforestation, soil erosion, toxic waste and pesticide build up.

We are running out of resources to feed the industrial economy. Oil, gas, fresh water, clean air, food, forests, biodiversity, social diversity, genetic diversity, wild fish stocks, coral reefs, garbage dumps and ocean space for our trash, chemical pollution, acidification of the ocean, climate change, and global warming. All these indications of environmental damage are currently increasing.

A global crash is fast approaching and another recession similar to 2008 is just around the corner.
In Dani Nabudere’s book, “Afrikology”, I found this quote from Matthew Arnold, ‘Civilization is the humanising of man in society.’

Clearly what Europe has produced is not this, but a technological civilization based on the values and philosophy of scientific materialism.

Africa and Africans in order to survive and prosper must discard the European ideologies and create a new paradigm.

Fortunately the African experience has always been a search for and a practice what it means to be human.
Ancient Africans of the Nile Valley Civilizations gave the world its first and most accurate cosmology, psychology and religion.

These were taught at Thebes, Hermopolis, Memphis and Heliopolis.

At Thebes it was taught that Amun was the sole creator God (NETER) and that all other divine functions (NETERU) and the material universe were manifestations of his imperceptible essence.

AMUN is consciousness.

Ra is his creative energy.

PTAH is his creative intelligence.
The first divine trinity.

The 3 in 1. So monotheism is intrinsic to African Religion and did not begin with Semites.

The psychological principles by which consciousness functions as mind in the universe are elaborated in the widespread story of AUSAR, AUSET, SETH, NEPHTHYHS and HERU.

Ausar/Auset are the non-dual halves of consciousness, that is conscious of itself (AUSAR) and also conscious of all things as they are (AUSET).

SETH is the ego, Nephthys is dualistic awareness
and Horus is the one who restores the Kingdom of non-dual conscious presence.

In the cosmology we have a continuous link between AMUN the (Divine Essence) through THOTH (Intuitive Wisdom) with human consciousness AUSAR/AUSET. This is unconditioned consciousness or ABSOLUTE REALITY.

This understanding of SELF and the universe and the relationship between the 2, personified as MAAT (balance, order, truth, harmony and interdependence) permeated Egyptian society and was responsible for the greatness and longevity of their civilization.
Africans in the post-colonial period have faced a crisis of identity, belief, thought and meaning.

Senghor and Aimee Cesaire proposed Negritude as a conceptual cultural framework. Nyerere proposed Ujamaa, the east African concept of the extended family.

Kenneth Kaunda proposed African Humanism which seemed to present African traditional values through a Christian lens.

Kwame Nkrumah proposed African Socialism and in a nod to African traditions established his doctrine of conscientism.

Professor Ramose has put forward the Zulu concept of Ubuntu as being at the root of African being and philosophy.

‘Ubuntu ngumuntu ngabantu’

‘a person is a person through other persons’

This belief, therefore, prescribes Ubuntu as a philosophy of “being with others”. The Sotho people have a similar expression “Motha ke motha ka batho?”
Similar expressions can be found in other African languages, as Mbiti tells us, ‘I am because you are, and you are, because we are’! is basic to all Africa.

Nabudere tells us that in the philosophical domain Ubuntu is the law and politics.

Reuel Khoza has said, that ‘Ubuntu is the philosophy of African Humanism and constitutes the spiritual cradle of African religion and culture. Ubuntu finds expression in virtually all walks of life - social, political and economic’!

He has taken it in the direction of server leadership and projects it as the basis for business relationships. Clearly what is needed is a hermeneutic that comprehensively looks at our traditional time honored ontology, epistemology, values, cultural morays and lived historical experiences and interprets the messages and meanings that will allow us to reconstitute the dynamism of African culture in the forward flow of history.

Whether one sees the African Worldview as based on Ubuntu,
Ujamaa, African Humanism or Moyo (life) and Umunthu (personhood) as Sindima has done for the Achewa of Malawi, these foundational concepts lead back to the concept of MAAT that was the core of the Egyptian belief system.

MAAT was the creative principle laid down by divinity at the first time.

In nature it represented the orderliness of events, day follows night, the moon waxes and wanes, the stars have fixed positions in the sky and the Nile overflows at the rainy season to water the plants and nourish the population.

In the individual it represented self-understanding, righteousness, truth, generosity, patience, effort, creativity. Perfectibility in community.

In society it meant justice, order, law, harmony, a moral culture that sustains individual ethical values, the principle of impartiality and equality and allows the ontological potential of the person to be perfectable.
After all we are not born in sin we are made in the image of our God, there is no psychological or ontological gap between us and our divinity.

Therefore we need no outside agency for salvation, no religious anthropology. Also we need no Marxian dialectic for guidance.

After all Marxism was constructed in the libraries of London.

We need only a trinitarian MAATIAN dialectic, laid down at the first time that unifies LIFE, the PERSON, and the SOCIETY in an ongoing communication and dialogue to co-create with this divine principle MAAT, the just society and the righteous person.
The Preamble to the Constitution of the UNIA states:

*The motto of the organization is One God! One Aim! One Destiny!* Therefore let justice be done to all mankind, realizing that if the strong oppress the weak confusion and discontent will ever mark the path of men, but with love, faith and charity toward all the reign of peace and plenty will be heralded into the world and generations of men shall be called blessed.

With this let us go forward with the necessary praxis to create the political, economic, religious, education and civic institutions that will bring about the necessary transformation for an African
African People

Renaissance based firmly on the wisdom, sacrifice and traditions of our ancestors.

One God! One Aim! One Destiny!

One Love!