



The Ancestors Speak – *Keep Going!*

“When He Cried Out for His Mama, He Cried Out to His Ancestor. We Must Call on Our Ancestors, Too”

Our Ancestors have been with us all along our journeys, individually and collectively-- and they remain with us now. Perhaps these reoccurrences of trauma are reminders of their own personal experiences that we now feel personally. We are no longer desensitized from the centuries of attacks on our Black bodies, when we were forcefully taken from everything we knew, our families, our loves, our homes, our cultures, our friends, and our lives. The traumas experienced turned many into non-humans, void of feeling for self and others; while others accepted mental illness as a coping mechanism; and still others hated their Blackness as it seemed to be the reason why they were treated less than the beasts of the field. We are reliving their trauma that began with their theft from Mother Africa to being kept in pens like pigs and cattle or in dungeons that doubled as marketplaces and churches. Yet those who survived, no longer whole, but survived none the less are our Ancestors.

Our Ancestors survived the Maafa, Jim Crow, Lynching, and the constant terrors of living while Black. And now, we are here once again, victimized, traumatized, and callously murdered like our brother George Floyd and so many others. Our outrage, our pain, our anger, our confusion, our need to have resolve are manifested in a need to fight back, to break something, just anything....something to help take the pain and sense of hopelessness away.

We cannot change the past, we cannot take the hurt away, and perhaps we need not do so if it helps move us from complacency to action. The past is the history from which we can learn, use as examples to dissect, and propose differing strategies for a future that we can make brighter than our past from the Maafa. Our Ancestors provided the foundation of modern medicine, unwillingly yet without recourse, to become those experimented upon to enable others to learn how to develop solutions to the illnesses of mankind. We have their resilience, their strength, their brilliance, their wit, and the capability to look at our plight today and face the virus killing our bodies as well as the viral society killing our bodies and CREATE a means of inoculating ourselves to eradicate systemic racism, COVID-19, wars, and all other pandemics that threaten us, and not succumb to them. We must understand that this current euro-centric world has no place for an independent, strong, resilient, and focused future-minded African, thus we begin by understanding so that we will be the vaccine against all that is killing us as a people world-wide.

Our Ancestors are with us. We are not alone, we have never been alone, and we will never be alone. When George Floyd cried out for his Mama, he cried out to his Ancestor. We Must Call on Our Ancestors, Too.

This is our time for reflection, rediscovery, re-building, strengthening, and learning once again to love ourselves and each other enough to change our perspectives, our commitments, our work, our purposes, our lives and our dedication to our futures. The diamond is made bright by the darkness that surrounds it. Let us shine.....even in the darkness that surrounds us.

Our Ancestors made us for this challenge. Knowing they guide us if we listen, we can be all they envisioned we would be. Ase', Ase', Ase'.

*We Love You, Family
And we wish you good health, upliftment, prosperity, joy and peace
for all eternity*

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JUNE 13, 2020
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