



30-Day Healing For Every Day Use

Workbook

Dr. Ndugu Khan

chikungyourhealth.com

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Dr. Ndugu Khan

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*Sacred Wisdom From The Old Black
Land Mother Africa
30 – Day Healing For Everyday Use*

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ACKNOWLEDGMENTS

I pay homage to the Divinities of our African Ancestors [Egungun], to our Black African Mothers, to Nature and the Orishas.

I pay homage to my Ori - Ogun for calling me forth into this ancient African Traditional Spiritual System. May the path be cleared and may this work bring Ire!

I pay homage to the my/our Ancestors who died in the Maafa (holocaust)/ known and unknown. I pay homage to my grandmother "Honey Baby " *for* teaching me "I can look through muddy water and spot dry land". I remember you.

I give thanks to all the Priest and Priestess Ori's for their assistance on this journey. May Ogun clear your path and grant you Ire!

I give thanks to my many teachers, Master Teacher Dr. Yosef A. A. ben-jochannan for speaking the truth and opening my eyes to Mother Africa/ Dr. John Henrik Clarke and Dr. Jacob Hudson Carruthers and to all whose names are not mentioned. I remember you.

To the Brothers, the Sisters – 270 degrees, Ifa Priest / Priestess and to all my students and clients. I give thanks to your Ori and Ancestors for allowing me to aid in your growth mutually. I remember you.

Amen- Ra/ Ase!!!

(i)

DEDICATION

This is a Afrocentric book dedicated to the healing of African throughout the African-Diaspora [*The term **diaspora** (in [Ancient Greek](#), **διασπορά** – "a scattering or sowing of seeds") refers to any people or [ethnic](#) population who are forced or induced to leave their traditional [homelands](#), the dispersal of such people, and the ensuing developments in their culture.*’].

Dr. John Henrik Clarke (19921, 125) states:

“Once we as a people find ourselves on the map of human geography and find the kind of clock we need to tell time by-the cultural clock the political clock and the historical clock and once we stop trying to be like other people and cerebrate the fact that we are different and being different has helped us survive then we will understand that in this society our emphasis was not on religion but rather on spirituality and spirituality is higher than religion.

The African recognized and honored the force of nature and the force of the universe which made him different from the European who tried to defy nature. He tried to make man understand that he must flow and move with the *seasons* that he *could* not fight the *wind* the forces of the universe. Therefore, everything in life became part of the totality of his sp1rituality and his God-force or spiritual force.

During most of the existence of man on the face of the earth the word G-O- D was not a part of the vocabulary of any people. Most people' who are spiritual and use the word religion do not use the work G-O-D. I am not saying that they are godless.

Each man and each culture choose a word for GOD that reflects its meaning in the culture for which it is produced. He is not sp1rituaL or religious

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because of it, he has chosen a word and an image of the deity that reflects who he is and who-so-ever GOD is. He is not less because some Africans call him Shango/ and some Arabs call him Allah and some other Africans call him Olodumare. He is not less.

With the coming of the European to power in the word, because of his sickness and insecurity, not only Africa ran into trouble, but the word found itself in trouble to the extent that we left the culture base of our creation and became an imitator of someone *e/se*'s concept of culture.

Ancestors let those who have sight, see
Let those who have ears. . . hear,
Let those who can speak. . .speak.

Dr. Jacob Carruthers (Mdw *Ntr*) adds, "African champions must break the chain that links African ideas to Europeans ones and listen to the voice of the ancestors without Europeans interpreters. "

Our African Ancestors left proverbs to remind us, to guide us, to express joy, to remember Maat, to inspire us to recall and awaken the genius of our Ancestors in each of us. For we are connected – "The Black *Dot*" is in each of us and we have the key.

As it was in the beginning, so shall it be in the end.

Ankh, Ujed, Senjed

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How To Use This Book

Thank you for taking the time to read this book. And, may it further aid you in your growth.

Choose a time to get started for the next thirty days. Make a commitment to yourself to start and finish... you deserve this.

Do the following each day.

To begin:

Read the proverb, take a moment to think about what you have read.

Do the exercise.

Say the affirmation throughout the day.

Note: Some of the exercises will take more than one day to complete. Nevertheless, do complete the exercise.

Be open to the unlimited possibility to growth.

May the ancestors guide you on your journey.

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Introduction

I bow to you in the way of our ancient African Egungun (Ancestors). Throughout antiquity our African Ancestors have written and left words of wisdom to inspire, to encourage, to strengthen and to heal us. How ancient are we as a people in Two Thousand Season, Armah (1979, 10) states:

“We are not a people of yesterday. Do they ask how many single seasons we have flowed from our beginning till now! We shall point them to the proper beginning of their counting. On a clear night when the light of the moon has blighted the ancient women and her seven children, on such a night tell them to go alone into the world!

There, have them count first the one, then the seven, and after the seven all the other stars visible to their eyes alone. After these beginning they will be ready for the sand. Let them seek the sea line. They will not have to ponder where to start. Have them count the sand. Let them count it grain from single grain. And after they have reached the end of that counting we shall ask them to number the

raindrops in the ocean.” We are a wise and an ancient people.

To our African Ancestors (Egungun): Who build the Dynasty of Ancient Kemet (Egypt), wrote the wisdom of Ptahhotep. We remember you. Those who built the wall of Zimbabwe.

We remember you, Who gave us the principle of Maat to live by.

We remember you! Who gave us Tai-Seti (the oldest monarchy in human history) We remember you!

We remember the 350-millions plus in the Atlantic Ocean . . .

We remember . . .

We remember . . .

We remember.

May the words written herein find approval in your sight.

And, readers of these words . . . be healed.

Amon-Ra/ Ase !!!

HEALING INSIGHT DAY 1

Question:

The best way to eat an elephant in your path is

Answer:

to cut him up into little pieces.

Meaning:

Question:

The best way to solve a problem is

Answer:

To solve it bit by bit.

Exercise:

With every problem comes the solution. Sit still in a quiet place. Take several deep breaths, listen to your inner spirit and hear the answer. As you sit, see the answer coming to you clearly.

(Repeat the affirmation below as you take several deep breathes.)

Affirmation:

I have the answer to my problem now.

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HEALING INSIGHT DAY 2

Sugarcane is sweetest at the joint.

Meaning:

Question:

What seems to be hard to achieve in real life is often the best.

Answer:

Things are not always what they appear to be.
Struggling is not always a bad thing.
Struggling can be growth.
Changing your perspective can open the door to new possibilities.

Exercise:

Find a quiet place sit and be still. Take several deep breathes. Visualize the challenge before you as growth Progress toward achieving your goal. It is easy.

Affirmation:

I have the strength to achieve my goal.

HEALING INSIGHT DAY 3

Question:

He who does not know one thing

Answer:

knows another.

Meaning:

Question:

No one knows everything but everyone knows something?

Answer:

There are many doorways to truth... the answer you seek some times is standing right beside you.

Exercise:

Find a quite place and make a list of all the things you would like to know or a list of questions you would like to have an answer to. Then make a list of the different people you know and what their background is.

Affirmation:

Truth is all around me...it flows to me continuously.

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HEALING INSIGHT DAY 4

Question:

It takes a whole village to raise a child?

Meaning:

Answer:

Everyone in a community should be responsible for helping to raise a child.

Every generation is responsible for ensuring the survival of the next generation.

Exercise:

When you are in the presence of a child/ children, say positive things to them and about them. Positive and kind words can have a lasting effect.

Affirmation:

The child in me is alive and well.

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HEALINGINSIGHT DAY 5

Question:

Knowledge is like a garden: If it not cultivated, it cannot be harvested?

Meaning:

Answer:

If you do not use the knowledge that you have, you cannot expect to gain anything from It.

Seek the truth in all things and the truth will seek you. The brain is muscle by embracing knowledge. It will grow and be vibrant and sharp. To do the opposite is... like a room without light.

Exercise:

Learn something new everyday. Make a list of books to read. As the Ancestors have said, “Know Thy *Self*”.

Affirmation:

Awareness of knowledge grows within me.

HEALING INSIGHT DAY 6

Question

Do not look where you fell but where you slipped?

Meaning:

Answer:

Look at the cause of the mistakes note the mistakes.

When you make a “miss-take”, pay attention listen...spirit is speaking. These are opportunities to grow.

Exercise:

Find a quiet place sit or lay down and replay the incident in your mind. Observe each detail and let the lesson be revealed unto you.

Affirmation:

I see and understand each lesson that comes to me.

HEALING INSIGHT DAY 7

Question:

Only a fool tests the depth of water with both Feet?

Meaning:

Answer:

Think before you act and before you act think.

Before attempting to solve any problem...
understand thoroughly, see it, be clear on what
is given and what you need to find - then obtain
a solution.

Exercise:

Recall a problem in the past that you
have dealt with, and come up with ways you
could have solved the problem differently.

Affirmation:

Solving problems come easy to me.

HEALING INSIGHT DAY 8

Question:

Wherever a man goes to dwell his character goes with him?

Meaning:

Answer:

Your character will precede you no matter where you go.

Let your good deeds speak well of you, for by doing, you will be welcomed even in the midst of strangers.

Exercise:

Find a quiet place and visualize that each one of your actions bring about a positive change in your life.

Affirmation:

Each good deed I do enhances my life.

HEALING INSIGHT DAY 9

Question:

Life is like a shadow and a mist it passes quickly by and is no more?

Meaning:

Answer:

Enjoy each day of your life... for we are here for only a moment.

Make the most of each day. Let each of your actions bring about a positive change in your life and those whose lives you touch.

Exercise:

Before going to bed, sit in a quiet place and visualize what you have to do the next day. And, as you do so, see action throughout the day be a positive enhancement to you and all that you touch.

Affirmation:

Each day is a wonderful day.

HEALING INSGHT DAY 10

Question:

Penye nia pana njia?

[Pan-ya ne-i pi-ni nj-e-i]

Meaning:

Answer:

Where there is a will there is a way.

There are many pathways to a solution it is your will, that will allow you to achieve.

Exercise:

Sit still with eyes closed and visualize each task you want to achieve.

Affirmation:

I have the will to achieve; and I always find a way.

HEALING INSIGHT DAY 11

Question:

Akiba haiozi?

(ah-ah-key-ba hi-e-o-z)

Meaning:

Answer:

Put something away for a rainy day!

Exercise:

Take a look at your budget and develop a saving plan.

If you already have one, look at ways on how to enhance what you are currently doing.

Affirmation:

1 am thrifty in my dealings with currency.

HEALING INSIGHT DAY 12

Question:

Akufaaye kwa dhiki ndiye rafiki?

(ah-kul-fa-yeah kwa th-heke nde-yeah raw-feke)

Meaning:

Answer:

A friend in need is a friend indeed.

Distinguish the difference between a friend, an associate and, an acquaintances. They are not all the same.

Exercise:

Make a list of who you consider to be a friend and have made a difference in your life mutually.

Affirmation:

The universe sends only positive people into my life.

HEALING INSIGHT DAY 13

Question:

Baada ya faraja?

(Baah-dah ya fah-raja)

Meaning:

Answer:

After a hardship comes relief. The law of opposites.

You take many steps in life. Some steps are not as pleasant as others. Hardship is one of the stepping stones in life.

Sometimes they requires much effort for...
they are opportunities to grow.

Exercise:

Visualize that you have all that you need to achieve your objectives in mind/ body and spirit.

Affirmation:

The Universe provides me with all the tools I need to be useful.

HEALING INSIGHT DAY 14

Question:

Damu zito kuliko maji?

(Damoo zee-to ku-leeko ma-gee)

Meaning:

Answer:

Blood is thicker than water.

Exercise:

Start writing your family history. “*Know Thy Self.*”

Affirmation:

My ancestors’ wisdom flows through me. I am a part of them and they are a part of me.

HEALING INSIGHT DAY 15

Question:

Kawia ufike?

[ki-we-l u-fe-ka]

Meaning:

Answer:

Better late than never!

The Elders have a saying, “As long as you are breathing...” African-American

Exercise:

Develop a process on how you will walk through life.

Plan your work and work your plan.

Affirmation:

I have the time I need to accomplish each task efficiently.

HEALING INSIGHT DAY 16

Question:

One must row in whichever boat one finds ones' self?

Meaning:

Answer:

Handle the situation that you are in.

Exercise:

Think of a recent situation that required you to physically work and you had not expected to.

Affirmation:

I can handle any situation that I am in.

HEALING INSIGHT DAY 17

Question:

A bird does not change its feathers because the weather is bad?

Meaning:

Answer:

Do not give up when things get difficult.

Exercise:

Visualize seeing yourself being consistent in all things that you do.

Affirmation:

I am consistent in all things that I do.

HEALING INSIGHT DAY 18

Question:

A single tree cannot make a forest?

Meaning:

Answer:

Work together.

With the efforts of many, more can be accomplished.

Exercise:

Plan an activity that requires the entire family's participation.

Affirmation:

I get along and work well with others.

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HEALING INSIGHT DAY 19

Question:

Two footsteps do not make a path?

Meaning:

Answer:

More can be achieved by working together than alone.

None of us walk this journey called life alone. As you go through life there are many who give a helping hand.

On life's path be prepared to receive help as well as give it.

Exercise:

Take some paper and write down the individuals who have helped you to become the person you are today.

You are never alone. . . Give Thanks.

Affirmation:

I give thanks to my mother, my mother's mother... and my father, my father's father... for walking this journey with me.

HEALING INSIGHT DAY 20

Question:

Criticism is easy, but it does not create?

Meaning:

Answer:

Look for the good in others and in all things.

Reciprocity is a universal law. What you put out comes back to you.

Put forth your best so when it comes back to you... you can welcome it back with open arms.

Exercise:

Smile.

Affirmation:

I see the good in myself and all those I meet.

HEALING INSIGHT DAY 21

Question:

A good name is better than gold?

Meaning:

Answer:

Keep your word?

That which proceeds out of one's mouth is a reflection of who you really are.

Exercise:

Think before you speak and before you speak think.

Think about what you are about to say.

Practice saying what you mean and mean what you say.

Affirmation:

My word is my bond.

HEALING INSIGHT DAY 22

Question:

Those who are carrying elephants home on their heads need not use their toes?

Meaning:

Answer:

Do not be long eyed.

Exercise:

Make a list of the little things you are thankful for.

Affirmation:

I am grateful for the little things in my life.

HEALING INSGHT DAY 23

Question:

The man/woman who is honored, has first honored himself / herself?

Meaning:

Answer:

Good behavior precedes you.

Your reputation can and will precede you.

Exercise:

Think before you act. And when you act, let it bring you honor.

Affirmation:

I am in control of my actions at all times.

HEALING INSGHT DAY 24

Question:

He who is called a man must behave like a man?

Meaning:

Answer:

Let your action be a reflection of who you are.

Exercise:

Your actions, your *words* and deeds should reflect and represent who you are and what you are about.

Affirmation:

My actions and words reflect the best of me.

HEALING INSIGHT DAY 25

Question:

A person who has children does not die?

Meaning:

Answer:

Our children give us immortality...as we give immortality to our Ancestors.

Exercise:

Observe your children and notice which Ancestor they remind you of.

Affirmation:

As I am a part of my Ancestors my children are a part of me.

HEALING INSIGHT DAY 26

Question:

The river that forgets its source will dry up?

Meaning:

Answer:

Sankofa

As our Brother the Honorable Malcolm X has once said, “Remember the past, so we may understand the present, then we can see the future. ”

Do not forget who you are.

Exercise:

Read a book on the Middle Passage.

Affirmation:

I remember the Ancestors who made sacrifices for me.

HEALING INSIGHT DAY 27

Question:

Pour libations for your father and mother who rest in the valley of the dead. God will witness your action and accept it.

Do not forget to do this even when you are away from home. For as you do for your parents your children will do for you also?

Meaning:

Answer:

We are the product of our parents due to their union, their teaching and rearing.

We are a reflection of them.

Exercise:

Make a list of all the positive things about your Mother and Father then compare how you reflect those positive things within yourself.

Affirmation:

I am the reflection of the best of my Mother and father.

HEALING INSIGHT DAY 28

Question:

The door is open to those who will enter?

Meaning:

Answer:

Our Ancestors have left signs, symbols, *words*, and written text as a guide to keep us in Maat. (Truth, Justice, Rightness)

Exercise:

Read or write your family history.
Read about the history of your Ancestors.

Affirmation:

I remember my Ancestors and my
Ancestors remember me.

HEALING INSIGHT DAY 29

Question:

Kanda wakanda mambu?

[kin-di wi-kin-da mi-mbu]

The community readership prevents problems and conflicts within the community. It is the responsibility of the community to create laws for its members.

Meaning:

Answer:

Each generation is responsible to ensure the survival of the next generation.

Exercise:

Write down the guidelines or rules that govern your household.

Affirmation:

I am in harmony with my family, and my family is in harmony with me.

HEALING INSIGHT DAY 30

Question:

Do not be proud and arrogant with your knowledge. Consult and converse with the ignorant and the wise, for the limits of art are not reached. No artist ever possesses that perfection to which he should aspire. Good speech is more hidden than greenstone (emerald), yet it may be found among maids at the grindstones?

Meaning:

Answer:

Be humble as you walk through life, with the wise as well as with those asking wisdom.

Exercise:

Find a quiet place, sit and close your eyes and visualize seeing yourself filled with wisdom and sharing it in a humble way.

Affirmation:

The more I learn, the more - humble I become.

***OUR AFRICAN ANCESTORS LEFT
PROVERBS TO REMIND, TO GUIDE US, TO
EXPRESS JOY, TO REMIND US OF MAAT,
TO INSPIRE US, TO RECALL AND AWAKEN
THE GENIUS OF OUR ANCESTORS IN
EACH OF US. FOR WE ARE CONNECTED”
THE BLACK DOT IS IN EACH OF US, AND
WE HAVE THE KEY.***

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Dr. Ndugu Khan

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About the Author

Dr. Ndugu Khan

Dr. Nudgu Khan (Initiated Priest in Ifa) is a student of Life, metaphysics, engineering, mathematics, art, computer science, and aquatics. He has received traditional degrees in the same and is also, a graduate of Southern University College of Engineering, Texas Southern University College of Science and City University of Los Angeles College Doctoral Graduate program.

He has done extensive research and received recognition, licenses and degrees in the Healing Sciences of Holistic Massage, Iridology, Naturopathy, Colon Therapy, a Reiki Master and Acupuncture/ Oriental Medicine (OMD) Doctor of Oriental Medicine and a Naturopath Doctor. Dr. Khan is also a student of the internal (Tai-Chi & Chi-Kung) and external arts (Long Fist) and has completed certification training.

The visual arts, poetry and calligraphy have also been areas of concentration for Mwalimu Khan. He is the author of "The Enlightenment of the Heart", a book about Tai Chi with poetry and photographs. Also, soon to be published are books on poetry, a manual on Massage Therapy and a research paper on mathematics.

Dr. Khan is the founder and director of "The Eclectic Program", a holistic oriented self -help program located in Houston, Texas. He has also instituted the "Shujaa Children's Program is directed towards an understanding of the deeper levels of mastery, along with the usual "external" or physical levels of achievement.

He also publishes "The Scribe Newsletter", (a tabloid dedicated to African travel, African History & culture), and "SHUJAA", (an annual newsletter focusing on Africans in the martial arts).

A WORD UTTERED

CAN NOT

BE TAKEN BACK

*For additional copies of this book and other
publications by
the author, please contact:*

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