

International Day of Mourning

A Time To Mourn

What: The International Day of Mourning (a pro-active activity where the individual focuses on the whole)

When: Begin June 19th, 2007 ('08, '09, '10, '11, '12, '13) End June 19th 2014 (each year on June 19th)

Who: Every African/Black and descendants of Africa. (Across all religious/political/economical/skin-tone lines)

Where: Everywhere through-out **the Diasporas** and the Motherland of Africa

How: Take a personal or group moment on June 19th and:

a) Reflect on the pain of our Ancestors who were tortured, terrorized, held against their will, and brutally raped and murdered during the Maafa (black holocaust) (this brings into focus our collective need for healing)

b) Empathize, feel their pain, go inside their skins, their minds, see them, be them (this stirs our connectiveness and raises our collective Love vibration)

c) Mourn for them in the heart, this is not sadness, it's a specific heavy tone that matches the heaviness of pain, since it is born of unselfishness Love is automatically embedded in the tone, Love is transported to the depth where pain is and tones pain into Joy, healing happens (this focuses our collective Love, not on our individual selves but on those central to Every African Everywhere)

Why: To collectively tone/heal the pain of our Ancestral past into Joy (joy is a state of physical/mental/spiritual well- Being)

Why: To free those Ancestral energies still trapped in a vortex of pain and horror to finally cross-over, to finally go home. (When someone dies under horrific circumstances and justice has not been forthcoming or their loved ones have not mourned for them; it is highly probable that their spirits remain trapped on this side, without the bodies they were contracted to use on this side they will be in a helpless state quite possibly in the same anguish they died in)

Why: To refresh and re-energize the African Collective Consciousness for the sake of humanity. (The Maafa can be viewed as an energy-clot(much like a blood-clot) in the collective body, vitality will not flow beyond the clot causing advanced maladies in the entire body, resulting in death, once this energy-clot is toned/healed vitality will rush forward like a Tsunami healing and refreshing all in its path-flow to the present day African Collective Consciousness) There is a time to laugh and a time to mourn.

'We-pain may endure for a night, but Joy comes thru mourning'

Word Essence: (The power is in WE)

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