

AWAKENING SPIRITUAL ATTUNEMENT!

Humbleness is the State Of “Being”!

Sango Ah! Sangoma!

Breathe the Breath one nostril at a time! Vibrate – Freedom is an Art and reparation is alive! On Thursday August 1, 2024 – the day of Emancipation observances, Joy Tessa Bathersfield Moore an Indigenous matriarch of the African Ark was ceded to the Ancestors...also on that day Henrietta Lacks was born in 1920.

Life is sacrosanct! Touch and greet each other in the here and the now, because the human spirit is resilient – treasure and respect it - preserve and actualize the fabric of transformation for rhythm is life and life is rhythm – do not despair!

Reflectively, remembering her – in 1975 through 1977 while residing in Guyana, I was able to witness her academic prowess during evening education classes under Ms. Connie Rogers “Bottom House” courtesy of her son Keith Rogers. Upon my migrating to the United States and St. Croix in the U.S. Virgin Islands, we continued to communicate in regard to her academic accomplishments until she migrated to the United States of America, where she attained her academic and career objectives.

As a Health care professional, she executed her duties with humanity and spirituality which also guided her investment opportunities. Many gracefully referred to her as Sister Joy, Joy O! Paradoxically I called her Lady Joy depending on the context. I would say, “Sister Joy you have to Shake a leg/dance” and she would smile – that radiated energizing smile which neutralized any further exploration. To her Husband Walter Rodney Moore and Son Mark Moore I say, remember that uplifting “ALL” was her “Mantra” so let us continue to stay the course and be as humane as she was--- Awakening Spiritual Attunement! Peace be unto her. Asante Sana (Thank you very much.)

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