

Kai Ci Kurbi ('Come Home') Wholistic Healing Village

The idea for **Kai Ci Kurbi Village** was born out of my foresight that, within 5 years, our people will be *fleeing* the UK and USA, as well as other parts of the world, and that we will need somewhere to run *to*.

Many of us who were born and raised in the diaspora suffer from self-identity issues, low self-esteem, psychological issues, health issues, and a blockage in our spiritual life, because we have been cut off from our spiritual roots. Many of us are now starting to 'wake up' from this spiritual slumber, and are 'coming home'. To facilitate this mass awakening, I have been led to 'build a village'. All I need are like-minded individuals with whom to form a group, so we can work together with the locals and other organized groups to build the **Kai Ci Kurbi Healing Village**. (*Kai Ci Kurbi* means 'Come Home')

While here in the Gambia, I met bro Musi (Black Seed) from **Dawn Mbaatay (Organization)**; he shared their vision of the type of village they were set to build, which matched my vision. They are already in the process of building **Numbi Village**, and it is my aim to follow the model that they have already created, to build *Kai Ci Kurbi Healing Village*; their village will be a model for us (and other groups) to build upon.

We are healing from psychological, spiritual, physical and financial warfare, of a system that was designed to disempower us, while others benefit from the wealth of our Motherland. Those of us who were born off the Continent are slowly finding our way 'back home', mentally, spiritually and physically. The **Kai Ci Kurbi Healing Village** will be a safe haven for returnees, as well as locals. We will work with the locals to rebuild our commUNITY, by learning a Mother Tongue, learning how to grow our own food, re-learning, and teaching our children their lost culture.

Located in the Gambia, **Kai Ci Kurbi Healing Village** will have:

- A Retreat Home
- Low cost and high end accommodations
- A school from Kindergarten to Grade 9
- A library
- Short stay let apartments and a hotel for those coming on holiday
- A commUNITY centre, with a space for events
- Business premises e.g. for making clothes, natural hair and skin care products, moringa products, property management etc.
- The Melanin Clinic, offering Wholistic Healing
- Farmland for growing our own food
- Its own private beach
- Solar power
- Our own water supply

- A vegan/healthy eating restaurant

My thinking was that for our commUNITY to truly heal, we need to get back to the way our ancestors lived, in real communities. We grew and shared food with each other, helped each other raise our children (it takes a village to raise a child), the women were the backbone of the commUNITY, and our elders were given high status, as they had the wisdom and experience to pass down to the next generation. Children spent time with their grandparents, and benefited from their wisdom. Men and women knew their roles and stayed within them; this created HARMONY.

It is important that the village is self-sustaining, so we will also make things to sell, such as Moringa oil, natural hair and skin-care products, clothes, natural health supplements, jewelry etc. The products made will be sold abroad (and to those coming on holiday), and the money will be used to fund the village. We will also fundraise to sustain the village, and organize Retreats for people to escape the stress of Western living.

Schooling:

One of the fundamental goals of the **Kai Ci Kurbi Healing Village** will be to ensure that children being born do not suffer the psychological trauma that many of us endured as

children. As Frederick Douglas said *“It’s much easier to raise strong children than to mend broken adults”*. With this in mind, mothers and mothers-to-be will also need to be put through a Self-healing program, to ensure that they don’t pass down their genetic programming to their children. By raising the next generation to be mentally strong and free, we will be ensuring a positive outcome for future generations. Our children will be taught based on African-centred principles; necessities will be to learn at least two Mother Tongues, including Wollof and Mandinka, the two main languages spoken in the Gambia, as well as English. Maths, Sciences, Cosmology (study of nature and the universe), music and the arts, and Afrikan History dating back to Ancient Kemet, are the basic elements that will be taught during their ‘imprint period’, as well as how to tune into themselves, and connect with their Source. Spiritually aligned children will excel in all they do. Ensuring that our children are ‘programmed’ correctly, and raised in a healthy, happy environment, eating foods provided by Mother Nature, singing, dancing, playing musical instruments, and tapping into their inner source, is a big part of the role of the healing village. The age range will be from Kindergarten to Grade 9; they will remain in the village throughout this period.

Women:

As it is women who are the backbone of our commUNITY, they will have their own Self-healing program. I have already started organizing **The Self Love Retreat** in the Gambia, and will run monthly Retreats where women can come for healing. We will work with other groups such as **Dawn Mbaatay Organization** and practitioners to offer a wider range of services, all aimed at helping the Black Woman to HEAL. This is pivotal in the healing of our nation, for future generations.

Men:

We aim to set up programs for men to come for healing too; many have not been taught how to play their role in our commUNITY, and are hurting inside from lack of a father figure, abusive mother, feeling used by ex-partners, having been alienated from their children, or left with nothing after a nasty break-up. Our men need healing too. Aside from the emotional issues, many have physical ailments that they need to focus on, such as prostate, diabetes, and mental health. The **Kai Ci Kurbi Healing Village** will have a designated area for our men to come on Retreats and heal too.

Elders:

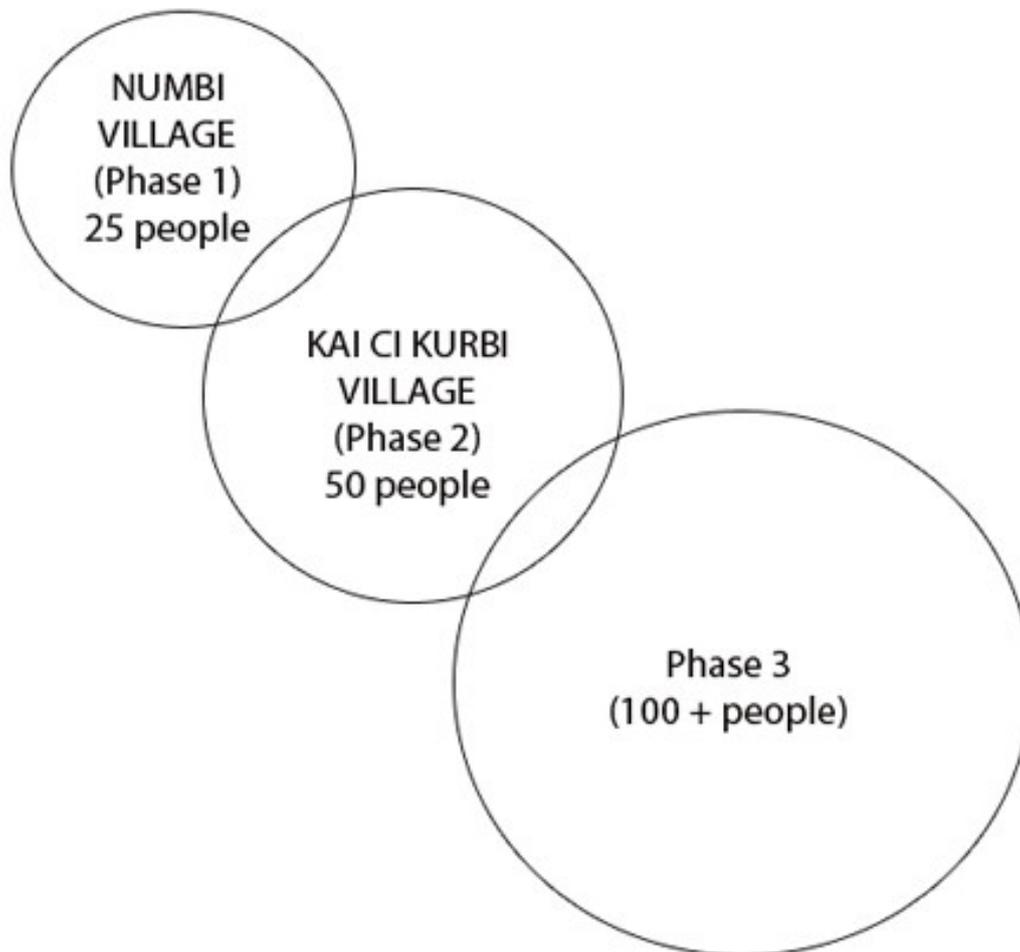
We aim to have elders in our village who can pass down their knowledge, wisdom and experience to the younger generation, to help them avoid many of the pitfalls that can be avoided with foresight. The elders will also help raise the children, and offer counseling to young couples to help them through rough patches in their relationships. Our elders are also oracles who we can go to for advice, who may be practicing ancient rituals passed down to them ancestrally. It will be their role to assist in the development of these gifts in younger men and women. They will also perform ceremonies (such as naming ceremonies), and offerings to our ancestors at our events.

Relationships:

Our long term goal is to build strong individuals, who will then go on to build strong families; the family is the core of our commUNITY; strong *families* make a strong *community*. When the Europeans came to colonize Africa, the first thing they did was to break down our family structures, give us a new ID-entity, and cut us off from our spiritual roots. In re-building our commUNITY, we must focus on the re-building our relationships and family structures. This includes reclaiming our African names. I have personally been inspired by seeing black couples come to the Gambia and built either a home or business together; building something together strengthens your relationship. Build a home or business in

the **Kai Ci Kurbi Healing Village!** This is the model upon which the village(s) will be built:

BUILD A VILLAGE PROJECT (GAMBIA)



This is not just a pipe dream; connections have already been made by people who have set up similar projects, who have the knowledge and experience. Builders, surveyors, electricians and architects are also on hand.

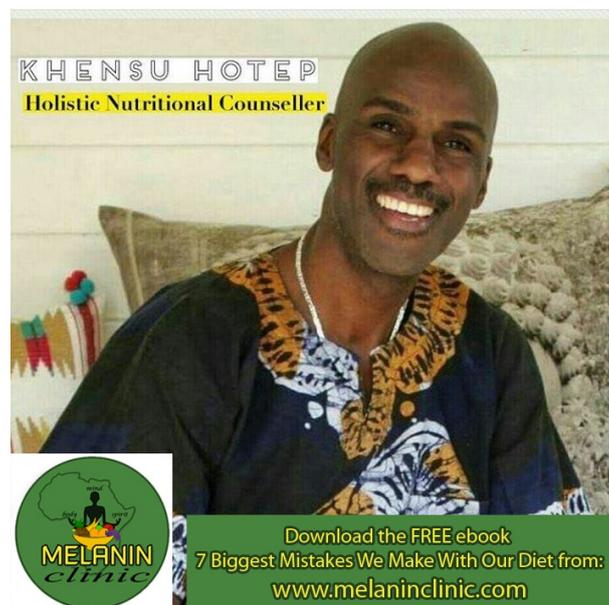
My personal reason for building a village is so that by the time my grand-babies start arriving, I have created an environment conducive to their spiritual, emotional, mental and physical health. We know the system is failing our children, yet we keep putting them in these schools, getting them vaccinated, and sending them to church to be brainwashed. Ever since I learned about the imprint period, I vowed to do better for my grandchildren, than I was able to do for my children. We should all be thinking of creating a legacy for future generations. The **Kai Ci Kurbi Healing Village** is your opportunity to be part of this legacy.

I am looking for 50 *like-minded* people to join me in lobbying the government for some undeveloped land by the sea, within walking distance of where **Numbi Village** is being built. As brother Musa (Black Seed) said, we will 'show and tell' the government that we have the abilities to build a village on the land that we purchase, and there's hundreds of miles of land to be developed along this coast! You can watch a video on the Journey of a Sister Youtube channel, where a local brother who owns the land, says that if we build a bore-hole (for water) and show the government a **solid plan**, they will let us build there.

Materials:

We aim to use eco-friendly materials to build our village, such as wood, and bricks made from natural substances instead of concrete. Our homes and businesses will be built in line with nature, that is round, not square. We also seek to build a small pyramid on site.

The Melanin Clinic



Khensu I-Em-Hotep, author of the forthcoming book '**Spirit-Osis' (Spiritual Disorder), the ROOT CAUSE of all Modern Dis-eases'** and founder of **The Melanin Clinic** will be setting up a branch of **The Melanin Clinic** in the **Kai Ci Kurbi Healing Village**. He has a good track record of helping people to heal from all forms of dis-ease by changing their diet, you can download his free e-book '*The 7 Biggest Mistakes We Make with Our Diet*' from his website **www.melaninclinic.com**.

Khensu I-Em-Hotep will also be at the November retreat offering wholistic treatments and advice, with his new book.

If you would like to be part of **Phase 2** of the Build a Village Project, contact Cezanne: cezanne@journeyofasister.com

A proposal is being drafted based upon this Vision Statement, which will be submitted to the government to allow us to use the undeveloped land by the sea. We need at least 50 names of people who are willing and ready to get involved in purchasing this land, digging a bore-hole, and building **Kai Ci Kurbi Village**. If you would like to be part of it, join me in the Gambia **21-30 November 2018** on the **Build a Village Retreat**. For more information and to book, [go HERE](#).

Kai Ci Kurbi means 'COME HOME'!



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