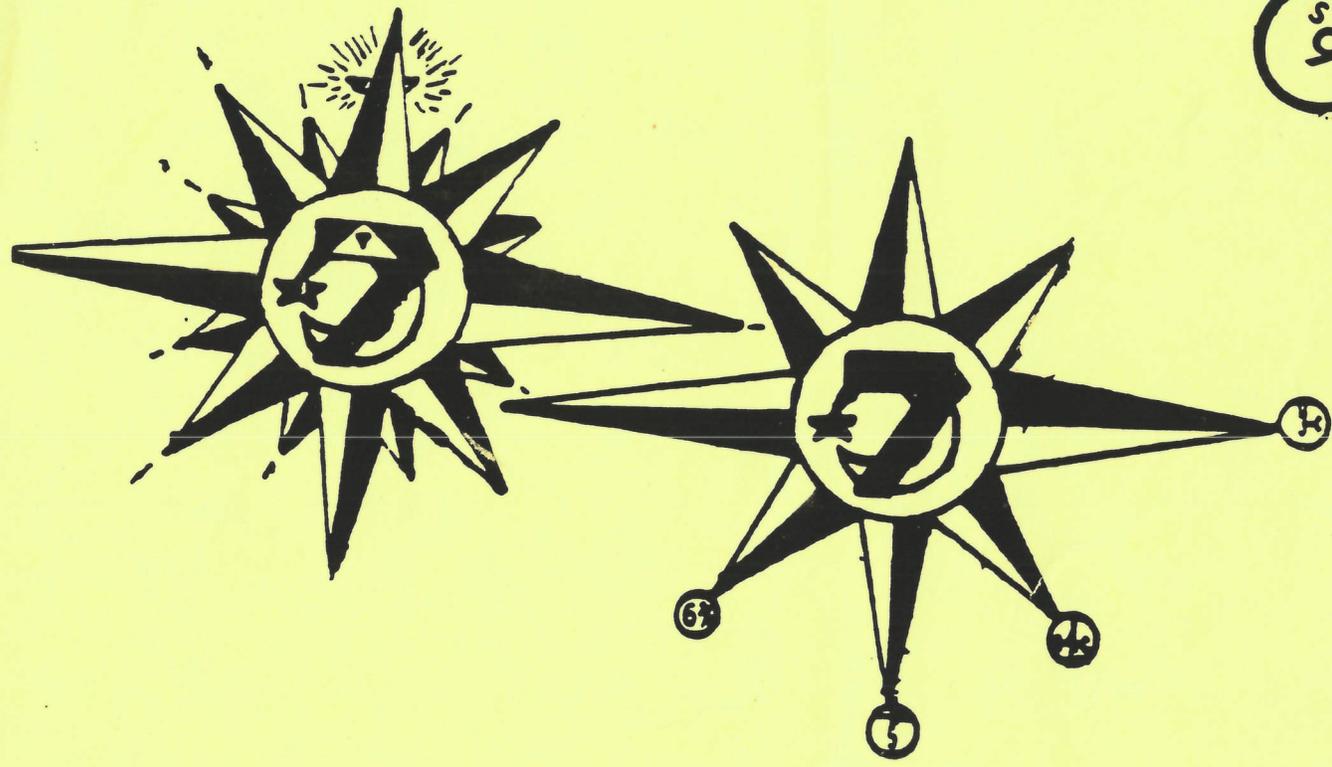


BEHOLD of THE LIGHT
SUN OF MAN



FOR EVERY TIME
THERE IS A BOOK !!

Traveling at the speed of THOUGHT

SURA 3

LEVITICUS 11

A
FIVE
PERCENTER
DIGEST

OCTOBER
1986

SAFE FOOD CODES



kosher

כשר
לכח

PARVE

Halal

ALLAH YOU ARE THE GREATEST

IN THE NAME OF ALLAH THE SUPREME BEING THE TRUE AND LIVING GOD, THE MOST GRACIOUS, THE MOST MERCIFUL THE KING OF ALL KINGS, AND THE LORD AND MASTER OF ALL THE WORLDS, ONE TO WHOM ALL PRAISES ARE DUE TO FOREVER, AND HEREAFTER, AND IN THE NAME OF HIS SON THE UNIVERSAL SAVIOUR GOD AND DIVINE DELIVERANCE DO I GREET YOU MY BELOVED BROTHERS AND SISTERS IN THE MOST HOLY AND HIGHEST RESPECTS OF THE UNIVERSE WHICH IS UNIVERSAL PEACE.

As always I hope this issue of the SON OF MAN will find you, your family and Loved Ones in the best of health both mentally as well as physically. The main theme of this issue of the SON OF MAN is Health, Harmony and Happiness. I am sure as we all look around us, we cannot help noticing the sickness, deaths, confusion, discord, hardship, unhappiness and distrust that is prevalent not only in our communities, but on a national and international level, from South Brooklyn and the South Bronx to South Africa, from San Francisco to El Salvador, from Miami to Iran and Iraque, and as always it is the poor people and the masses who suffer the most. Allah taught me that it would be in these days in time when a Universal and Supreme Understanding would start to spread in the minds and hearts of the people slowly. However, surely, and will eventually bring about a Universal Peace to all the human families regardless to their religious beliefs, because in reality all are ONE, since the beginning of religions, mankind has fought to be possessor of Truth and the True Way of Life, Jews against Moslems and Moslems against Christians all to no avail with the exceptions of a belief and the possession of some land which by right shall always belong to Allah, and he could be sole possessor of it, with just the twinkle of an eye if he wished it so! It is a well known fact that Abraham whom the Jews as their religious founder (with Musa in latter days) helped construct the Kabah in Arabia at the Holy City of Mecca a fact believed even by Muslims and Moslems in accordance with the teachings of the Prophet Muhammed. This fact alone should have been enough to unite them in a Universal Brotherhood, however, because the Jews or Hebrew had the Torah, their Bible or Book, they refused to accept the revelations that were being revealed through Muhammad even though the Truth revealed was self evident, and by turning their backs on this Truth it caused them to turn back into a darkness of sorts while the light of Truth in Islam continued to shine and grow, while both religions continued to grow they grew separate, and with time the parts of the Moslem word turned its back on the Hebrew totally and they were called the People of the Book because they chose not to grow past their Torah (or Teachings).

We saw this happen again with the coming of Jesus, all Biblical Historians will agree that Jesus teachings were closer to Islam than any other religion known to man at that time, and the religion of Christianity was named after him which proves it had to be created after Jesus had came and taught by people who came after him, though the Christians said Jesus teachings were not Islam and accused the Muslims of being the people of the Book because of their teaching and Love of the Holy Koran as revealed through Muhammad.

I bring these historical facts to light so that we might see how people's lack of Understanding not only divides people, they also divide Nations, Countries and Planets.

So when I hear someone speak against another individual because of their religious belief it shows me that while that person may have Knowledge and Wisdom they lack a Supreme Understanding of religions in general. I even heard brothers and sisters speak against True Moslems here in America without trying to see past their Knowledge and Wisdom and show them your Understanding, you must always remember that Moslems are Lovers of their religion, their QUR'AN their Prophet Muhammad, their Truth and Allah and because of their Knowledge and Wisdom of The Holy Qur'an they will refuse to understand you, if all you are able to speak is Knowledge and Wisdom of the Truth. Like our Righteous names, Our Father, Almighty God Allah, knew that some would try to take his teachings and run wild with them, however, he knew that you couldn't run forth with this if you were not right. You see, to Moslems, our names appear to be a blasphemy to Allah according to their Knowledge and Wisdom, that is why we were taught that Allah shall be our last names. However, when one takes the time to give the Understandings to a Moslem he will learn that if they were to read our names from right to left as they were originally taught, that our names become a Blessing and a praise to Allah and his Glory and more times than not they will see it because they were taught from right to left and to study from right to left, and they think of Western Society as backward.

This is why Allah told us that it wasn't important for us to learn Arabic, because they would have to learn our language so that they might be able to Understand us, and that if we were going to study the Holy Koran, the only one to study was The Holy QUR'AN with the Translations and Commentary by A. Yusuf Ali, he explained that it is the closest you can get to the Original Qur'an without being able to read Arabic, also because A. Yusuf Ali gave the purest and indepth study and explanation of the creation of The Qur'an and the Revelations of the Prophet Muhammad.

I know a lot of you will say when you try to talk to some Moslems you feel like they are people of the Book, however, you should point that fact out to them in a very civilized way. As we try to reveal the revelations of Allah to the human families, a lot of them turn their backs and close their minds because of the teachings of their books. This is the same thing that was done to the Prophet Muhammad in his time.

What am I leading to with all this talk of Moslems and the Human Family? Well many Brothers have written and asked me to send them sets of Muslim Lessons, the Original Muslim Lesson, this I cannot and will not do. Our Father Allah, forbade us to photocopy or even give a typed set of lessons to anyone, even your fruit. This is why it was so important to know them, and they are Muslim lessons so it should be obvious who has the Original. Some brother will always have different degrees, but Allah taught us to make sure that the eighth degree in the 1 to 40 was right and exact if you are to be a God. (That Degree will be printed in a coming issue of the SON OF MAN) and just as many brothers have written or tried to tell me that their lesson told them that they are Muslims or Moslems sons! So I will try to show those who have not yet learned to see and understand the Knowledge and Wisdom that is in these lessons.

The 16th degree in the Lost Found Muslim Lesson number 2.

16. Who is the 5% in the poor part of the Planet Earth?

16 ans They are poor righteous teachers who do not believe in the teachings of the 10% and are all wise and

know who the True and Living God is and teach that the True and Living God is the Son of Man, The Supreme Being.

The Blackman of Asia, teach Freedom, Justice and Equality to all the Human Families of the Planet Earth, otherwise known as Muslims and Muslims sons. Now think about your lessons, of all the lessons I've seen and heard quoted they always come out the same when it comes to the part that need to be understood, whether they have Muslims and Moslems sons or Moslems and Muslims sons, they all have this very important part right "And teach Freedom, Justice and Equality to all the Human families of the Planet Earth otherwise known as Muslims and Moslems sons. Right!

It doesn't say that the poor righteous teachers or that the Son of Man or the Supreme Being is a Muslim or moslem son. It says that the Human families of the Planet Earth are otherwise known as Muslims and Muslim Sons, and they shouldn't feel bad for not having seen it before, because this is the way Almighty God Allah taught us to use our Third Eye (The Mind) to get the Understanding from these lessons and anything else you see or read not to just take the knowledge and wisdom and run with it, because all of the lessons have an understanding to them beyond the knowledge and Wisdom of them, if Knowledge and Wisdom of the lesson is all you want, then Peace to you or maybe some of you will be Muslims if that is what you want then Peace to that, however, to be God, Allah, the Son of Man, the Supreme Being you will have to be able to see and Understand past the knowledge and Wisdom, Allah gave us the knowledge and Wisdom to resurrect us however, it will take a Supreme Understanding to help us See, Survive, and Build the future. It is our job to teach all the Human families and whether we like it or not the 10% are considered Moslems sons.

While it may seem hard to believe the great religions of the world have helped to pave a way for our good health and well being for those who hold fast. Every religion was given dietary code that are compatible for Allahs Nation, The Jews have kosher foods (PARVE), The Christians have the laws and restrictions of Leviticus, and Islamic world has Halal products. All of these products are coded so that they know what is safe and acceptable to eat when home or abroad. (see codes on cover)

In these days in time the food that people eat is playing an important part in the sickness and increase in the death rate, as much as a lack of culture and refinement in their social behavior. Almighty God Allah taught us not to eat Collard Greens, Turnip Greens Mustard Greens, Lima Beans, because they were to hard on the digestive system, no scavengers or scavenger fish over 50lbs, no shell fish which I'm sure we all know, however, poor people have been eating more butter, cheese and eggs as well as greasy and fat foods, even Crisco has went tricky, since their introducing their butter flavored Crisco over two years ago. All this has caused a rapid increase in the rate of heart attacks, strokes and sickness among poor people young and old, I'm sure all of us have seen someone close to us get sick or die in these last few years and the death rate seems to be accelerating in our communities. We have even lost some brother and sisters in this last year due to one sickness or another. Our Father Almighty God Allah told us that all of these things would come to pass and that the solution to these problems would be right under the peoples' noses, and that they would not be able to see it because they didn't have the understanding. I see these things

as a warning from Allah, because he taught us that we were the solution to world problems and that it was our duty to do all within our power to make them see and understand this, and it is with this and other things in mind that we have come together to try to restruct our Nation under the title of Allahs Nation Of Islam. We will still be the Five Percent Nation, and the Gods and Earths and the Nation Builders, however, our Formal Title will be ALLAHS NATION OF ISLAM.

There will be a National Council of Allah to oversee National activities as well as a State Council and Community Councils with area wide representation. It is our hope that a National Council will be able to show the world that we are more of the solution than the problem a lot of the people accuse us of being. We also plan to deal directly with the media, in a more direct manner as well as local and National Politics on a more realistic and personal level. To show and prove that we are an asset to society rather than the liability they have labeled us. We also plan to publish a National Paper, one that will combine and reflect the teachings of our nation as a whole and bring some of our issues to the forefront of social awareness. For us as a Nation not to be able to help brothers like Born Allah obtain his freedom, or Ryheem Shabazzs when they have a discrimination suit in court or to be able to renovate our own schools is not embarrassing, it is shameful.

We will also do what we can to reorganize our Universal Parliaments so that they will be more informative and entertaining as they were when the Father was hosting them, where the public was invited, we showed films, we had public speakers, telling us where there were educational and employment opportunities. There were Xmas or Kaunza (which ever you preferred) parties every year, every year all the major stores donated toys for the children, ours and those in the community, not little toys either, I'm talking about bikes and cars the babies could ride, They had so many toys they couldn't even carry them and everybody had a ball, young and old and there wasn't anything religious about us. Our Father Almighty God Allah said he wanted us to keep having those Xmas parties (and I have documentation to prove he said that) if you think I am pulling your leg. Ask some of the older Gods about those Xmas parties. I look around at some of those parliaments and it makes me think, you, Gods have forgotten or never learned how to have real fun, seeing the smiles on the childrens faces when the Father was giving out the toys, used to warm my heart. Those smiles was worth more than all the tea in China. Like the Father used to say "If you ain't about that then keep your dead behind home"! Don't deprive the children and anything that brings the spirit of the Human Families together once a year for Peace, Love and Happiness. It can't be bad fun.

We are also trying to start a nation wide Food Program so that all the food at the rally can be less expensive or so that on certain months when there are holidays or special occassions like Xmas or the show and prove all food would be free, however, we are still trying to work out a way that will be agreeable to the brothers and sisters who are presently selling food in order to be fair to all concerned parties, so until that time we are hoping those who have been selling food will continue as they have been in the past, under the same terms and in fairness.

While he hopes to put into practice these new structural changes

in the latter part of the 1987 trimester, the full support of the Nation is needed and expected.

The Council will meet at 12 noon, at Allah school in Mecca before each Universal Parliament, and in the summer months at Allahs school in Medina at 700 Franklin Avenu. We are asking that all those who wish to help in the restructuring program, bring a \$16.00 money order to help with the renovation and restructural program. We request that you bring a money order so that you will have an accurate record of your donations and a copy of the record of expenses and donations will be kept at each school, to show where and how each penny of your donation has been used. So until our minds meet again I remain yours.

In the Service of Allah

Universal S. Allah

A WORD TO THE CIVILIZED ! ! !

ALLAH WAS THE GOD BEFORE OUR FATHER CAME TO US.
ALLAH WAS THE GOD WHEN OUR FATHER CAME TO US.
ALLAH SHALL BE THE GOD FOREVER AND HEREAFTER.

A WORD TO THE WISE !

What Goes Around!

What goes around comes around this you can bet.
We all do things to others that we would like to forget
However as sure as the night follows each day
These things will catch you and block your way
To do unto others is more than a rule
Life has many teachers, in it's endless school
The things we do that cause others pain
Will catch us, and stop us like a clog in a drain
Sometimes we do things we think nobody knows
Or we do it in private, where we think it won't show
But it will catch you sleeping on the sunniest day
Then you better beware in Life or Death
Allah will make you Pay!!!

Peace

THE HOLY QUR'AN

The Holy Qur'an with text, translation and commentary by A. YUSEF ALI can be purchased from ASIAN FLYERS IMPORTS AND EXPORTS UNLIMITED, 1197 SHERMAN AVENUE, BRONX N.Y. 10456 for 25.00 which includes shipping and handling anywhere in the Continental United States, this is a mail order house only. Send check or money orders only and allow 4 to 6 weeks delivery. It can also be purchased at the Islamic Book store on Atlantic Avenue right off 4th Avenue in Brooklyn for a few dollars less, and this is cash and carry.