



AFRIKAN MIND RECONNECTION & SPIRITUAL RE-AWAKENING

Dr. Lumumba Umunna Ubani

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The need for Afrikan mind regeneration and spiritual reawakening

A people who have lost these two principal inner qualities of mind can hardly find their through selves in life. This book is an attempt to begin the processes of African self-rediscovery. The ending of slavery and colonialism removed only our physical agony, but the trauma of long and extended torture left deep rooted anguish within the psyche of African race. The effects of this imprint legacy will continue until we start addressing these negative effects. In an effort to do this, the book has provided several suggestions. Some of the program are being provided at the Institute of Mind Talk Afrika.

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