



ALKEBULAN'S ABODE

# NEWSLETTER UBUNTU EDITION

2025

THEME: "I AM BECAUSE WE ARE"

A newsletter celebrating the spirit of Ubuntu through stories, art, and affirmations from the Alkebulan family. Celebrating Oneness, Conscious Living & Collective Growth.



alkebulansabode.org



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# ALKEBULAN'S ABODE

The Official Annual Newsletter

Dec, 2025 | Vol. 1

## What's inside?

**Voices of Ubuntu (Member Interviews/Profiles)** **P.5**

**Melanated Then, Now & Tomorrow (Creative Expression/Poetry)** **P.7**

**The Affirmation Corner (Indigenous Wisdom & Language)** **P.9**

**2025 Annual Report Summary (Highlights & Future Vision)** **P.12**



Alkebulan's  
Abode





# Founder's Editorial Note

**By BeKi Kalume, Founder & Curator – Alkebulan's Abode**

## **Supreme Rising, Family.**

As I write this reflection, I am filled with gratitude for every soul that has walked, danced, cried, and risen with us through this sacred journey called Alkebulan's Abode. What began as a spark, a calling to remember who we are as melanated beings, has grown into a living movement of art, healing, culture, and consciousness.

Through our circles, our stories, our events, shared journeys, and vibrations, we have built more than a community; we have cultivated a sanctuary of remembrance. A space where ancient truths meet modern awakening. Where identity is not confined by colonial constructs but reborn through Afrikan knowing. We are growing into a full entity.

In this **Ubuntu Edition**, we honor that we are because others are. We honor the connections that have made us grow, the tensions that have refined our focus, and the love that keeps us grounded in our purpose. Each member, artist, thinker, parent, healer, child embodies a piece of the great mosaic of Alkebulan's Abode.





Over time, we have learned that remembrance is not a destination but a rhythm, a continuous dance between our ancestors, our present consciousness, and the future we are co-creating. From Melanated Then (where we reclaim the wisdom of the roots), through Melanated Now (where we apply that wisdom in our lived realities), to Melanated Tomorrow (where we reimagine our power and presence), we continue to evolve with intention and courage.

To every curator, performer, partner, and believer who has breathed life into this vision, Asante Sana. Your energy fuels this legacy.

May we keep vibrating higher, remembering that every effort, however small, is a stitch in the grand tapestry of Afrika's rebirth.

May we keep holding space for one another, for this, truly, is Ubuntu in motion.

**Ankh. Udja. Seneb. Asé.**

**BeKi Kalume**, Executive Curator & Founder, **Alkebulan's Abode**



### Beki Kalume

“ As we close this chapter and open another, may we continue to hold space for one another – remembering that Ubuntu is not just what we say, but how we live.”



## We Were. We Are. We Rise.

By Davidson Ike (Nigeria)



Through seasons we toiled the land, entrusted the earth with seeds, and joyfully harvested rich foods in bounty.

Our bans were full, and hunger was never a rival. We were proud farmers, who found strength in our own food.

We crouched down the hills with village mates, to swim and fetch water from the ever flowing river. We danced freely at night without fear while the moon shines full.

We told tales of wisdom in our native tongues. We were proud of our language and our identity. And we saw ourselves as one with nature.

Today, we wake to relearn our ways. To relearn our language, our foods and our culture. Today, we fight to save ourselves from the claws of Religions, and to disconnect ourselves from toxic society.

Today, we wake to remember who we are. But we are still the same sun that rises through our children tomorrow. We've broken the chains and limitations. We've realized our powers and who we are. We walk free, we create, we rise and we live. We are Melanin, we were powerful, we are powerful and will forever be powerful.





# 1 Section one: Voices of Ubuntu

## Through Their Eyes:

### Living Ubuntu Daily

In this section, we spotlight members whose work and daily living reflect the Ubuntu spirit – community, collaboration, and conscious living. Their stories remind us that true impact begins with connection.



## The Herbal Revivalist:

Where Ancestral Wisdom Meets Modern Wellness



**Name: Kui Anne Wangui (Kenya)**

**Founder: UMAI Naturals**

The children call me Mama Miti, but most know me by passion, The Herbal Revivalist. I am the Founder of Umai Naturals, a wellness brand rooted in the wisdom of our Afrikan ancestors and indigenous Herbs. My work bridges plant medicine, nourishment, intuition and community healing. I guide people in the science of detoxification through the Total Body Reset program.

I awaken the memories in our DNA about our ancestral healing, indigenous medicine and celebrating the abundance of nature.



I am the host of Kenya's first Herbal Festival, an event to honor and celebrate the healing experienced when we remember our food, herbs and culture. I am the author of the book African Herbal Remedies, a children's introduction to Afrikan herbs.

My journey as a healer has been that of divine guidance and lived experience, my mum's deteriorating health triggered my remembrance of my grandmothers herbs, triggered my healing and in extension that of so many others. Echoing the truth, Food is medicine.

### Business Project

**Current** - The Umai Herbal Gardens in Schools and communities. I deeply enjoy Herbal Formulation and Herbal Education.

### Greatest Achievement this year

**Launching my first book**, African Herbal Remedies, Hosting my first event The Umai Herb Fest- Kenya's most Healing Festival and guiding over 1000 clients through Detox all while expanding our online community, extending it to on ground community outreach in schools and the society. This year has felt like alignment.

### Journey with AA

**Alkebulan Abode feels like home**, like a glimpse inside the true Afrika. It is a space that reminds me that our stories, our land, our healing and our wisdom connects us and pull us towards each other. It is a space that has honored our identity and worked to preserve our consciousness

### Ubuntu in Daily work

We have a saying in Umai that says, **when one person is healed, a community is healed**. Every video I share, every class I hold, every herbal blend that I make is in deep reverence of our collective vibration, rooted in deep understanding that my healing is connected to yours. I started on a journey to heal my mum; it has led to the healing of thousands of others.

### Advise to Mama Afrika's Children

**Remember who you are**, remember whose you are. Return to your earth, your land, your herbs, your wisdom, your humanness. Oh, children of Ra! Walk with your head high, you carry wisdom that many crave to replicate.



### STINGING NETTLE ROOT

Farm raised Root (Organic)

**Actions:**  
Diuretic, Anti-inflammatory, hormone modulator, Prostate tonic, Astringent, Detoxifier, Urinary antiseptic, Alterative, Nourishing, Lymphatic tonic.





# Building Bridges, Not Just Programs:

**Kenetta Overton on Healing, Heritage, and Youth Leadership**

**Name: Kenetta Overton (USA)**

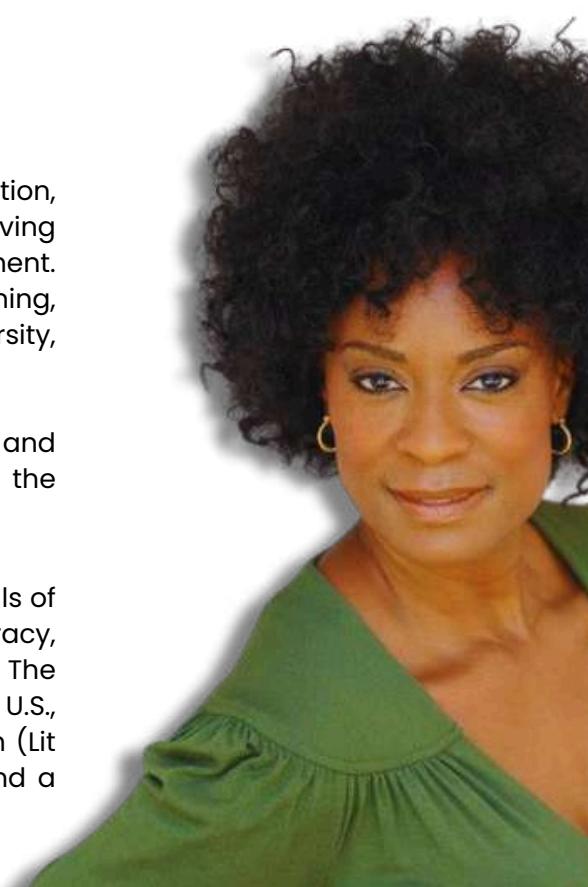
**Co-Founder: The Murals of the Mind Project**



Kenetta Overton built her career across sales, administration, recruiting, higher education, and investment banking before moving into project management, marketing, and business development. She later founded OPS, LLC, providing career preparation, coaching, and project support to clients nationwide, including Drexel University, Mt. Airy CDC and Mighty Writers.

A lifelong visual artist, she creates plaster, papier-mâché, and mixed-media works, has served as an artist-in-residence at the Please Touch Museum.

In 2007, she and her husband, Jamil Overton launched The Murals of the Mind Project, a youth development nonprofit offering literacy, leadership, STEAM, and college-career readiness programs. The organization has served more than 5,500 youth across the U.S., Ghana, and Kenya through its Literacy 360 Workshops Program (Lit 360) initiative. Kenetta holds an M.S. in Arts Administration and a B.S. in Business Administration.



**Business/Project/Profession or Favorite Hobby:**

**Project(s):**

- M.O.M. Giving Tuesday/Year-end Fundraising Campaign,
- M.O.M. Alumni Social Media Takeover Essay Writing/Video Scholarship Contest

**Favorite Hobbie(s):**

- All things related to cooking and crafting herbal teas & fruit drinks, desserts,
- Making personalized/customized health and beauty products. I create everything with intention and positive vibes.





## Business/Project/Profession or Favorite Hobby:

### Project(s):

- M.O.M. Giving Tuesday/Year-end Fundraising Campaign,
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- All things related to cooking and crafting herbal teas & fruit drinks, desserts,
- Making personalized/customized health and beauty products. I create everything with intention and positive vibes.

## Your Greatest Achievement This Year:

- Expanded Lit 360 to two new communities in my community
- Successfully raised more than 2,500 USD in 12 days in October
- Secured a 10,000 USD community grant in November

## Your Journey with Alkebulan's Abode – What Does It Mean to You?

My involvement with Alkebulan's Abode complements my work with The Murals of the Mind Project, both center on transformation. While the latter emphasizes on spiritual and cultural reconnection with African identity, the former strengthens my mission to empower youth through critical thinking and purpose-led leadership.

This journey is an example of youth development alignment that's rooted in identity, nurtures spirituality, promotes healing, and cultivates community growth. In the end, it emphasizes how crucial it is to reconnect with our heritage, which is vital for young people's empowerment, advancement and prosperity.

## How Do You Practice or Apply Ubuntu in Your Daily Life or Business?

Ubuntu profoundly influences how I live and how I lead The Murals of the Mind Project. I practice Ubuntu by valuing relationships; uplifting and respecting the contributions others in my personal life and at M.O.M.



# UBUNTU VOICES OF



Ubuntu shapes our organization's youth development approach. Our programs reflect the belief that young people learn, lead, create, and thrive best in nurturing communities, not isolation.

In business relationships, I prioritize collaboration, transparent communication and the philosophy of win-win-win. By regarding interactions as opportunities for empowerment with Ubuntu underscoring connectivity in our work, collective success becomes the ultimate outcome.

## What Advice Would You Give to Mama Afrika's Children?

Dream big. Dig deep. Be brave. Trust yourself. Work smart. Expand horizons.





# Harmony is My Heritage:

## Living Ubuntu Beyond Division

**Name: Mutugi (Tugy) - Kenya**

**Sports Enthusiast**

A spiritual soul with an old heart and a young spirit, I walk through life seeking meaning beyond the surface.

A devoted sports enthusiast, an animal lover, and a musical being who finds rhythm in sound and silence. With wisdom beyond my years and a deep connection to the world around me I blend passion, empathy, and intuition into everything I do

### Greatest achievement this year

Mastery of self love

### What Ubuntu means to me

Emancipation from mental slavery and the unification of all melanated beings as we embark on our true ways of living in this timeline

### How I practice Ubuntu

Each one teach one is my approach to humanity through Ubuntu vibes. Whatever I learn is for my subconscious elevation and that of the upcoming generation.

### My advice to Mama Afrika's children

Learn to live in harmony, absent any forces of division. Take care of your brother and sistren and treat them as you'd wish to be treated. Your body is your temple, what you consume as food both physically and mentally is who you are, take care of it. Respect your earthly parents and favour will locate you along your journey.





## Mother, Maker, Mentor:

**Ngii Gichohi Nurtures the Next Generation with Love and Legacy**

**Name: Ngii Gichohi (Kenya)**

**Homeschooling and Child Wellness Consultant**

I am Ngii – a homeschooling consultant, womb and somatic health guide, graphic designer, and an awesome mum walking a path of healing, creativity, and conscious living.

I support families and women through holistic education, embodied wellness, and intuitive guidance. I am also a graphic writer and an emerging children's book author, currently creating stories that uplift African identity, emotional intelligence, and spiritual grounding.

My journey is one of expansion, alignment, and stepping fully into my gifts, with so much untapped potential unfolding ahead.

**Business/Project/Profession or Favorite Hobby:**

Homeschooling consultant, womb & somatic wellness guide, graphic designer, and emerging children's book author.

**Your Greatest Achievement This Year:**

Owning my gifts, deepening my healing journey, and confidently creating pathways that support families, women, and my own children to grow in wholeness

Walking the  
path together.

Ubuntu's essence grows through  
meaningful relationships rooted  
in shared values, mutual respect,  
and collective purpose.

Our partners, individuals,  
communities, and organizations  
work alongside us in preserving  
knowledge, nurturing healing  
and building sustainable futures.

Ngii Gichohi



## Your Journey with Alkebulan's Abode – What Does It Mean to You?

Alkebulan's Abode represents remembrance, rootedness, and a collective awakening. It has held space for my voice, affirmed my purpose, and reminded me of the beauty and strength within community-led transformation.

## How Do You Practice or Apply Ubuntu in Your Daily Life or Business?

By leading with empathy, presence, and reciprocity. In my work and motherhood, I show up with an understanding that we rise together that we every child, every woman, and every family carries a part of our collective future. Ubuntu guides how I teach, support, design, and nurture

## What Advice Would You Give to Mama Afrika's Children?

Remember your power, honor your roots, and walk gently with yourself. Your story, your creativity, and your healing matter. Rise with courage, the continent rises with you.

**Family Soma Temple**  
Gentle somatic practices for families  
**A Free Guide**  
By Ngi Gichohi

Co-Regulation • Presence • Nervous System Safety • Connection

A soft path for families to come home to the body, breath, and each other.

**Welcome**

Welcome to the Family Soma Temple! This guide offers gentle ways to cultivate presence in your parenting journey and foster nervous system safety for you and your children. Creating a safe and connected environment allows everyone in the family to thrive.

**The Soma Principle**

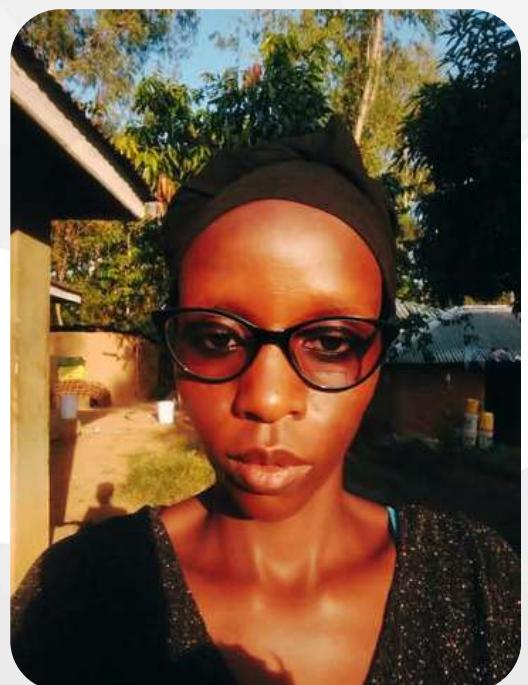
Children learn through their parents' bodies and states. Your own well-being profoundly impacts your children. By tending to your nervous system, you're nurturing theirs. This guide invites you to explore somatic practices to support your nervous system regulation, creating a harmonious ripple effect within your family.

**How to Use This Guide**

This guide is meant to be **flexible and playful**. There are **no rules**! The practices are designed to be short and gentle, fitting into your everyday life. Feel free to adapt them to suit your family's needs and preferences. The most important thing is to approach these practices with an open heart and a spirit of exploration.

**Micro Practices for Parents**

These practices are designed for parents to find small moments of calm and regulation amidst the demands of family life.



Free gentle somatic guide Ngi created to support families with presence, connection, and nervous system safety — an offering rooted in Ubuntu and collective wellbeing



# 2

## Section two: Melanated Then, Now & Tomorrow (Poems & Quotes)

The story of Afrika is told in three tenses — Then, Now, and Tomorrow. In this creative collection, our members share their poetic reflections on the past that shapes us, the present that awakens us, and the future we are consciously creating.

### Not Later—Now: Living the Ancestors' Dream Into Reality



"Now is the pulse of our awakening not some distant dream, but this very breath we take in awareness.

Our ancestors didn't pass wisdom for us to only remember; they passed it for us to become.

Each herb we touch, each truth we speak, each act of self-reliance we live that's the revolution unfolding quietly in us.

Sango's fire reminds us that awakening isn't just spiritual; it's about thinking critically, building systems that work, and reclaiming balance with nature.

We are the Now shaping our reality with every conscious choice.

**Rise with Greatness."**

**Ankhestor Ari-X (Nigeria)**



# Interview With:

## Kibet Purity

Founder, Kinanel Lifestyle (Kenya)



**Theme: Melanated Then, Now & Tomorrow**

**Purity, when you think about Ubuntu and remembrance,  
Melanated Then, what comes to your heart?**

Food in the traditional setup doubled up as medicine for the body. People ate nourishing and healing food that kept them off ailments. What do we currently eat? Food imitations that mostly end up costing our health. You see that weed in the field/shamba – that right there is food for your body.

Food in the traditional setup doubled up as medicine for the body. People ate nourishing and healing food that kept them off ailments. What do we currently eat? Food imitations that mostly end up costing our health. You see that weed in the field/shamba – that right there is food for your body.

Don't think "old fashioned," but rather of the immense healing properties you gain from that blackjack or sweet potato vines. After all, shall we not follow the ways of our ancestors?

My paternal grandma would heal people with herbs. As much as I didn't interact with her closely for the few years we were together before she departed, her craft was quietly imparted to me. I kept running, but it eventually caught up with me – and I obliged.

I'm forever grateful to the friend who ignited this passion further when I complained to them about the pain and discomfort I was experiencing. They would show me plants along the road and in the fields, and tell me their names and uses. I haven't looked back since.

**Q: And how does this ancestral memory shape your awakening today, Melanated Now?**

I see life in every plant I interact with. You'll see me looking around, taking pictures and writing notes whenever I walk along the road. This should be everyone's life because healing isn't complicated – it is within our reach.

I'm glad that slowly but steadily, more people are coming back home to Mama Nature for true healing and wellness.



### My brief reflection:

“ A re-introduction to plants by a friend who listened to my bodily challenges and knew there was a herb.

The beauty of using herbs and then gaining freedom from pain and discomfort.

The joy of finding medicine close to me — in vegetables, herbs, and the earth itself.

Being able to share in the knowledge and craft of our forefathers is pure bliss. ”

*Kibet Parity*





# 3 Section three: The Affirmation Corner

## Words carry power

Words carry power — the power to heal, to inspire, and to remember. Our Affirmation Corner celebrates the vibrancy of our indigenous languages through affirmations that remind us of who we are.

**Name: Awino Nyamangu**  
**Cultural Enthusiast**  
**Indigenous Language Used: Dholuo**

*Affirmation:*

“

*Waduong' Dala. Kaka Oganda mar Piny mar Joluo, wachiew juogi  
mondo wakony piny wa kendo walos dala. Waket ngeyo gi  
puonjuok mag Juogi, nikech kwerewa rito wa mondo wapar. Gin  
tie kodwa, gi wuotho ee achiel kodwa, koro itwa ema mondo  
wachik mondo ginyiswa yo monego walu.*

”

### English Translation

“We need to return home to the Great Homestead. As the people of Piny Joluo, we call upon the ancestral spirits to help us restore our land and rebuild our homestead. Let us awaken awareness and create spaces to learn about the ways of the Spirits, for our ancestors watch over us so that we may find clarity. They walk with us, they journey as one with us, and now it is our turn to listen, so they may show(guide) us the path we need to follow.”

*I love this photo because it reminds me of Juogi. When you smoke this (herb), you can teleport and also call or invite the Ancestral Spirits (Juogi).*

**Awino Nyamangu – Champion of the Luo Culture, Kenya**





## Short Meaning

This affirmation is a call for the Luo community to return to its roots, to remembrance, and to ancestral consciousness. It reminds us that our ancestors are already awake, already guiding, already walking beside us, we only need to pay attention, create spaces for learning, and allow their wisdom to lead us home. It is a blessing, a reminder, and a spiritual invitation to restore what was once whole.





## 4 Section Four: Alkebulan's Abode's 17 month journey:

### Alkebulan's Abode – 2025 Annual Report Summary

**“Celebrating Our Roots, Inspiring Our Future”**

2025 marked the year Alkebulan's Abode (AA) came alive – not as an idea whispered in passing, but as a living, breathing sanctuary for melanated souls seeking to remember who they are.

What began as a humble digital circle of awakening on July 18th, 2024 has evolved into a grounded space of learning, expression, and remembrance, a home for those who walk in truth and rise in consciousness.

It all began with a question that still guides us: “What if we built a home where melanated people could remember who they are, without apology, without distortion?”

By December the same year, that vision had become rhythm, steady, rooted, and full of light



# Our 2025 Highlights

## Key Takeaways:

From Intimate Circle to Living Community

- Launched Melanated Then, Now & Tomorrow (MTNT) – our flagship expression circle celebrating Afrikan creativity, storytelling, and shared reflection. Through our gatherings, we provided space for artists, poets, thinkers, and everyday melanated souls to express, heal, and reconnect

## Key Takeaways:

Deepening the Work Through Collective Learning

- Introduced Thematic Learning Segments – marking a new chapter for AA as a platform of collective awakening. We explored Afrikan common indigenous languages, the 5 elements of nature, and Ubuntu as a living philosophy, themes that grounded us in the sacred truth that we are nature, and nature is us.
- Formalized Our Partnership with The Murals of the Mind Project (M.O.M.), Ngii Gichohi, and BeKuto Wa Sirya – a key milestone that signifies a new phase of growth and collaboration. The new year is bright with the creative and cultural possibilities this partnership will bring to both entities.

## Key Takeaways:

Strengthening Roots Through Partnerships & Structure

- Expanded Our Reach, from the WhatsApp circle that birthed us to social media spaces, and the launch of our website: [alkebulansabode.org](http://alkebulansabode.org) that now hosts our stories, videos, reflections, and expressions. Our growing digital community embodies the living spirit of Ubuntu, connected across distance, yet one in heart.

## Key Takeaways:

Expanding Presence and Building a Home

- Launched our 7 pillars: Identity, Memory, The Five Elements, Ubuntu, Purpose & Legacy, Creative Expression, and Healing & Nourishment.
- Developed strategies and policies for governing our work
- Established a physical office for the Abode where we recruited 2 staff.





## Reflections from Our First Full Year

2025 taught us that sacred work must be rooted before it can rise.

We learned that:

- Vision thrives when anchored in structure.
- Community flourishes through sincerity, patience, and mutual respect.
- Healing happens when remembrance meets practice.

**Alkebulan's Abode has become more than a digital platform, it is a living rhythm, a return to the essence of being Afrikan, connected, and whole.**

### Vision Beyond 2025

As we step into 2026, we move with greater grounding and intention.

Our focus will be on building a sustainable base for the work we do, ensuring that every expression, learning, and creative effort flows from alignment.

We will expand our Learning and Expression Hub, nurturing regular circles, publications, and storytelling sessions, amplifying voices across Afrikan and diasporan communities. The flame of remembrance burns steady, and its light keeps growing.

We are walking into 2026 not with haste, but with harmony, guided by purpose, community, and ancestral grace.

**Ankh, Udja, Seneb, Asé**





## Closing Reflection

**"Ubuntu is the essence of our humanity, a shared breath that keeps us alive, connected, and whole."**





ALKÉBULAN'S ABODE | MURALS OF THE MIND

# THE UBUNTU YOUTH ART EXPRESSION COMPETITION 2025

THEME: I AM BECAUSE WE ARE



A GLOBAL PAN-AFRIKAN CREATIVE COMPETITION FOR YOUTH, OPEN TO AFRIKAN CHILDREN & YOUTH (AGES 4–17), WORLDWIDE.

ART • PHOTOGRAPHY • CRAFT • DANCE • WRITING • MUSIC • DIGITAL ART

CELEBRATING IDENTITY, CULTURE, UNITY & IMAGINATION

[alkebulansabode.org](http://alkebulansabode.org)  
[muralsofthemind.org](http://muralsofthemind.org)  
[alkebulanabode@gmail.com](mailto:alkebulanabode@gmail.com)

## UBUNTU YOUTH ART EXPRESSION COMPETITION 2025

A global Pan-Afrikan creative call for our children and youth

The Ubuntu Youth Art Expression Competition 2025 is an ongoing global creative initiative inviting Afrikan children and youth (ages 4–17) from across the world to express who they are through art. Rooted in the guiding theme “I am because we are,” the competition celebrates creativity as a shared language of identity, culture, unity, and imagination.

Through visual art, movement, sound, words, and digital expression, young creators are encouraged to reflect, explore, and create in ways that honor both self and community. Participation is open worldwide, with submissions continuing through January 2026. We invite parents, educators, mentors, and young creatives to join us in nurturing the next generation of storytellers.



ALKEBULAN'S ABODE

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