

DECLARE YOURSELF!

Beautifully
Brown

THAT IS ME



BUILD TOGETHER

Behind the Scenes

INSPIRED BY: SELF LOVE

Sending you moments to tend to self!

ILLUSTRATIONS

AND WRITING

KUWAJASIRI Indomela

By:

Cover Photo

Language of Page Numbers ---
TWI - Dialect of Akan

Authentic Creations Publishing Apothecary is a grassroots group spreading the wisdom of Seeds through tending the wounds of Communities Of Heritage (Of Colour), and their land with our programs since 2011.

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If you want to contribute in another way, YES PLEASE. Email us at literature@riseup.net

www.ArtisticApothecary.wordpress.com

Authentic Creations PROGRAMS

Authentic Creations



LIVING MY TRUTH



Cultural Seed Drive

Requesting Seeds native to west Africa, the Caribbean
& the Diné Nation for People of Heritage (of Color)

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Beautifully Brown, That Is Me is a zine that showcases my transformation from hurt to worthy and finally displays Be Brave Art Show in full glory. With the help of words and imagery I share my experiences living through racism, genderphobias and some ways we can better ourselves for the future. This zine is an affirmation that, once again, I take up authentic space in this world. So let us celebrate!!

Dedication: To Every Genderqueer of Heritage that needs a reminder...

You Are Worth It
You are a potent elixir that is changing the world.

Potent

Contents

and *Warnings*

*Welcome, Self-Care, Intentions, Pronoun Poem, Screen Prints, Uplifting Imagery, Space To Be Me Prose, Majik, Sea Hibiscus Image, Profound Shifts Prose, *Be Brave Art Show* center fold nude images**

Hwee-oo

DECLARE YOURSELF

Bienvendida. Welcome. *Beautifully Brown, That Is Me* is a culmination of four Sun Cycles/años of tending my wounds, amplifying my self worth, detaching from family and expressing my genderqueer truth. Exhale. Big Mighty Mighty Big work. This zine is a celebration of that journey now complete. My ask of you is to celebrate more, especially yourself and your journey. Perhaps you will find ideas and inspiration in this zine. I hope to.

Deep breathe. Take a moment to check in with yourself... How is your breathing? How is your heart? Do you have needs in this moment? Food, beverage, stretch, cry, talk, silence, smoke, yell, nap, cuddle, sex, dance! We have needs in every moment. You are the one who can express and meet these needs.

This zine shows off my wellness and care for self in addition to Be Brave Art Show. The model based art show I hoped to present in Nucchu Territory, Durango, Colorado four Sun cycles ago. To learn my story of neglect, trauma, and racism experience my zine *Beautifully Brown, like me*.

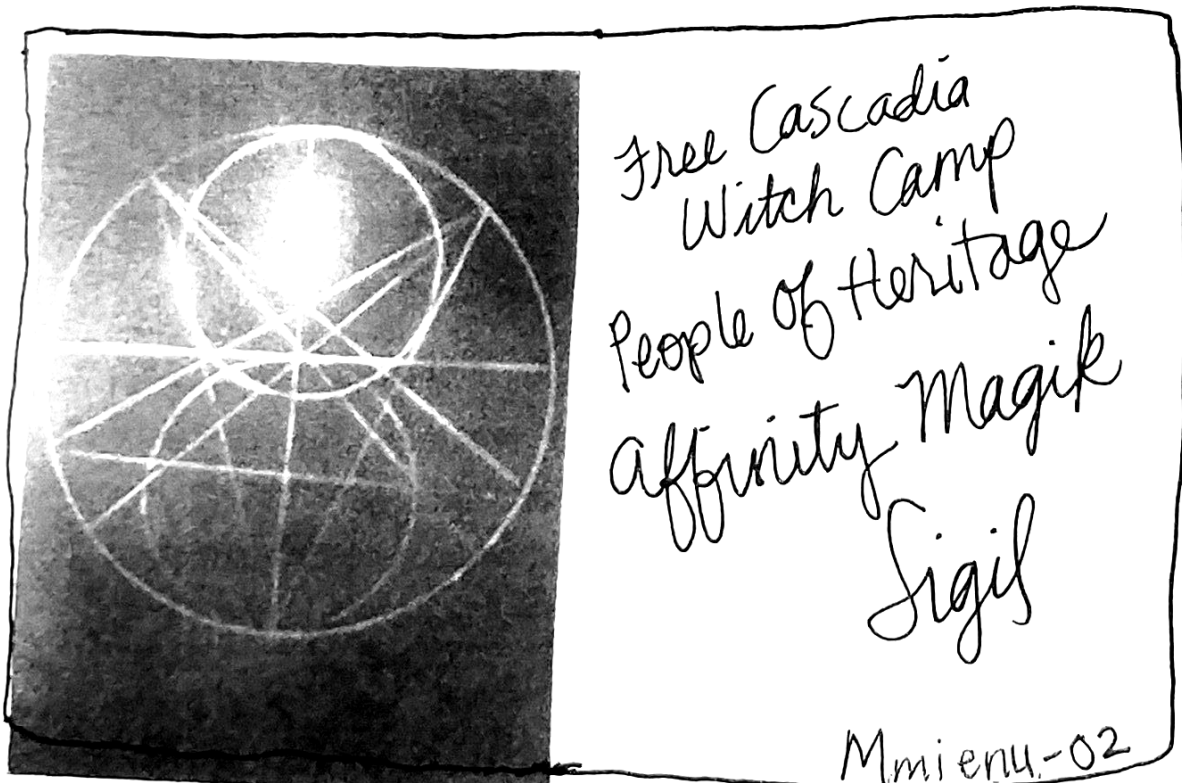
Now that I have weathered the storm, moved from Nucchu Territory to Calapuyo Territory on the west coast to the low desert of Shoshone Territory I am ready to return to Nucchu Territory. As I express I have some unfinished

Baako-01

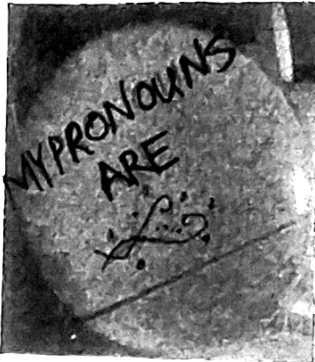
business. First item is distributing 100 copies of *Beautifully Brown, like me*. So the community knows my story, and perhaps does something. My ask, in this moment, is whatever wells up in your heart you act on it.

I am also spreading this zine *That Is Me* to my peers so we can have collective hope once again. Something that allows me to have my full range of self honoured is Herbal Freedom School, a People Of Heritage only Ancestry based wellness tending online course taught by Toi Scott. Epic!! An opportunity, that lasts 6 Moon cycles/months. When that is complete I will celebrate!! How? Is still in the works. Perhaps a large Ancestry altar to symbolize our now stronger connection.

Breathe. Noticing. Set an intention for your experience with this zine? Mine is to fall deep into the shininess on the other side. Be held and receive love in that space. I deserve that!



What Are Your Pronouns?



THIS IS ME

My pronouns are a conversation
something deeply embedded in me
come closer if you want to listen to a

One word
simply
lacks the
complexity
that is me

gender queery
neither
he
nor
she

Call me this one or the one
so I can stay uniquely me

Mmiansa-03

Screen Print
By Canyon
Country
Rising Tide



Call me
Rainbow



AMPLIFYING MY SELF WORTH

Enan -04

I have a really great article, Remembering and Returning; the full writing is in the EarthFirst! Journal and an excerpt is in the Seed Broadcast Journal. Please seek those out if this zine resonates with you. Really great because it outlines my journey and how I use plants as Allies to build closeness with my Ancestry. While helping other Communities Of Heritage do the same.

Finally there is space to be me!

kuwa jasiri Indomela

kuwa jasiri in Kiswahili means be brave.

Indomela in the Zulu language is a tree flower that resembles folks emerging together.

A reminder to myself to emerge bravely!

As you may know I am a genderqueer, majikian, wellness provider that writes. The world is so lucky to have me, especially embracing my fullness. You are welcome. So I will take a few moments to out myself. Realizing this previously was a rarity in my life and actively suppressed by my egg and sperm donors, some call them parents. I do not.

Back to me. My gender as expressed in the poem is a conversation. Even the pronouns that one and this one leave lots of me to get to know. My gender is. It never moves around or changes, oh some say fluid.

My gender is... a little conforming, femme, dominate, rough around the edges, certain, vibrant, firm, whimsical, intuitive, majikal, plant based.

Picture a Male Seahorse who grows their babies in his body.
Or a flower blossoming that reveals a Bee nestled inside. Anything that makes you think and question EVERYTHING. Enter me.

This is the first moment in my life I have given myself space to explore fully my gender. I give great thanks to you for witnessing this moment. I have much more to explore but the portal is now open...

Part of my recent gender journey is deciding to get an X gender marker on my drivers license (only available in some colonies). Oh and a name change because I am parting from my family and my birth name is deeply submerged in family linkages.

Yes, like many things genderqueer folks want to obtain the X gender must be approved by a therapist or allopathic physician. Blah. Thankfully I am in talk therapy and have been "approved" by my therapist who does not know what genderqueer is or the significance of the X marker. Oh the irony. My request for a signature sparked department wide meetings/information shares. You think if we have to get approval the least they can do is pre-educate people so they are ready when we give them papers to sign.

Alas, the plan is to move back to Nucchu Territory fully myself, get an X marker, change my name to Hibisco del Mar, or Sea Hibiscus in

Español, still need to figure out the exact translation. Sea Hibiscus is a tree in the Caribbean that indigenous folks use to make seacrafts. My goal is to reprogram my memories around sailing to this continent as slaves by sailing the route back to Afrika. First stop Caribbean Sea islands. If you know any epic sailing collectives or people please link us up!! Thanks.

Self-Worth –eyes bulge– to me is knowing that I have value and demanding respect from all beings. Also taking up the space I deserve in this world.

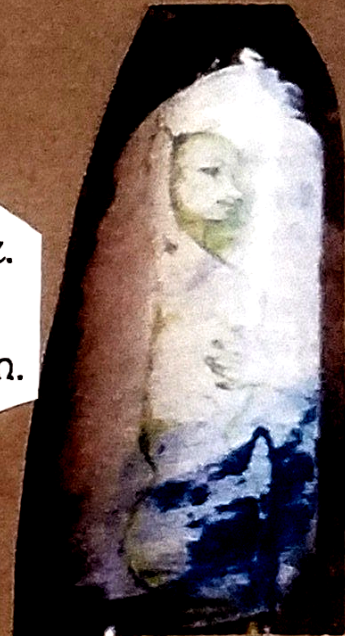
Nsia - 06

Be Brave Art Show reflects life as art



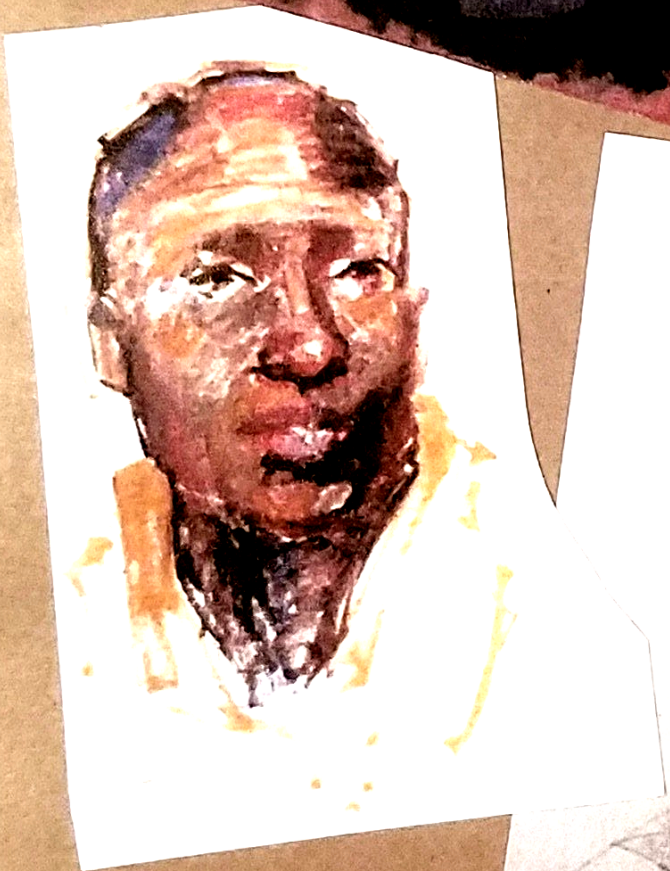
featuring
genderqueer Art Model
Kuwa Jasiri Indomela

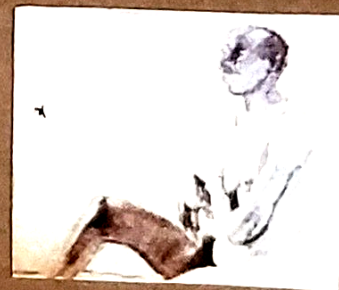
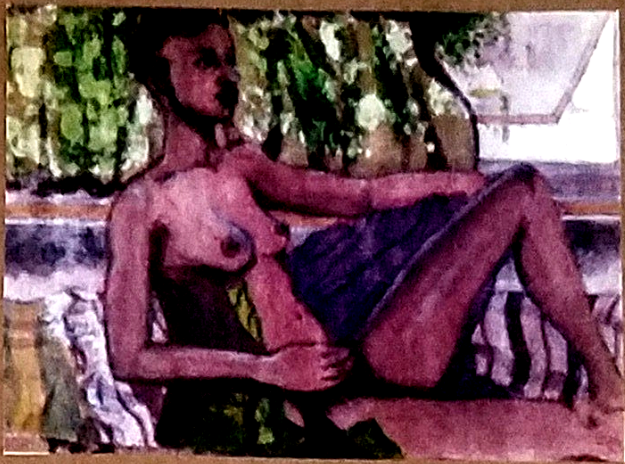
Be Brave Art Show is a celebration
of pigment as beauty, of an art model
who is regal, whimsical, elegance and poise.
In general a celebration of self.
this is your invitation to join the celebration.

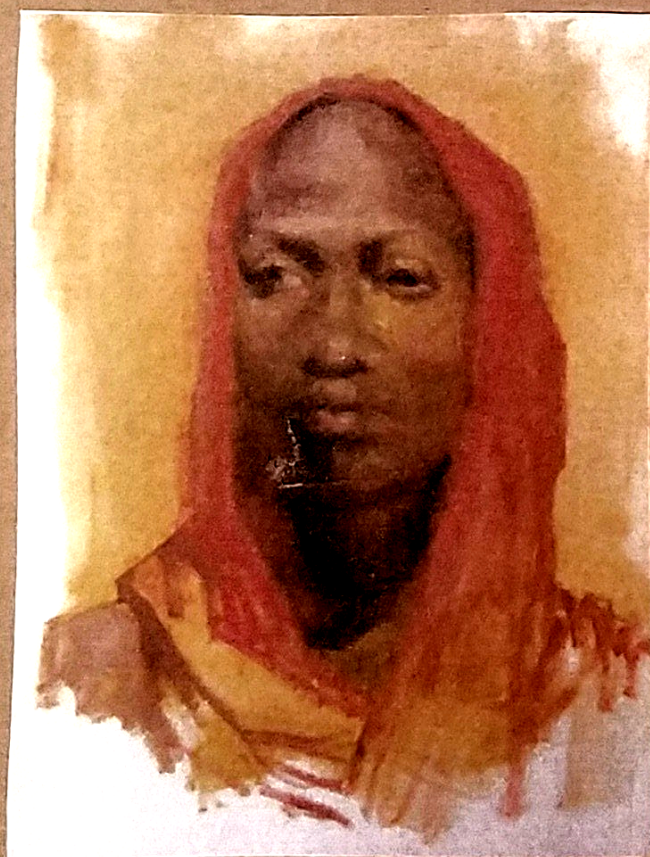


Paintings and Sketches by:
various artists









Self-Care to me is tending my inner
being, listening to the faintness inside
that directs me. Acting upon that which
is best for my truth realizing that staying
in alignment with self benefits all beings.

DubaaKo-11

The most profound shift in my life at this moment is in my practice of offering wellness to the world. Recently whenever I treat pale people (European descendants) I get their ailment. Clear sign. So now I only offer care to People Of Heritage. Which is scary and great. Focus and culturally relevant. Slaves treated pale folks for free. And I notice in my practice pale folks exploit my labour and care. No longer. They still line up for care, it feels GREAT to deny them and affirm myself, my people and other Communities Of Heritage.

This is my first outing of this publicly, but I think we need more of it. Wellness is pivotal to our survival. We must intertwine our social movements with wellness, self-care, rest and PLAY!

Okay I will let you in on an event that is brewing, Emerging Together 2020, a People Of Heritage, mainly queer organized liberatory majik gathering by us for us. As

Dumieniu-12



Pregnant Male Seahorse ↗



with any event we need more Organizers Of Heritage and a lush venue space preferably one that is People Of Heritage centered or owned on the west coast.

Beaming! This is truly the next phase of my existence.

The theme of the affinity gathering is Play! We will have elaborate and simple group and single games throughout the 6 day event.

Dumienisa - 13

Stay uniquely me

Of course this is a smooth blend of festivities: live bands, workshops, play, Nature exploration, rest, care, Ancestry tending, and inner focus. All while building lasting relationships in our affinity group. Oh yes we will be singing, performing rituals, collective art and celebrating our cross cultural connections.

The event will take place during a Full Moon Eclipse, June or July 2020. With this potent cosmic aide we will be washed a new, binding closer than ever to each other, ourselves and our lineage. We invite all sorts of People Of Heritage to attend; differently abled, parents, old folks, Indigenous, fat folks, queer, neurodivergent, you, the list goes on, all the different ways we show up in this world.

We are collecting funds from Allies/Accomplices/Comrades to make this event possible. Our fundraising goal is 25,000\$ of which we have 5,500\$ thus far! You can donate directly to Authentic Creations or our online fundraiser.

Dunan-14

*All the money raised goes to the gathering!
Help us with travel stipends, paying organizers,
facilitators, bands, care providers, gathering supplies,
outreach, paying for games, bouncy house, and carnival
rides. Let me be honest 25,000\$ is the minimum we need to
honour our people. So give your \$change to make change
happen. Thanks. Also get creative offer traveling miles,
gift cards, west coast homes for our face-to-face
organizers meetings, the possibilities are vast.*

*What else. We need folks to attend, folks to bring their
skills. Learn more about the event at*

ArtisticApothecary.wordpress.com/gathering

Integration of Culture

My culture. The ancestral blood that fills my heart. I am recently evolving; learning who I am and integrating that into my circadian rhythm. First my pulse led me to my family tree asking living relatives who came before us, their characteristics, occupations, hobbies and ethnicities. Then I submerged into the teaching of Kwanzaa and the legacy of Afrikan-American Excellence. Finally I emerge with the Plants, our accomplices in life. Culture is aided by Plants; foods, crafts, homes, medicines, play spaces. I am learning the vast value of the Plants that intertwine with my heritage.

In this moment I am becoming the great sum of my Ancestry.

LOVE AND LIGHT

SEA HIBISCUS

Español: Hibisco de Mar

Yoruba: Oni Hibiscus

Hawaiian: 'Ō Ka Hiku

ORIGIN: Caribbean, Pacific and Tropic Islands

FAMILY: Mallow (Malvaceae)

Edible: All parts

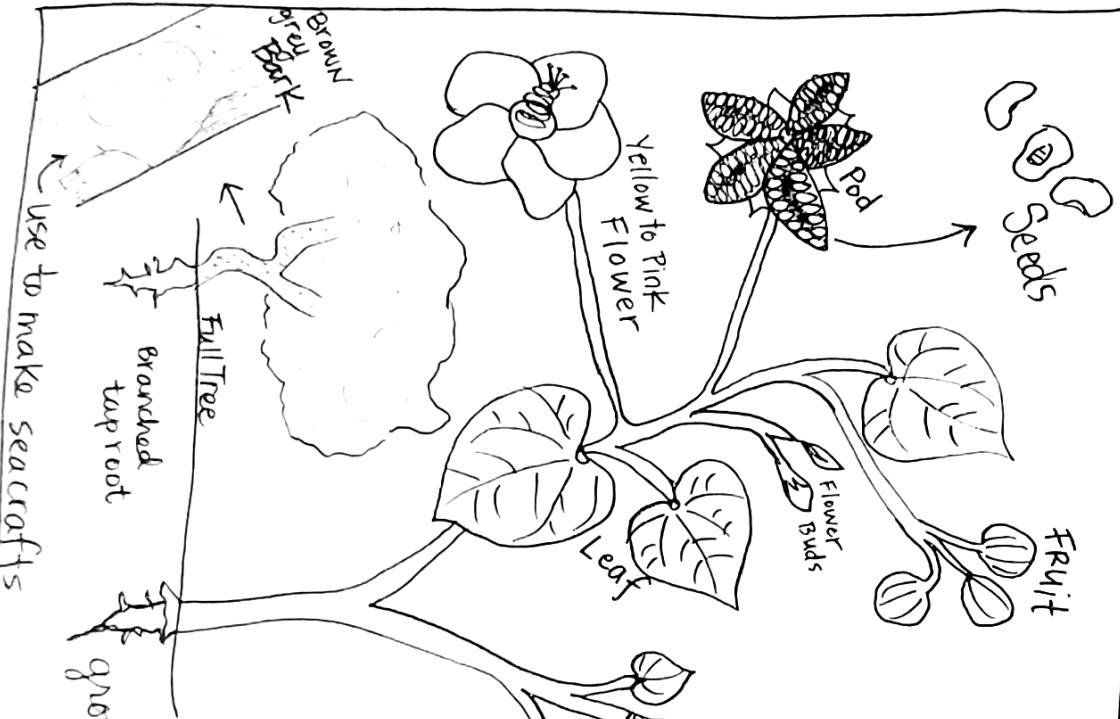


- ▽ fever reduction
- ▽ liver support
- ▽ digestive aide
- ▽ blood cleanser
- ▽ hair growth
- ▽ antioxidant
- ▽ relieves constipation

METAPHYSICAL

- ▽ love
- ▽ passion
- ▽ clairvoyance

growing in or near water in rocky, sandy soil

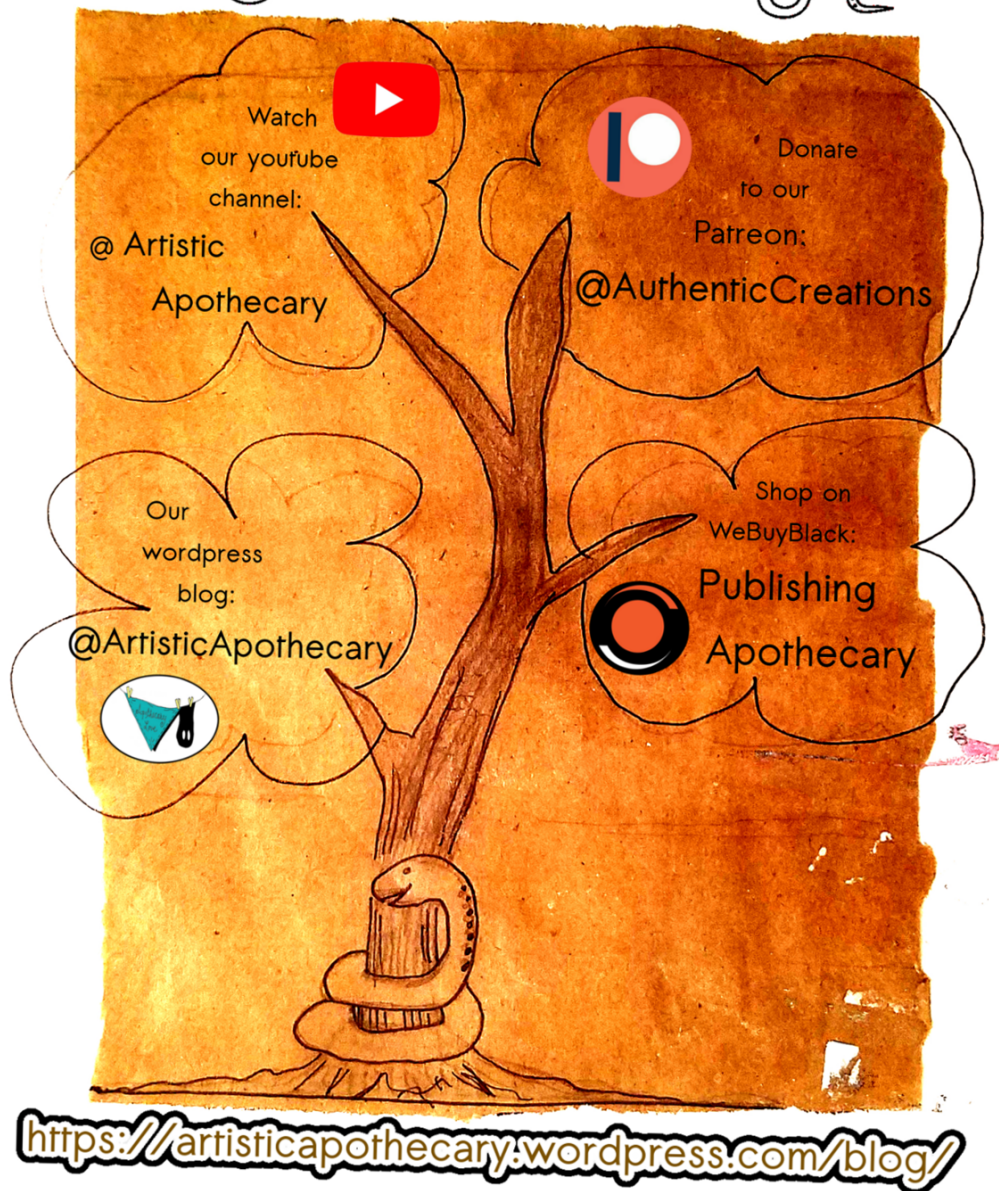


Kuwa Jasiki  Spring

Authentic Creations



LIVING MY TRUTH



Thank you for the gift of you showing up this lifeline.

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kuwa jasiri Indomela
that one/this one pronouns
Founding Executive of Authentic Creations

You know so much of me from this zine. What else can I tell you. I may be rough around the edges but I love deep and am really approachable. I am honest past your comfort, some say blunt. I am still trying to figure out how to use my computer in an encrypted way. What I lack I can make up for in many ways. I think this is a letter to my friend CChi, meet you in the future? Back to communicating with the general population, I love puzzles

Feature Stories

- * Seed Broadcast Journal
- * Art For Ourselves
- * EarthFirst! Journal

Your skills distinctly transcend reality.

- * Botanical Anatomy
- * First Aide To Face Adversity
- * Diné: Our Survival Is Bound To Theirs
- * Sheep herders Almanak
- * Beautifully Brown
- * Nature Based Self-Care

zine shelf:



**HAILEE
STEINFELD --
LOVE MYSELF
IBEYI -- RIVER
WHITNEY HOUSTON --
GREATEST LOVE OF
ALL**

Essential **TOOLS**

Create a new model that makes the old obsolete.

BELIEVE IN YOURSELF! ♡

Ibeyi means twins in Yoruba.

Affirmations

- ✂ The Piano Lesson (Play): August Wilson
- As Black As Resistance: (book) Zoé Samudzi
William C. Anderson
- Queer Africa (book): Edited Xaba and Martin
- Farming While Black (book): Leah Penniman
- ✂ The Healing Wisdom of Africa (book): Malidoma
Patrice Somé
- ✂ Secret Societies: Underground Railroad
- ✂ Herbal Freedom School: Toi Scott

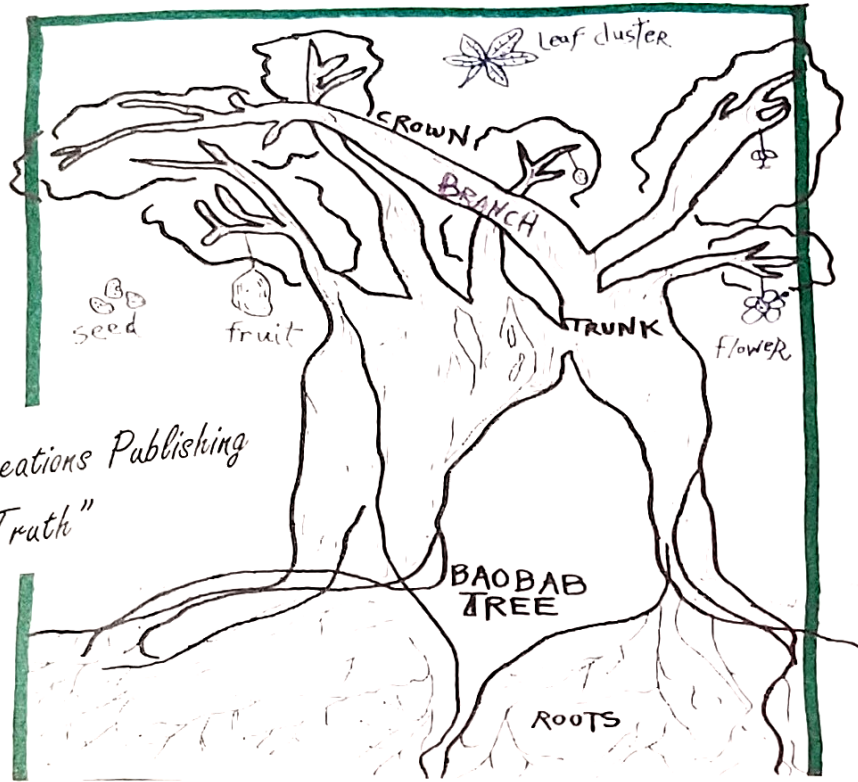
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for non-cursive print version of information.

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