



~QUEEN MIATA



# ALKEBU-LAN

## Activity 1: Fill in the Blank Activity with Support Guide

**Science/World History:** Birthplace of Man, Human Evolution, Cradle of Civilization, Ancient Civilization & Humanity

Created by:

**ONE NATION ENLIGHTENED GLOBAL KINGDOM**  
**Ministry of O.N.E. GLOBAL COMMUNITY INITIATIVE**  
**Sankofa School of Ancestry 'Claiming the Truth'**

[www.onenationenlightened.net](http://www.onenationenlightened.net)

©2019, 2022

# ALKEBU-LAN

1

2.

14.


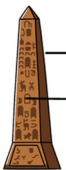

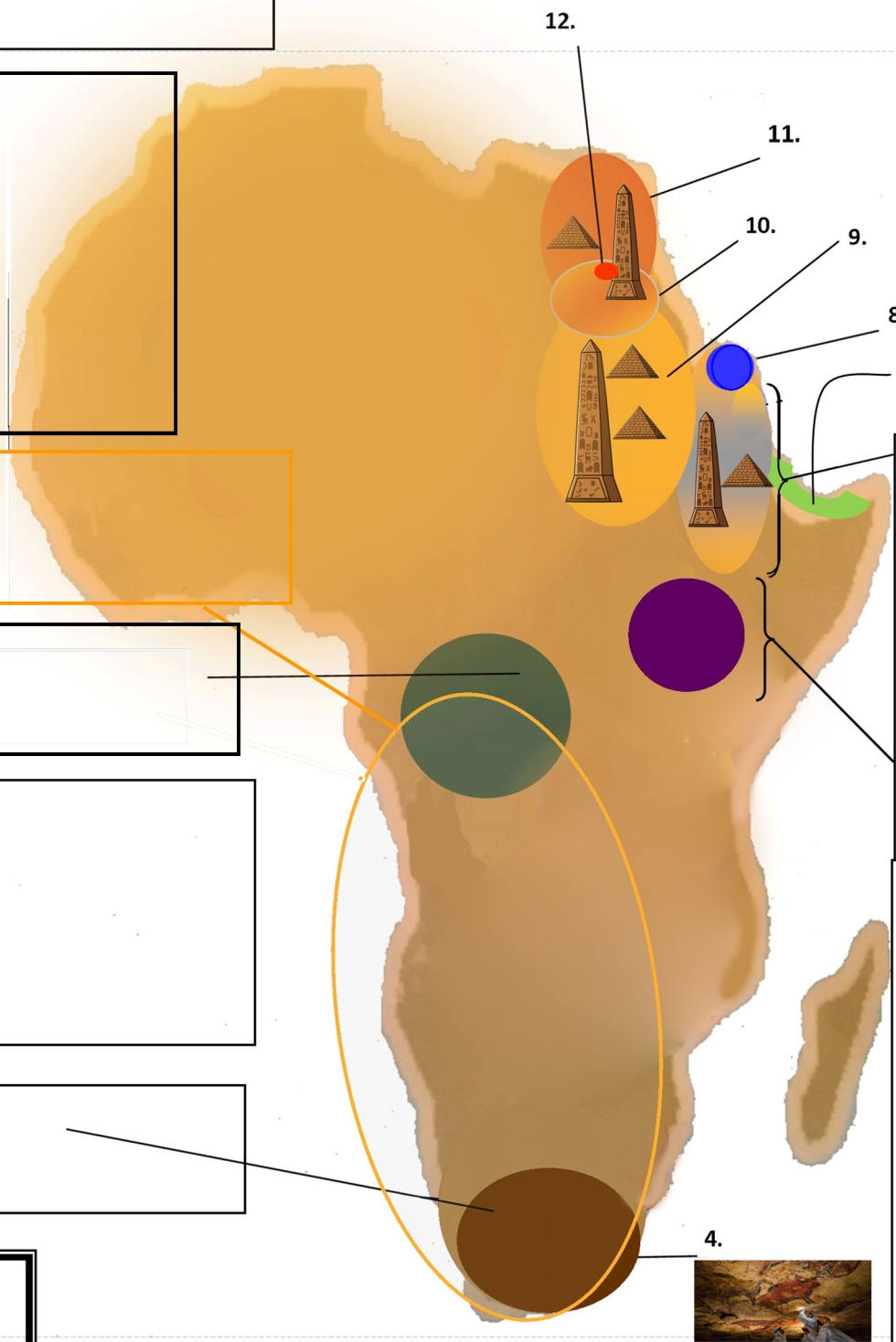
6a.

6b.

13.

5.

Symbols:

 — MR
  
 — Tekhen
  
 — Mdu Ntr


3.

**KEMET:**  
PRE-DYNASTIC PERIOD  
(~5000 BC - ~3200 BC)

15.

16.



17.

# ALKEBU-LAN

(Ancient Africa)

means

## 1. Mother of Mankind / Garden of Eden

### 2. CRADLE OF CIVILIZATION & HUMANITY

Truth: ALKEBULAN (Southern Africa, Katanda, Ta-Seti, Kemet, etc)

### 14. SPIRITUALITY

*Spiritual Power (Universal Laws)*

- Universal Law of **Mentalism**
- Universal Law of **Correspondence**
- Universal Law of **Vibration**
- Universal Law of **Polarity**
- Universal Law of **Gender**
- Universal Law of **Cause and Effect**
- Universal Law of **Rhythm**

**6a. Oldest Known Human Culture** (San People, 2021)  
Southern Africa Countries: Botswana, Namibia, Angola, Zambia, Zimbabwe, Lesotho, and South Africa  
(140,000+ to 100,000 BP)

**6b. Oldest Known Human Culture** (2019)  
Katanda, Zaire (Congo)  
**90,000 BP**

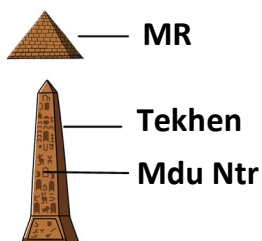
### 13. THE ALKEBU-LAN (ANCIENT AFRICA) EDUCATION

Dr. Asa Hilliard

1. Unity with **NATURE (NTR)**
2. Unity between **SELF AND NATION**
3. Development of **CHARACTER**
4. Development of **SOCIAL RESPONSIBILITY**
5. Development of **SPRITUAL POWER**

5. Area later known as South Africa Region  
Rich Archaeological Finding  
**100,000+ BP to 20,000 BP**

Symbols:



12. TA-SETI, NUBIA - \*Oldest Monarchy (~5900+ BP)

11. KEMET (KMT) [ Zenith period ~3200+ BP  
Conquered 332 BC by Greeks ]

10. NUBIA - (Roman Name) Area comprised of Lower Kemet and Upper Kush

9. KUSH

8. DMT (Damot)

7. PWNT (Pwenet/Punt)

**Oldest Fossils**  
Areas later known as Ethiopia and Kenya  
The oldest hominid fossils ever discovered

- A. "Ardi" (*Ardipithecus ramidus*)  
~4.2 million yrs. ago
- B. "Lucy" (*Australopithecus afarensis*) ~3.4 million years ago
- C. *Kenyanthropus platyops*  
~3.5 million years ago

**KEMET: PRE-DYNASTIC PERIOD (~5000 BC - ~3200 BC)**  
**15. FIRST CREATION STORY ATUM and AUSAR / AUSET (~4700 BC).**

**16. THE ALKEBU-LAN (ANCIENT AFRICA) JUSTICE**  
**The 7 Principle of MA'AT (~4500 BC)**

1. Truth
2. Justice
3. Balance
4. Order
5. Harmony
6. Reciprocity
7. Compassion

**17. MA'AT's 42 Negative Declarations - 'I have not...'**  
**(~3700+ BC)**

4. Blombus Cave



**Support Guide for Activity 1: ALKEBU-LAN (Ancient Africa) Fill in the Blank Activity****Science/World History:** Birthplace of Man, Human Evolution, Cradle of Civilization, Ancient Civilization & Humanity**1. Why this assignment is needed:**

I asked an US High School (Secondary) World History student, *Who do you think built what you know as the Pyramids, someone who looks like you or someone who looks like the Arabs who occupy Cairo today?*

His answer, *someone who looks like the Arab Egyptians of today.* I turned to the teacher and said, he can't leave your class believing that lie. I told him people who look like you and I built the MRs (Mirs) structures you know as the Pyramids. The people who you know as the present day Egyptians (Arabs) didn't enter Egypt until 648 A.D. , which cause the movement of the KEMITES/ALKEBULANS south.

Alkebu-lan (the true name for Africa) is the *Birthplace of Man* and the *Cradle of Civilization*. The oldest Cultures, Civilizations and Monarchies developed in Alkebu-lan. The Alkebulans are responsible for the Origin/Foundation of Civilization, Humanity, Medicine, Mathematics, Philosophy, etc.. including but not limited to the Greatest structures in the world (the MRs and Tekhenus, etc).

The Alkebulans (Original Man) are Black in hue due to Melanin, the substance in the Human Body, which captures energy from the Sun and raises the frequency of a person to a level of high vibration. The Alkebulans practiced Spiritual Power, developing and teaching the Universal Laws.

When the Greeks and Romans started conquering territory in Alkebu-lan, names were changed aiding them in making false claims to information, structures, practices, etc. developed in Alkebu-lan. KEMET, the zenith of Alkebu-lan, was conquered by the Greeks in 332 BC. The Greeks changed Kemet's name to Egypt. However, the KEMETIC Civilization and Culture lasted into AD.

Based on new findings of the Sankofa drawings in 25th Dynasty tombs, the movement of people from the Nile Valley to the Niger Valley ( area known as West Africa) can be made and their development of the Empires of Mali, Songhai, Ghana, etc. West Africa is the central area where people were sold and captured into slavery some resulting from the war of 1591 AD.

**2. Instructions:****a. Use correct names in the assignment**

Use **NTR** instead of God

Use **KEMET** instead of Ancient Egypt

Use **KEMITES** instead of Egyptians

Use **ALKEBULAN** instead of Africa

Use **MR (Mer)** instead of Pyramid

Use **MDU NTR, Medu Neter**, instead of Hieroglyphics

Use **Tekhen** instead of Obelisk

**b. Teaching strategy suggestion**

**Give each student a copy of page 2 and 4. Go over page 4 with students emphasizing:**

- the need for the assignment - discussion on history that is unknown, buried, stolen, lied about
- using correct names
- prerequisites

**Show students the answers 1 at a time. After each answer, go over the reference material and discuss the information.**

**3. Prerequisites:**

<https://youtu.be/fOhWXsB6Hdw>

<https://onenationenlightened.net/globalnetwork/2019/10/05/alkebu-lan/>

<https://www.youtube.com/watch?v=A-Y3hf2KA4U>

**Support Guide for Activity 1: ALKEBU-LAN (Ancient Africa) Fill in the Blank Activity**

**Science/World History:** Birthplace of Man, Human Evolution, Cradle of Civilization, Ancient Civilization & Humanity

**Referenced Material for Fill in the Blank Answers:**

- ALKEBU-LAN** - <https://onenationenlightened.net/globalnetwork/2019/10/05/alkebu-lan/>  
<https://www.drivesouthafrica.com/en/blog/africas-true-name/>  
<https://www.worldatlas.com/articles/what-was-the-original-name-of-africa.html>  
<https://www.ancient.eu/carthage/>

2. **Cradle of Civilization and Humanity:** Reference information and sources pertaining to numbers 1 through 12.

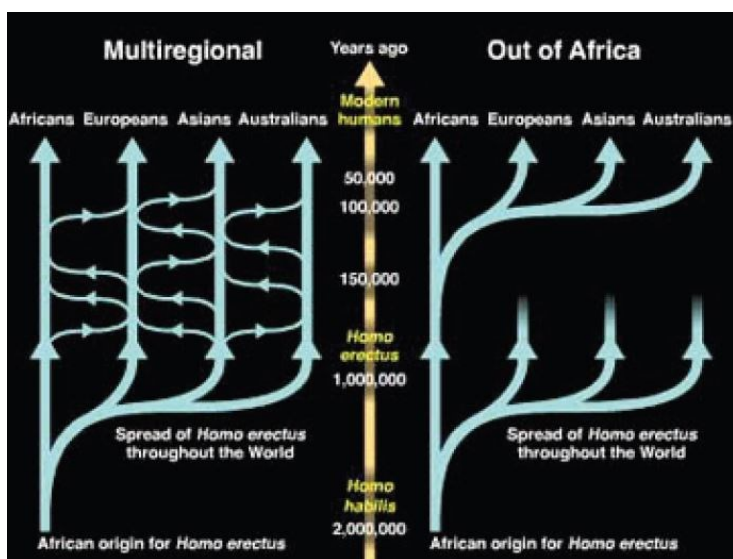
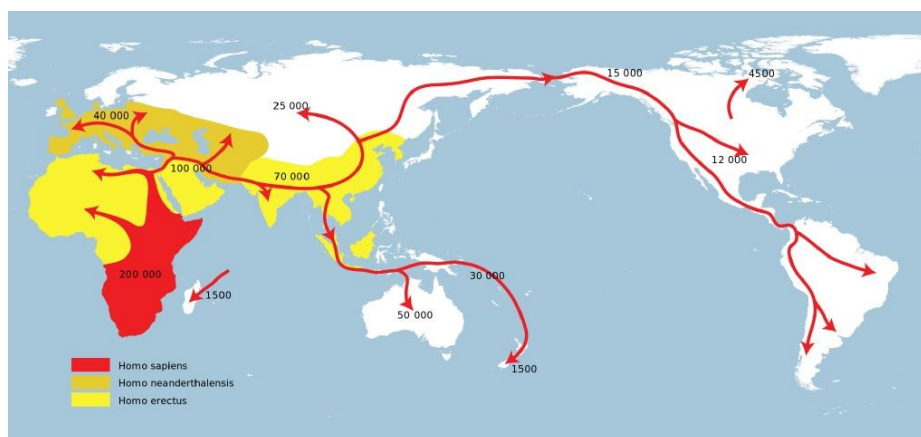
**CRADLE OF CIVILIZATION & HUMANITY**

**Myth:** Mesopotamia

**Truth:** ALKEBULAN (Southern Africa, Katanda, Ta-Seti, Kemet, etc)

In the typical High School/ Secondary School World History course, you will noticed the teaching of Mesopotamia being the center of Civilization. This is not true. Different records will show various dates for Mesopotamia culture. In my research, I have noticed the dates for Mesopotamia’s civilization get older as Archeologists’ findings/evidence show that the culture/civilization in Alkebu-lan (Ancient Africa ) started much earlier than first predicted. - Queen Phyllis L-Miata

<https://sites.google.com/site/sjyear12biology/human-evolution>



### Support Guide for Activity 1: ALKEBU-LAN (Ancient Africa) Fill in the Blank Activity

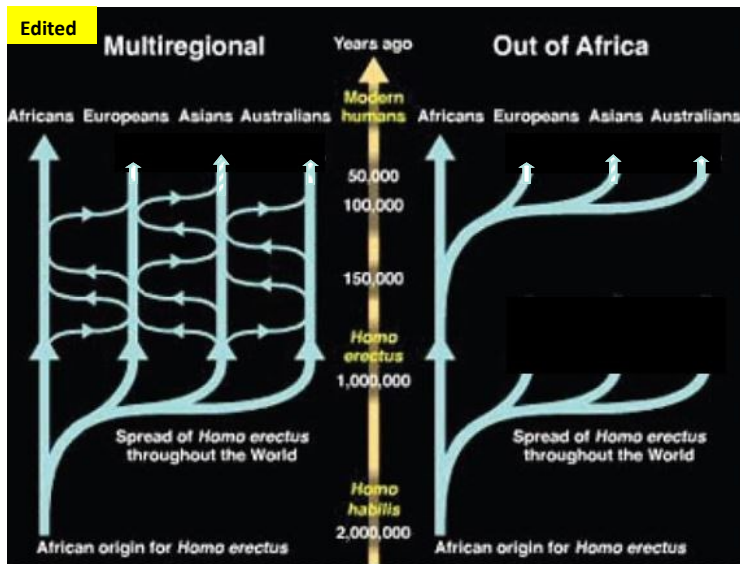
**Science/World History:** Birthplace of Man, Human Evolution, Cradle of Civilization, Ancient Civilization & Humanity

Evolution of Human Innovation , East, Alkebu-Lan (1.2 MYA)

<https://humanorigins.si.edu/research/east-african-research-projects/evolution-human-innovation>

The Multiregional Theory and Out of Africa Theory do not account for evidence supporting Alkebulan advanced highly develop civilizations that you will learn about throughout this activity.

The following diagram takes into account 'time' and environmental conditions effecting the migrating population. At any given time, Alkebulan civilizations would have been more advanced than populations in other parts of the world.



### 3. Oldest Fossils in Area later known as Ethiopia and Kenya:

A. Ardi: ~4.2 million yrs ago B. Lucy: 3.4 million years ago C. *Kenyanthropus platyops*: ~3.5 million years ago

<https://www.ethiopianadventuretours.com/about-ethiopia/ethiopian-history>

<https://www.sciencenews.org/article/african-hominid-ardipithecus-ramidus-fossils-upright-walking>

[https://www.sciencemag.org/site/feature/misc/webfeat/ardipithecus/326\\_36.pdf](https://www.sciencemag.org/site/feature/misc/webfeat/ardipithecus/326_36.pdf)

<http://humanorigins.si.edu/evidence/human-fossils/species/kenyanthropus-platyops>

### 4 and 5: Area later known as South Africa Region 100,000BC—20, 000+ BP and Blombus Cave

<https://www.newsnation.in/science/news/oldest-known-human-drawing-discovered-in-south-africa-archeologists-ochre-crayon-painting-found-in-blombos-cave-nature-journal-university-of-bergen-norwar-202732.html>

<http://joodsetgoeden.nl/human-origins-africa-map.html>

### 6a. The **San People** of Southern Africa trace their history directly to ancient peoples who lived around 140,000+ to 100,000 years ago

<https://www.oldest.org/culture/civilizations/>

<https://youtu.be/fCkI2rLNCuA>

<https://www.exploring-africa.com/en/botswana/san-or-bushmen/san-people>

### Support Guide for Activity 1: ALKEBU-LAN (Ancient Africa) Fill in the Blank Activity

**Science/World History:** Birthplace of Man, Human Evolution, Cradle of Civilization, Ancient Civilization & Humanity

- 6b. **Oldest Known Human Culture : Developed in an Area known as Katanda, Zaire (Congo) 90, 000+ BP**  
(Our research in 2019)

[https://www.jstor.org/stable/2886646?seq=1#page\\_scan\\_tab\\_contents](https://www.jstor.org/stable/2886646?seq=1#page_scan_tab_contents)

<https://www.dailymail.co.uk/sciencetech/article-4574046/Homo-sapiens-evolved-100-000-years-EARLIER-thought.html>

Mitchell, Michele. *AFRICA The Untold Story*, 2010, ISBN: 1451599641

7. **PWNT (Pwenet aka Land of Punt)**

<https://www.ancient.eu/punt/>

<https://www.pbs.org/wgbh/nova/article/egypt-punt/>

[https://en.wikipedia.org/wiki/Land\\_of\\_Punt#/media/File:Land\\_of\\_Punt.png](https://en.wikipedia.org/wiki/Land_of_Punt#/media/File:Land_of_Punt.png)

8. **DMT (Damot)**

<https://www.ethiopianadventuretours.com/about-ethiopia/ethiopian-history>

9. **KUSH**

Browder, Anthony. *Exploding The Myths, Vol. I: Nile Valley Contributions to Civilization*, 2016,  
ISBN: 0-924944-03-X <https://ikgculturalresourcecenter.com/ikg-store/books/exploding-the-myths-vol-i-nile-valley-contributions-to-civilization/>

<https://www.youtube.com/watch?v=A-Y3hf2KA4U>

Browder, Anthony. *Historical Timeline* <https://ikgculturalresourcecenter.com/product-category/poster/>

Mitchell, Michele. *AFRICA The Untold Story*, 2010, ISBN: 1451599641

10. **NUBIA**

Browder, Anthony. *Exploding The Myths, Vol. I: Nile Valley Contributions to Civilization*, 2016,  
ISBN: 0-924944-03-X <https://ikgculturalresourcecenter.com/ikg-store/books/exploding-the-myths-vol-i-nile-valley-contributions-to-civilization/>

Browder, Anthony. *Historical Timeline* <https://ikgculturalresourcecenter.com/product-category/poster/>

Mitchell, Michele. *AFRICA The Untold Story*, 2010, ISBN: 1451599641

**Support Guide for Activity 1: ALKEBU-LAN (Ancient Africa) Fill in the Blank Activity****Science/World History:** Birthplace of Man, Human Evolution, Cradle of Civilization, Ancient Civilization & Humanity**11. KMT (Kemet)**

Browder, Anthony. *Exploding The Myths, Vol. I: Nile Valley Contributions to Civilization*, 2016, ISBN: 0-924944-03-X <https://ikgculturalresourcecenter.com/ikg-store/books/exploding-the-myths-vol-i-nile-valley-contributions-to-civilization/>

Browder, Anthony. *Historical Timeline* <https://ikgculturalresourcecenter.com/product-category/poster/>

Mitchell, Michele. *AFRICA The Untold Story*, 2010, ISBN: 1451599641

**Other: Zep Tepi Theory** (New information about the Age of MRs of Giza):

<https://onenationenlightened.net/globalnetwork/2019/06/15/timeline-of-inhabitants-in-kemet-egypt-in-current-egyptian-museum/>

<https://www.ancient-origins.net/ancient-places-africa/36400-bc-historical-time-zep-tepi-theory-002617>

**12. Ta-Seti, NUBIA: The Oldest/Earliest Monarchy**

Browder, Anthony. *Exploding The Myths, Vol. I: Nile Valley Contributions to Civilization*, 2016, ISBN: 0-924944-03-X <https://ikgculturalresourcecenter.com/ikg-store/books/exploding-the-myths-vol-i-nile-valley-contributions-to-civilization/>

Ta-Seti, worlds oldest monarch civilization, <http://ourweekly.com/news/2009/jun/18/ta-seti-worlds-oldest-civilization/>

<https://www.nytimes.com/1979/03/01/archives/ancient-nubian-artifacts-yield-evidence-of-earliest-monarchy-clues.html>

Browder, Anthony. *Historical Timeline* <https://ikgculturalresourcecenter.com/product-category/poster/>

Mitchell, Michele. *AFRICA The Untold Story*, 2010, ISBN: 1451599641

**13. THE ALKEBU-LAN (ANCIENT AFRICA) EDUCATION** by Dr. Asa Hillard.

Browder, Anthony. *Historical Timeline* <https://ikgculturalresourcecenter.com/product-category/poster/>

**14. SPIRITUALITY - SPRITUAL POWER: 7 ANCIENT UNIVERSAL LAWS**

L-Miata, Phyllis (aka Queen Miata). *PERMISSION TO BE GREAT: Your Greatest Potential, Your Household DNA, Your I AM Spirit*, 2017, ISBN: 9780975991749 <https://onenationenlightened.net/global/books/>

<http://www.kybalion.org/kybalion.php>

Pert Em HRU, *Egyptian Book of the Dead (Misnomer)*, by E. A. Wallis Budge

**15. FIRST CREATION STORY ATUM and AUSAR / AUSET (~4700 BC)**

Browder, Anthony. *Historical Timeline* <https://ikgculturalresourcecenter.com/product-category/poster/>

Browder, Anthony. *Exploding The Myths, Vol. I: Nile Valley Contributions to Civilization*, 2016, ISBN: 0-924944-03-X <https://ikgculturalresourcecenter.com/ikg-store/books/exploding-the-myths-vol-i-nile-valley-contributions-to-civilization/>

<https://www.youtube.com/watch?v=1yK3EdnC9Vs>



**Support Guide for Activity 1: ALKEBU-LAN (Ancient Africa) Fill in the Blank Activity****Science/World History:** Birthplace of Man, Human Evolution, Cradle of Civilization, Ancient Civilization & Humanity**15. Cont: FIRST CREATION STORY ATUM and AUSAR / AUSET (~4700 BC)**

NUBIA/ KEMET		GREEK
AUSAR	Renamed by Greeks upon invasion	OSIRIS
AUSET	Renamed by Greeks upon invasion	ISIS
HERU	Renamed by Greeks upon invasion	HORUS
SETEKH	Renamed by Greeks upon invasion	SETH

**16. THE ALKEBU-LAN (Ancient Africa) JUSTICE - The 7 Principles of MA'At (-4500 BC)**

Browder, Anthony. *Exploding The Myths, Vol. I: Nile Valley Contributions to Civilization*, 2016,  
ISBN: 0-924944-03-X <https://ikgculturalresourcecenter.com/ikg-store/books/exploding-the-myths-vol-i-nile-valley-contributions-to-civilization/>

Browder, Anthony. *Historical Timeline* <https://ikgculturalresourcecenter.com/product-category/poster/>

Mitchell, Michele. *AFRICA The Untold Story*, 2010, ISBN: 1451599641

**17. MA'AT's 42 Negative Declaration - 'I have not...' (-3700 BC)**

Browder, Anthony. *Exploding The Myths, Vol. I: Nile Valley Contributions to Civilization*, 2016,  
ISBN: 0-924944-03-X <https://ikgculturalresourcecenter.com/ikg-store/books/exploding-the-myths-vol-i-nile-valley-contributions-to-civilization/>

<https://onenationenlightened.net/globalnetwork/2019/04/27/grand-rising-alkebulan-pt-2-global-enlightenment-original-men-it-is-time-to-choose/>

Browder, Anthony. *Historical Timeline* <https://ikgculturalresourcecenter.com/product-category/poster/>

Mitchell, Michele. *AFRICA The Untold Story*, 2010, ISBN: 1451599641