

Soul Walk

40 Days of Meditations



Quinita Edmonia Good

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Day 6

I am of the African race, and in the colour which is natural to them of the deepest dye; and it is under a sense of the most profound gratitude to the Supreme Ruler of the Universe.

--Benjamin Banneker

Slaveholders told us we were less than human. Some “scholars” taught us that we came from apes. Even today, we are faced with racism the minute we walk out of our doors. As people of African descent, we have most times internalized other people’s lies about us. Yet, Benjamin Banneker—the architect of Washington, DC—rose above those lies and came to thank the Creator for his race, his color, and all that was natural to him. What did he know that some of us don’t?

I believe Brother Banneker knew who he was. Not only that. His sense of himself was so strong that not even the national atmosphere of hate could challenge his belief. Not only did he know who he was, he lived a life of gratitude because of who he was. Do you know who you are? Are you thankful for who you are? Today, look into your mirror and thank the Creator for your very being!

I love myself!



Day 36

A people without a history is like wind on the buffalo grass.

--Sioux proverb

Today, I have chosen this Native-American proverb because of the truth of its words and context that resonate through me. I was blessed to be born in the late 1950s when the Civil Rights Movement peaked and the Black Power Movement was being born. The strides made on our behalf were phenomenal. In fact, every American benefited from the blood, sweat, and tears of our warriors, because the real meaning of democracy was tried, tested, and redefined.

Moreover, Native Americans were also struggling for their rights and their land. Our histories are tied together. They, too, are the warriors who have struggled and added so much to our lives. Today, let us learn and remember their history as we remember our own. Better yet, tell a child and ask him or her to pass it on, because “a people without a history is like wind on the buffalo grass.”

I remember.

