

Journey of a Brother Preview...

The Wounded Healer



I never met my real father.

Marge (that's Suzanne to you) told me that the night I was born, he passed away.

I can't even imagine what that must have been like for her.

She told me that when she first looked into my eyes, she could have sworn she saw my father's soul, but after the sedative wore off, she couldn't be sure.

Even though I never met him, Marge says I have so many of his qualities and characteristics. Sounds like he was a great guy! (Chuckles).

Marge got remarried to Ishmael when I was three; he grew up in the same village as my father in Ghana. As boys, they went to school together. He was able to fill in a lot of blanks for me, about what my father was like in his early years.

I'm grateful to him for that.

As far as Marge is concerned, he was a life-line for her; I don't know what she would have done without him at the time...even now.

When I was three, Marge sent me to live in my father's village for four years. They stayed with me for the first 6 months, then when I was settled, she moved to America and married Ishmael. I'll tell you more about my

adventures in my father's village later, but from what I can remember; all I can say is, it played a big role in the person I am today.

In family tradition, I was given my father's name, my grandfather's name, and my great-great grandfather's name. Marge also kept my father's wish and worked out my Life Path Number to give me a name that would help me fulfil my destiny. I really want to use this name more, but everyone has taken to calling me 'Charlie' in memory of my father, and I wouldn't wanna break his legacy...

I seem to have inherited (or should I say *inherited*?) my father's artistic talents. My art is my creative outlet; I have deep, buried emotions that often cause anxiety in me. There's no apparent reason for this, as I've lived a pretty good life really. But I can feel it inside, gnawing away at me. I find it hard to open up and share my feelings; maybe it's to do with the trauma Marge suffered the night I was born, or her detachment from me in my early weeks. I don't know, I'm just speculating.

My Life Path Number is 11. According to Numerology, this is a 'Master Number', one of the few numbers that doesn't get reduced to a single digit. I took to studying Numerology after Marge gave me my Numerology report for my 16th birthday. There was so much in it I could relate to, especially the part that said I had traumatic psychic experiences in childhood which may haunt me in adulthood. I still wake up pinned to the bed, unable to move sometimes. I try to call for help, but no words come out. Eventually it wears off, and I can get up. But they're frightening, so real. I also have profound recurring dreams; one of them is of discovering a room in our house that I hadn't noticed before. When I open the door, I find all these hidden treasures that I didn't know were there. I think my subconscious is trying to tell me that there are parts of my *mind* which I have yet to discover.

My report said people with a Life Path Number 11 make glorious artists, writers and musicians. I'm an artist *and* musician; it also said I'm extremely gifted at communicating my cosmic consciousness through my art. I'm not afraid to create works that other people might find avant-garde or bizarre. Charles jnr. takes a step backwards to look at the painting he's been doing; a vibrantly colourful abstract representation of the word 'Ase':



Artwork by Zari Olawale #blackpoetboy Instagram: zari_ink

Marge told me a story once, about her and my father being Twin Souls. She said they almost never fulfilled their Twin Soul Mission because he went off and had a baby with Maria. Marge said if he wasn't her Twin Soul, she wouldn't have given him another chance – and I would never have been born!

Ishmael told me the story of how he came to be with my mum; it started the night before my parent's wedding. Apparently, my father said something that piqued Ishmael's interest in Marge, but he wouldn't tell me what it was. He never thought he would actually get the opportunity to be with her, because he could see they had something special. But when my father passed away suddenly, he knew he had to at least try.

He flew all the way from Atlanta, Georgia for my dad's memorial, which was also my first birthday.

Ishmael said he waited for the right opportunity to make his move. Us men! (He chuckles again, in the same manner Charles used to).

He gave her his business card, and was pleasantly surprised when she called him a couple of weeks later. That's when he knew he was in with a chance.

Then, they met again in Ghana. Marge had to fulfil my father's wishes and take his ashes back to his father's village. She's a strong woman, but Ishmael was right there beside her when she needed him the most – and has been ever since. I don't know what she would have done without him, they're just right for each other.

I hope I meet someone I can have their kind of relationship with. They're not *Twin Souls*, but they're definitely Soul Mates. Marge said she didn't think she would ever meet another man who she could connect with the way she did with my dad. Their relationship isn't as intense, but it's more balanced, she said.

I'm wondering if I have a Twin Soul? You know, like people who are *physical* twins are more likely to have twins, so maybe it's the same spiritually? My parents were Twin Souls, so it's highly likely that I have a Twin out there somewhere too. And if I do, when I meet her, I won't waste

any time marrying her. If she tries to run, I'll chase her until she has nowhere left to hide...

Ishmael keeps telling me not to get too caught up on the whole Twin Soul/Twin Flame thing. He said he spent years looking for his, but ended up with Marge instead, which is even better for him!

Ishmael raised me as his own, even though he has two older children. Between Marge and him, they have five children, and if I include my half-sister Ebony, that makes six of us, and we're all like best friends.

My two older brothers, Micah and Elijah, are now aged 36 and 38, both married with children of their own. Ebony is 25, and I'm almost 18. Ishmael's children from a previous relationship, Lamarra and Natasha are in their 30's as well. I'm the baby of the family; I've always been treated specially 'cos of that, or maybe it's because of the way I came into this world...

My earliest memory is of me taking my first steps. Marge says I couldn't *possibly* remember that, as I was only 9 months old! But I do; I remember 'Ma Ankrah stretching out her arms, coaxing me to come to her. I kept toppling over, but I got straight back up and stayed focused on my goal until I reached her. Another thing I distinctly remember is my father standing directly behind 'Ma Ankrah smiling at me, encouraging me to walk too. They couldn't see him, but I could. I knew instinctively who he was. I spent a lot of time with him, when I was supposed to be sleeping. He took me on many adventures in the other world, and taught me many things. I guess that's why they called me an 'old soul'. I met other relatives too, who had died on my father's side; my grandfather and great-grandfather who I'd been named after, and other relatives in my lineage. But the older I got, the less time I got to spend with them, and the

memories began to fade. I hardly remember any of the conversations I had with my ancestors now, but I guess it's stored somewhere in my DNA.

I had no idea at the time, that both Marge and 'Ma Ankrah had a hard time dealing with the fact that I'd replaced my father in their home. I don't remember feeling anything but love from them, even though Marge says it took weeks for her to begin bonding with me...

...Funnily enough, I have no memories of my early days with Ishmael. I don't remember when I started calling him 'daddy', but this is the man who raised me.

Still, my real father left his mark on me.

I don't even have to work if I don't want to; Charles made sure I was set up for life. But I feel like my life has more purpose than money; I don't quite know what it is yet, maybe I need to meet my Twin Soul first. Apparently, the purpose of Twin Souls meeting is not so much about *them*; it's to help raise the consciousness of the whole planet. Marge says that if she hadn't met my father, she wouldn't have been able to set up a successful business, and it's through the business that she's able to positively influence so many people all over the world.

We're rich. Even if we were to shut the business down, Charles taught Elijah how to invest money and make it work for him, instead of him working for money. Elijah has built our Nubian Business Empire using the tools Charles taught him. Marge wouldn't dream of shutting the business down now though; it's become his legacy...

There's not much for me to do in the business or at home, so I get to focus on my Self, and developing my natural God-given talents. It's almost my 18th birthday, and I've decided that I'm gonna travel. I want to learn all about different cultures, spiritual systems, and...plants. Well, plant

medicines to be exact. Ishmael got us into that; him and Marge have been using them for years, but I was always 'too young'. Now I'm gonna get to try them for myself.

Ishmael's a 'Psychonaut', a spiritual explorer who goes on adventures across vast galaxies inside his own mind. From his *insperiences* (as he calls them) the plant medicines help him to tap into his higher God-Self. I can't wait to begin this journey myself.

I finish my studies in July, and I'll be 18 by then, so I've decided to go travelling to 'find my Self', and see if I can get to the bottom of my anxiety issues. First, I want to go to Peru to do the Ayahuasca ceremony. Then, I want to go to Egypt to stare at the hieroglyphs with magic mushrooms in my system, and then, I'm going to Gabon to meet the 'Father of all plants', Iboga.

Marge said that when the film '*Black Panther*' came out in 2018, she was particularly interested in the parts where T'Challa and Killmonger were given a purple substance to drink before being buried so they could meet their ancestors. She said she had a *feeling* it was based on something factual, and said to her Self "if there are people who still practice that, I want to meet them!"

It was *Ishmael* who introduced her to plant medicines. They really helped her to heal apparently, not just from the trauma of my dad's death, but also her childhood and *ancestral* trauma, which had been passed down genetically through her DNA.

When my dad died, Marge had some sort of mental breakdown. Ishmael helped her to heal by administering psilocybin mushrooms. The psychoactive substances helped her to recover much quicker, apparently.

My brothers and Ebony have taken magic mushrooms, Ayahuasca and Iboga, many times. Everyone in the family has, for that matter. Now it's *my* turn!

My goal is to turn my 'wounded healer' identity into a creative and inspired healing path for myself and others.



'**Journey of a Brother**' starts in the year 2036, and is therefore futuristic.

I would like to interview **6 brothers** for this book, so if you have a compelling his-story that you'd like to share on any of the topics below, get in touch!

Topics include:

- Ancestral veneration
- Entheogens (plant medicines)
- The Twin Soul Phenomenon
- Music, Art and Food as Healing Tools
- Sacred Geometry
- The Game of Chess
- Evolvement of the Soul
- The Concept of Time
- The Collective Consciousness
- AI (Artificial intelligence) vs. Infinite Intelligence
- The Return to Nature

Your contribution will be credited, with links to your website/online presence in the e-book. Contact me: cezanne@journeyofasister.com

