

**Accept Your Own And Be Yourself**  
by  
**Sister Ebony Muhammad**



The American Black Woman is as a sponge. She absorbs everything within her environment as it is the nature in how she was created. What she reflects to the world however is indicative of what she has in her mind, what she holds in high esteem and what she thinks of herself.

The Black Woman in America is the champion imitator because she consumes all that she sees in Elle, Vogue and Cosmopolitan magazines, all that's shown on MTV and BET and whatever's playing on the radio. She receives all of this input and emulates it to the fullest.

Unfortunately for her, what she reflects is a muddled mixture of vulgarity, nudity and ignorance. She is much like a little girl playing dress up in clothing unbecoming of her. When we see the black

woman she is wearing fake hair, fake fingernails and fake eyelashes. Her skirt is short, her neckline is plunging and her heels are high. Her face is plastered with foundation and her eyes and lips are penciled and painted. Now we even find her tattooed and pierced! Who is this woman and who told her to display herself in such a manner?

No one would think this is a sophisticated woman with culture, refinement and intelligence. When questioned on her attire she says, 'I wear this because I like it, not for anyone else!' If you're nearly nude and everyone can see your body parts, you're not just wearing it for you. You're wearing it to be

seen, whether you admit it or not. You step to the world half dressed and pretend that you should be respected for your mind. But sister, you've just told the world that in your mind, you find it acceptable that strangers are permitted to feast upon what should only be for the eyes of the man you love and cherish. Black woman, you imitate the fashions from New York and Paris but they are not designed for you. Most fashions do not fit the curves with which our bodies are built. Even if you did support one of the numerous black rappers' clothing lines, they too would have us in skin tight and revealing attire. This is not the wear for the enlightened woman. Just as she

wouldn't walk in public with twenty, fifty and hundred dollar bills hanging from her pocket, an enlightened woman knows she is much too valuable to display her personal attributes to anyone who cares to look. Surely an enlightened woman knows she's worth more than paper money. It is unfortunate that now more than ever we are hiding under wigs and slathering our beautiful faces with foundation and pencil. What is the cause of this? Don't you know that with good care you could have a beautiful and healthy head of hair? This can easily be achieved if you stop

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processing your hair with these harsh chemicals. Stop using high heat every day to burn your hair straight and stop suffocating your scalp with these heavy lint and dust attracting hair greases. I've heard women say, "But what will I look like without a perm?" The answer is, "You." You will finally look like yourself once you end your dependence on the processes that make you other than yourself. Black Woman why cover your face with foundation? Eating the right foods, physically and mentally can produce a smooth, radiant and glowing complexion. We do not need artificial means to achieve beauty. Sister, do you know you are the standard of beauty for which others strived? White women tan, inject and implant themselves to death trying to look like you. Did you wonder why in the 1800's white women's dresses bowed in the front, side and rear? Whale bones were

attached together to create what's called a pannier hoop frame. When a skirt was worn over it, the woman appeared as if she had ample hips and backside, which the black woman has naturally. They were pretending to look like us and now we are pretending to be like them. What an unfortunate reversal! What must you think of yourself Black Woman to treat yourself in such a manner? It's like Halloween sometimes when I see how my sisters go about in public. The Most Honorable Elijah Muhammad told us to accept our own and be ourselves. Since we do not know who our true selves are, we must seek to find out. Reading Message to the Blackman in America by the Most Honorable Elijah Muhammad is an excellent start. It's true that concealing our faces in formaldehyde, displaying our nearly nude bodies and in general imitating the late comers to the planet is beneath us. The Most Honorable Elijah Muhammad said that if we go with him, he'll make it so others admire