



STUDY GUIDE

LECTURE: WHY YOU HATE YOURSELF:
THE EDUCATION OF THE NEGRO

DELIVERED:
SUNDAY FEBRUARY 15 2026

KEYNOTE:
REGIONAL STUDENT MINISTER
RODNEY MUHAMMAD

SUMMARY

This lecture delivers a comprehensive message on "**Freedom, Justice, and Equality**," the science of "**Willpower and Gut Health**," and a powerful historical and theological breakdown of "**The Reality of God**" and the crime of slavery.

Student In The Ministry Joseph Muhammad What the Muslims Want – Freedom, Justice, &

Equality Brother Joseph explores the core demands of the Nation of Islam's program as outlined in *The Final Call*. He defines the "Kindergarten Society" that judges individuals based on shapes and colors rather than merit. He breaks down the three types of justice—Retributive, Distributive, and Restorative—and uses the law of gravity to explain how divine law renders unequal things equal.

- **The Definition of Love:** He shares the Honorable Minister Louis Farrakhan's teaching that love is simply "Freedom, Justice, and Equality".
- **Surviving vs. Living:** The difference between living paycheck to paycheck and true freedom.

Student In The Ministry Tuere Muhammad The Science of Willpower & The Gut-Brain Connection

Sister Tuere addresses the crisis of substance abuse and the lack of restriction in American culture. She connects the teachings of *How to Eat to Live* with modern neuroscience, explaining how willpower is physically located in the brain's **Anterior Mid-Cingulate Cortex** and how gut health dictates mental health.

- **The San Francisco Lawsuit:** Discussing the city's lawsuit against food manufacturers for "ultra-processed foods" engineered to cause addiction.
- **Serotonin & The Gut:** Highlighting that 90–95% of the body's serotonin is made in the gut.

Student Regional Minister Rodney Muhammad

The Crime of Slavery & The Reality of God In a fiery keynote, Minister Rodney exposes the hidden history of the American presidency and the theological roots of the "Made Man." He details **George Washington's slave rotation** scheme in Philadelphia to bypass freedom laws and traces the origin of "**Jim Crow**" to a minstrel dance from 1830.

- **"Let Us Make Man":** A deep dive into Genesis 1:26, identifying the "Us" as the Aboriginal people (Pre-Adamites).
- **The Eagle vs. The Snake:** A strategy for defeating the enemy by lifting them into a higher altitude of wisdom.
- **God is a Man:** Scriptural proof from Genesis 18 where God appeared to Abraham as a man to eat and drink.

STUDY GUIDE: STUDENT IN THE MINISTRY JOSEPH MUHAMMAD

1. What does the Quran say about "compulsion" in religion (Surah 2:256)?

He states there is **no compulsion in religion** because the right way is clearly distinct from error. The truth offered should be so clear and bright that no force is necessary for a person to accept it 1, 2.

2. What are the core demands listed in "What the Muslims Want"?

The Muslims want **full and complete freedom, equal justice under the law** (regardless of creed, class, or color), and **equality of opportunity** 3, 4.

3. How does he describe the "Kindergarten Society"?

He explains that the white man's society is a "kindergarten society" because it judges people based on **shapes and colors** (skin color and body measurements) rather than human potential and development 5.

4. What analogy does he use to explain the power of "Law"?

He uses the example of a **pen and a book**. Though the book is heavier, if dropped, the **law of gravity** renders them equal so they land at the same time; similarly, divine law renders unequal people equal 6.

5. What definition of "Love" did the Honorable Elijah Muhammad give to Minister Farrakhan?

When asked "What is love?", the Honorable Elijah Muhammad answered that "**Love is Freedom, Justice, and Equality**" 7.

6. What quote from Frederick Douglass does he use regarding freedom?

He quotes Frederick Douglass stating that "**Freedom is the road seldom traveled by the multitude**", meaning only a few actually get to exercise true freedom 8.

7. Why does he argue we are "surviving" rather than "living"?

Citing Minister Rasul, he explains that if things like rising gas prices or missed paychecks disturb your peace, you are in **survival mode**, living hand-to-mouth, rather than truly living free 9, 10.

STUDY GUIDE: STUDENT IN THE MINISTRY TUERE MUHAMMAD

1. What statistic does she cite regarding substance abuse in America?

According to the National Survey of Drug Use and Health (2024), **48.4 million Americans (16.8%)** have battled at least one substance abuse disorder 11.

2. According to the Honorable Minister Louis Farrakhan, why do people seek comfort in addiction?

He teaches that the "**soul of man is constantly disturbed**," and when people find a measure of comfort (even in drugs), they want to rest there. However, God disturbs them to beckon them closer to Him 12, 13.

3. What is the "Anterior Mid-Cingulate Cortex" responsible for?

It is the part of the brain responsible for **tenacity, motivation, and willpower**. It acts like a muscle that grows when individuals consistently engage in difficult or undesirable tasks 14, 15.

4. What major legal action did the city of San Francisco take regarding food?

The city filed a lawsuit against top food manufacturers, arguing that **ultra-processed foods** are responsible for the public health crisis and are designed to stimulate cravings and overconsumption 16.

5. What is the "Gut-Brain Connection" regarding serotonin?

She notes that **90–95% of serotonin** (the feel-good chemical) is made in the gut, confirming that eating and digesting are central to our mental experience 17.

6. How does fasting affect the blood according to *How to Eat to Live*?

Fasting for three to nine days eliminates the particles of food containing **poisons** from the blood; the impurities die because they have nothing to feed on, leaving the person happy 18, 19.

7. What is the "Law of Abuse"?

Citing Minister Farrakhan, she explains that the **misuse of a gift** brings the law of abuse into play, which causes you to **lose what you have** by abusing it 20.

STUDY GUIDE: STUDENT REGIONAL MINISTER RODNEY MUHAMMAD

1. What is the theme for Saviours' Day mentioned in the lecture?

The theme is "**Make Your Lord Your Exclusive Object of Worship**" 21.

2. What is the distinction made between "Satan" and a "Devil"?

Satan is not just a devil; he is the **father of devils** and a sworn enemy who understands his position with God and intentionally plans to deceive believers from all sides 22.

3. What "crime scene" does Minister Rodney describe involving George Washington?

He details how George Washington brought slaves to Philadelphia but **rotated them out of the state every six months** to reset the clock and prevent them from petitioning for freedom under Pennsylvania law 23, 24.

4. What is the origin of "Jim Crow"?

It originated in 1830 (or 1832) from a white man named **Thomas "Daddy" Rice**, who painted his face black and mimicked the dance of a **crippled Black man**, which became the infrastructure to cripple Black people legally 25, 26.

5. What historical destruction happened during Reconstruction?

Black people built nearly **100 towns**, and more than **60 of them were burned down** by white mobs, along with the theft of **\$4.2 billion** (in today's dollars) from the Freedman's Bank 27.

6. Who is the "Us" in Genesis 1:26 ("Let us make man")?

The "Us" refers to the **Pre-Adamites** or the Aboriginal people of the earth, from whom the scientist Yacub came to make a new man 28, 29.

7. What makes the "Education of the Negro" unique in nature compared to animals?

No other creature (like a bee or ant) goes through an education process that makes it **hate its own kind**; only the Black man is educated to be against himself 30.

8. What is the "Eagle vs. Snake" strategy?

An eagle never fights a snake on the ground; it snatches the snake and takes it to a **high altitude** where the snake becomes disoriented. Similarly, Minister Farrakhan lifts the enemy into high wisdom where they cannot function 31.

9. According to Sister Ava, how does Satan speak to you?

Satan is so crafty that he speaks to you **in your own voice**, making you think his suggestions are your own thoughts 32.

10. How does the story of Abraham in Genesis 18 prove God is a man?

The Lord appeared to Abraham as one of **three men** who stood by him, and Abraham offered them **food and drink**, proving God has a physical reality 33, 34.

11. Why is the pig described as a "superior poison"?

It is described as a grafted animal (combining rat, cat, and dog) that was not created by the Originator, but made to contain a superior poison to kill the made man 35, 36.

12. Why are the Sun, Moon, and Star placed on the shoulder of the uniform?

They are placed on the shoulder rather than over the head to show that the **wisdom in the head** of the believer is greater than the universe itself 37.