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How To Become A Rastafarian Woman

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How To Become A Rastafarian Woman: A Guide to Living in Alignment with Roots, Faith, and Nature

Embarking on the spiritual journey of becoming a Rastafarian woman is a deeply transformative decision. It is not simply about wearing dreadlocks or listening to reggae music; it is a complete lifestyle shift rooted in faith, natural living, and a profound connection to the Divine. For many women around the world, the path of Rastafari offers liberation from oppressive societal structures and a return to a more authentic, grounded way of being. If you are asking yourself **how to become a Rastafarian woman**, understand that this journey begins within the heart and mind, unfolding through study, discipline, and a sincere commitment to the principles of the movement.

This guide provides a comprehensive overview of the steps, beliefs, and practices involved in embracing Rastafari as a woman. Whether you are drawn to the spiritual teachings of His Imperial Majesty Haile Selassie I, the call for social justice, or the simplicity of a natural lifestyle, the path requires dedication, humility, and a willingness to unlearn many of the constructs imposed by modern society.

Understanding the Foundation of Rastafari

Before you can fully commit to the lifestyle, it is essential to understand the core beliefs that define the Rastafari movement. Rastafari is more than a religion; it is a way of life, a consciousness, and a cultural identity. For a woman seeking to walk this path, knowledge of its origins and principles is the first and most crucial step.

The Central Role of Haile Selassie I

At the heart of Rastafari is the belief that His Imperial Majesty Haile Selassie I, the former Emperor of Ethiopia, is the returned Messiah. Rastafarians believe he is the living God, the King of Kings, and the Lion of Judah. Understanding this belief is fundamental. You must study his speeches, particularly his address to the United Nations in 1963, and his teachings on peace, unity, and African liberation. For a Rastafarian woman, reverence for Haile Selassie I forms the cornerstone of daily devotion and spiritual practice.

The Importance of the Holy Piby and Other Texts

While the Bible is central to Rastafari, it is interpreted differently than in mainstream Christianity. Rastafarians place great emphasis on the Old Testament and the Book of Revelation, seeing them as prophecies fulfilled in the person of Haile Selassie I. Additionally, the **Holy Piby** (the Black Man's Bible), the **Kebra Nagast**(The Glory of the Kings), and the writings of Marcus Garvey are essential texts. Garvey is considered a prophet who foretold the coming of the Black King. Reading and meditating on these texts will deepen your understanding of the spiritual and political dimensions of Rastafari.

The Rejection of Babylon

A key concept in Rastafari is the rejection of **Babylon**. Babylon represents the oppressive, materialistic, and

corrupt systems of the Western world, including colonialism, capitalism, and institutionalized religion. As a Rastafarian woman, you will learn to identify and resist Babylon in all its forms. This means questioning societal norms around beauty, wealth, consumption, and social hierarchy. Living outside of Babylon involves simplifying your life, reducing your dependence on artificial systems, and seeking truth in nature and community.

The Spiritual Journey of a Rastafarian Woman

Becoming a Rastafarian woman requires a deep personal transformation. It is a process of decolonizing the mind and reconnecting with your true self and your Creator. This section outlines the practical and spiritual steps involved.

Self-Study and Meditation

Your journey begins with solitude and reflection. Dedicate time each day to prayer, meditation, and reading. Meditation in Rastafari often involves reasoning, which is a form of group discussion and contemplation. However, you can also practice silent meditation or prayer while burning frankincense or myrrh. Focus on grounding yourself in the principles of love, truth, and righteousness. Ask yourself why you want to become a Rastafarian woman. Is it for cultural identity, spiritual fulfillment, or a desire to live more naturally? Your intention must be pure.

Observing the Ital Lifestyle

One of the most visible aspects of Rastafari is the **Ital diet**. Ital is derived from the word "vital" and refers to a natural, clean, and plant-based way of eating. For a woman, observing Ital is an act of honoring her body as a temple. The core principles of Ital include:

- Eating fresh, organic, and unprocessed foods: Fruits, vegetables, legumes, and whole grains are staples.
- Avoiding meat and fish: Most Rastafarians are vegetarian or vegan. Some avoid all animal products, while others may eat fish but avoid shellfish.
- Eliminating salt, artificial preservatives, and chemicals: Cooking with herbs and natural seasonings is preferred.
- Avoiding alcohol and cigarettes: The body is seen as sacred and should not be polluted.
- Using marijuana (the herb) as a sacrament: Cannabis is used for spiritual meditation and reasoning, not for recreational intoxication. It is considered a healing herb that opens the mind to deeper truths.

Adjusting to the Ital diet can be challenging, but it is a powerful act of discipline. Start by gradually eliminating processed foods and introducing more raw fruits and vegetables into your meals.

Embracing Natural Beauty and Modesty

For a Rastafarian woman, natural appearance is a reflection of inner purity. This often manifests in the following ways:

- Dreadlocks: Dreadlocks are the most iconic symbol of Rastafari. They are based on the Nazirite vow in the Bible (Numbers 6) and represent the Lion of Judah. Growing locks is a personal journey; you can start by allowing your hair to mat naturally or by twisting it with your fingers. Avoid chemicals and relaxers.
- Natural clothing: Modest, comfortable, and natural fabrics like cotton, linen, and hemp are preferred. Many Rastafarian women wear long skirts, dresses, and head wraps. Colors like red, gold, and green (the Ethiopian flag colors) are often worn, as well as white, which symbolizes purity and peace.
- No makeup or minimal use: True beauty is seen as coming from within. Many Rastafarian women avoid makeup, nail polish, and other artificial enhancements that are considered part of Babylon's standards of beauty.

Navigating Relationships and Roles as a Rastafarian Woman

Your role as a woman within the Rastafari community is one of strength, wisdom, and nurturing. However, it is important to approach this topic with nuance, as interpretations vary widely between different Mansions (sects) and individuals.

Respecting the Head of the Household

Traditional Rastafari maintains that the man is the head of the household, and the woman is the queen. This does not mean subjugation; rather, it emphasizes a complementary partnership. As a Rastafarian woman, your role is to support your partner spiritually, raise the children in the faith, and maintain the home as a sanctuary of peace. Many Rastafarian women are also strong leaders, educators, and providers in their own right. The key is mutual respect, love, and a shared commitment to the principles of Rastafari.

The Importance of Sisterhood

Building a community of like-minded women is vital. Rastafari emphasizes unity, and sisterhood provides emotional support, shared learning, and collective strength. Attend Nyabinghi gatherings, reasoning sessions, and community events where you can connect with other sisters. These gatherings are powerful spaces for prayer, drumming, and fellowship. Learning from elder queens who have walked the path for decades will provide invaluable guidance.

Raising Children in the Way

If you have children or plan to have them, raising them in the Rastafari tradition is a sacred duty. This involves teaching them about the history of Africa, the divinity of Haile Selassie I, the importance of natural living, and the rejection of Babylon's false values. Children are taught to be respectful, mindful, and connected to nature. Home-schooling is common among some Rastafarian families to avoid the indoctrination of Western educational systems.

Practical Steps to Begin Your Journey

Transitioning into the Rastafari lifestyle does not happen overnight. Here is a step-by-step approach to help you integrate these principles into your daily life.

1. Educate yourself thoroughly: Read the Holy Piby, the Kebra Nagast, and the Bible. Listen to speeches by Haile Selassie I and Marcus Garvey. Study the history of the Rastafari movement, from its roots in Jamaica to its global presence today.
2. Connect with a community: Seek out a local Rastafari community or mansion. The three main mansions are Nyabinghi, Bobo Ashanti, and the Twelve Tribes of Israel. Each has different customs and interpretations. Attend their gatherings, listen, and learn before making any commitments.
3. Start living Ital today: Begin by cleaning out your pantry and removing processed foods, canned goods, and items with preservatives. Shop at local farmers' markets for fresh produce. Experiment with Ital recipes and learn to cook with herbs and spices.
4. Begin your natural hair journey: Stop using chemical relaxers, dyes, and heat styling. Let your hair grow naturally. Research methods for starting dreadlocks, such as the natural freeform method or the twist and rip method.
5. Simplify your wardrobe: Donate clothing that is tight, revealing, or made from synthetic materials. Invest in comfortable, modest pieces in natural fabrics. Start wearing head wraps as a sign of humility and respect.
6. Embrace a sacramental relationship with the herb: If you choose to use cannabis, do so with reverence. Use it only for meditation, prayer, and reasoning, never for recreational escape. Respect the herb as a sacred medicine.
7. Practice daily prayer and meditation: Set up a small altar or sacred space in your home. Burn incense, play Nyabinghi drumming, and spend time in silence and reflection.

Common Misconceptions and Challenges

Walking the path of a Rastafarian woman is not without its difficulties. You may face judgment, misunderstanding, or discrimination from family, friends, and society.

Misconceptions About Rastafari Women

- Misconception: Rastafarian women are oppressed. While some traditionalist views may seem patriarchal, many Rastafarian women are powerful, independent, and highly respected within their communities. The key is finding a balance that honors tradition while affirming your own strength and agency.
- Misconception: All Rastafarians smoke marijuana constantly. Cannabis is a sacrament, not a recreational drug. Many Rastafarians use it sparingly and only for spiritual purposes. Some choose not to use it at all.
- Misconception: It is about outer appearance only. Dreadlocks and Ital diet are meaningful, but the essence of Rastafari is spiritual transformation and the pursuit of justice, righteousness, and peace.

Overcoming Challenges

You may face challenges in the workplace, with family acceptance, or in finding a community that aligns with your personal values. Stay grounded in your faith. Seek out Rastafarian sisters who can offer advice and encouragement. Remember that this is a lifelong journey, not a destination. Your commitment will deepen over time as you continue to learn and grow.

Conclusion

Deciding how to become a Rastafarian woman is ultimately a decision to return to your roots—spiritually, culturally, and physically. It is a path of discipline, love, and resistance against the corruptions of Babylon. By studying the scriptures, embracing the Ital lifestyle, honoring your natural beauty, and building a supportive community, you can walk this path with dignity and purpose. Every day is an opportunity to live in alignment with the Divine, to uplift your sisters, and to contribute to the liberation of all people. The journey is profound, the rewards are deep, and the transformation is real. Welcome to the way of the Rastafarian queen.

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