

# Abenaa

The Obosom of Abenaa and Abenaada



**Abenaa**

(Sekhmet, Iyaami Abeni, Nyohwe Ananu)

**ODWIRAFO**

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**ABENAA** (ah' beh nah) is the **Obosom** of the **okyin** (planet) **Abenaa** ("mars"). Her **da** (*day*) is **Abenaada** (tuesday). She is the **Obosom** of war, epidemics, healing and menstruation. **Abenaa** is the *Enforceress* of Divine Order, **Nyamewaa-Nyame Nhyehyee**. She is the *Principal Agentess of the Divine Hate* of **Nyamewaa-Nyame** (*The Supreme Being*). **Abenaa** operates as the *Divine Lymphatic System*, the law enforcement structure within **Abode** (ah-baw'-deh/*Creation*) - the Divine Body of **Nyamewaa-Nyame** and thus the lymphatic system within the Afurakani/Afuraitkaitnit (African~Black) body.



Okyin **Abenaa**

The Obosom **Abenaa** is called **Iyaami Abeni (Edan)** in Yoruba culture, **Nyohwe Ananu** in Ewe and Fon *Vodoun* culture and **Sekhemet** in ancient **Keneset/Khanit** and **Kamit** (Ancient Nubia and Egypt).

One of the variations of the *kradin* **Abenaa** is **Abenaba**. This variation is also shortened to **Abraba**. It is common in the Akan/Twi language and other Afurakani/Afuraitkaitnit (African) languages for the 'n' sound to become a rolling 'r' sound when pronounced in the middle of a word. The suffix denoting the feminine in Twi is written and pronounced variously as 'ba', 'na' and 'aa'. Thus, **Bena** is the masculine form of the name while **Abenaa**, **Abenawa**, **Abenaba** and **Abraba** are the feminine forms. The names **Abenaa**, **Abenawa**, **Abenaba** and **Abraba** are all variations of one another.

The variation **Abra-ba** is important, for the root **bra** (*bena, bna, bra, bara*) is also the root of the term **obra** which means the *menses* or *menstruation* in Twi. Moreover, the other term in the Twi language for *menstruation* is **asekyima** also spelled **asakyima** (ah-seh'-chee-mah). This is key, for the Obosom **Abenaa** is called **Sekhemet** (seh'-chee-meht or seh'-chee-maht) in ancient Keneset and Kamit. **Sekhemet** is recognized as the Obosom Who governs *menstruation*. Additionally, in Akan culture

girls who reach puberty and have their first menstrual cycle are taken through womanhood training. This form of rites of passage is called **bragoro** - the celebration (*goro/goru*) of the menses (*obra*). As the girls are going through the *bragoro* initiation they are called either **Obrani** or **Sakyima**. The term *obra-ni* means *to be* (ni) in/of the *obra* (menses) *state, condition* or *class*.

The term and name **Sakyima** designates one who has matured into the *asakyima* (menstruation) phase of life. **Sakyima** thus means *to be Sakyima*. The term and name **Obra** again references one who has matured into the *obra* (menses) phase of life. **Obra-ni** thus means *to be Abra* or **Abena**. Thus all Akan girls, once having reached puberty and taken through the sacred rites of the *Obosom of menstruation* are called **Abra (Abena)** or **Sakyima**, *the names of the Obosom of menstruation*. **This means that every Akan girl is called Sekhemet.** The *bragoro* ceremony, also called **brapue**, properly begins on **Abenaada**, the **da** (day) of **Abenaa** (tuesday – (*m*) *Benada*).



**Sekhmet and Ptah**

The name **Sekhmet** is written in the **metutu** (hieroglyphs) as **s-kh-m-t**. It can thus be pronounced Sekhmet, Sakhmet, Sakhmat, etc. This is why in Twi we have both spellings a-sekyima and a-sakyima. In one aspect, **Sekhmet** is the Wife of **Ptah**, the Fashioner of the Universe. **Ptah** is the masculine aspect of the *fire* at the innermost core of **Asaase** (Earth), while **Sekhmet** is the feminine aspect of this *fire*. **Ptah** is thus recognized to be the first King of Earth and **Sekhmet** is the Queen. The name **Sekhmet** as **Sakhmat** becomes Sakhmata, Sakhpata, **Sakpata** and **Sagbata** in Fon and Ewe culture. Thus, the **Sagbata Twins** are the **Vodou** (Deities) Who are considered the *first King and Queen of Earth*. The Fon and Ewe names of the **Sagbata** Twins are **Da Zodzi** and **Nyohwe Ananu**. This is **Ptah** and **Sekhmet** in Keneset and Kamit and **Oboade** and **Sakyima** in Akan.

In Akan culture, **Oboade** is recognized to be the *Fashioner of the Universe*. The name **Ptah** as spelled in the metutu in Kamit came to be pronounced Putah, Puteh, Butah, Buatah, Boadeh and **Oboade** in Akan.

**Sekhmet** also has the title **Sekhet** in the language of Kamit. The general term *sekhet* means 'field'.



**Sekhmet** as **Sekhet** thus references Her as an Obosom of the *Earth*.

**Sekhmet** is recognized to be a great Healeress. Her priests and priestesses are referred to as **sunut** meaning *physicians*. She is the *Bringer of plagues and epidemics* as *Divine punishment for disorder*, yet She also brings the cure. Her Husband **Ptah** is said to have brought an epidemic to destroy the shields (immunity) of the Assyrians who had invaded Kamit. This allowed the Kamau army to defeat the Assyrians. [*Battle of Pelusium*].

The power of **Sekhmet** and **Ptah** to punish and cleanse through epidemics is consistent with **Sagbata** as the Vodou of plagues and epidemics in Vodoun. Moreover, in Yoruba culture the Male **Sagbata** is called **Obaluaiye** which means *King of Earth*. He is recognized by the Yoruba as well to be the bringer of plagues and epidemics, but also to be a great Healer. This healing through destruction aspect is manifest in **Iyaami Abeni**, also called **Edan**, the female Orisha of Earth who cleanses the Earth of disorder. **Iyaami** means 'my mother' in Yoruba and also references the Divine Power of the Feminine Forces in Creation.

**Iyaami Abeni (Edan)** in Yoruba is **Nyohwe Ananu** in Fon and Ewe and **Abenaa** in Akan. She is an Obosom Who not only cleanses the okyin (planet) **Asaase** (Earth Mother) but also cleanses the individual 'Earth Mothers', **Afuraitkaitnit females**, through the menstrual cycle – the *asekyima* or *obra*. This cycle has always been honored as a Divine, sacred cycle.

**The asekyima or obra cycle is so sacred that Nyamewaa-Nyame designated an Obosom to govern the cycle.**

The cleansing that occurs via the **obra** cycle within the Afuraitkaitnit female is not only a physical rejuvenation process, but also a spiritual cleansing. In Akan culture, women who are in the obra state are called **obra-fo (Abenaa-fo)** and will sometimes dwell in an **obradan** (*obra house/dwelling*) during parts of their cycle in order to harmonize their *asunsum* (spirits) with the Obosom **Abenaa**, with **Asaase Afua** and **Asaase Yaa** (Earth Mothers) and with one another as human shrines of these Obosom.

It must also be noted that the term **abrafo** is the term used for 'police' – those who enforce Order. The verb **bra** means 'to forbid' while the noun form **mmara (mbra)** or **mmra** means 'laws'. The **mmarafo** or **barafo (abrafo)** are those who *enforce the laws*. This is directly related to **Abenaa** as the female Obosom operating as the *Enforceress* of Divine Order. She uses epidemics to punish those engaged in disorder, yet She brings the cure to those Afurakanu/Afuraitkaitnut (Africans) who seek to realign themselves with Order. This is a physical and moral cleansing/recalibration of the nation replicating the physical and spiritual cleansing/recalibration that occurs within the Afuraitkaitnit

female on a monthly basis. In the Afurakani/Afuraitkaitnit body as a whole, the cleansing process is affected via the lymphatic system.

**Sekhmet** is referred to as the *Red Lady* and is often dressed in a red garment wearing a red disk on Her head. She is also often depicted in a red and white dress:



The red disk represents the fire, the root energy of **Sekhmet**. She is the feminine aspect of the fire at the innermost core of **Asaase Afua** (Earth Mother), the innermost core of the **Aten** (Sun) and the innermost core of all *created* entities. **Sekhmet** thus has the title *Lady of Flame*, **Nesert**, in Kamit. The red disk also references the okyin/planet called **Bena** or **Abenaa** in Akan and **Heru Teshher** (*Red Heru*) in Kamit. One reason for this is the fact that the planet **Bena/Abenaa** (so-called "mars") appears red. This planet has thus been called the "red planet" for millennia. Red references fire and war. Moreover, the term for blood in Akan culture is **mogya**, often written **bogya**. The term 'obo' means 'stone' while **ogya** means 'fire'. **Bogya** thus references the creative fire in the stone (Earth) - **Sekhmet** as She Who governs the Feminine aspect of the fire at the innermost core of Earth. The verb 'bo' also means to 'make, fashion, create' which relates the fire in the stone (*bo*) to be a creative (*bo*) fire, *bogya*. The relationship between stone/Earth, *obo*, and to create, *bo*, is also a reference to **Oboade**.

**Sekhmet** is often depicted as a **gyatabere** (lioness). The gyatabere is the **huntress**, the fierce warriorress:



Below are excerpts from the text called the **Book of the Cow of Heaven** (*Destruction of Mankind*), found in the Tomb of **Seti**. In the text, the Obosom **Ra** (Creator of the Universe) directs the Obosom **Sekhmet** (**Sekhmet**) to destroy, to kill, those individuals who were creating disorder in Kamit:

*"...Then **Ra** spoke to [His Father] **Nu**, saying: - "O You first-born God from Whom I came into being, O You Goddesses and Gods of ancient time, my Ancestresses and Ancestors, take heed to what men and women [are doing]; for behold, those who were created by my Eye are uttering words of complaint [projecting disorder] against me. Tell me what you would do in the matter, and consider this thing for me, and seek out [a plan] for me, for I will not slay them until I have heard what you say to me concerning it."*

*Then the Majesty of **Nu**, to [His] son **Ra**, spoke, saying: - "You are the God who is greater than He who made You. You are the Sovereign of those who were created with You. Your throne is set, and the fear of You is great. Let Your Eye go against those who have uttered blasphemies against You."*

*And the Majesty of **Ra**, said:- "Behold, they have taken themselves to flight into the mountain lands, for heir hearts are afraid because of the words which they have uttered."*

*Then the Goddesses and Gods spoke in the presence of His Majesty, saying: - "Let Your **Eye** [**Arit**] go forth and let It destroy for You those who revile You with words of evil, for there is no eye whatsoever that can go before It and resist You and It when It journeys in the form of **Het-Heru**." Thereupon this Goddess went forth and slew the men and the women who were on the mountain (or, desert land). And the Majesty of this God said, "Come, come in peace, O **Het-Heru**, for the work is accomplished."*

*Then this Goddess said, "You have made me to live, for when I gained the mastery over [the disordered] men and women it was sweet to my heart;" and the Majesty of **Ra** said, "I myself will be master over them as [their] king, and I will destroy them." And it came to pass that [the Goddess] **Sekhmet** [**Het-Heru**] of the offerings waded about in the night season in their blood, beginning at *Suten-benen*....*

*.... And the Majesty of **Ra** said, "I live, but my heart hath become exceedingly weary with existence with them (i.e., with disordered women and men); I have slain [some of] them, but there is a remnant of worthless ones, for the destruction which I wrought among them was not as great as my power...."*

*"...And when these things had been done, [the good] men and women saw the god **Ra**, upon the back [of the Divine Cow]. Then these men and women said, "Remain with us, and we will overthrow your enemies who speak words of blasphemy [against you], and [destroy them]."*

*Then his Majesty [**RA**] set out for the Great House, and [the Goddesses and Gods who were in the train of **Ra** remained] with them (i.e., the good men and women); during that time the Earth was in darkness. And when the Earth became light [again] and the morning had dawned, the men came forth with their bows and their [weapons], and they set their arms in motion to shoot the enemies [of **Ra**].*

*Then said the Majesty of this God [**Ra**], "Your acts of violence are placed behind you, for the slaughtering of the enemies is above the slaughter [of sacrifice]" ....*

In the above excerpts, **Sekhmet** is referred to as **Sekhmet**, as the **Arit Ra** or *Eye of Ra* and also as **Het-Heru**. Here, **Het-Heru** is used as a title. The Obosom **Het-Heru** is related to the Obosom



**Sekhemet.** Both are Abosom Whom are referred to as the *Arit Ra* or *Eye of Ra*. Both of These Abosom also operate through aspects of the **Aten** (Sun).

In the text, the Creator of the Universe, **Ra**, consults His Father (**Nu**) and His Ancestresses and Ancestors when He determines that He must punish those men and women who were creating disorder in the world.

*We must recall that **Amen** and **Amenet** (**Nyame** and **Nyamewaa**) function Together as the Supreme Being. **Ra** and **Rait** (Creatress) proceed from **Amen** and **Amenet**. **Amen** and **Amenet** gave birth to **Nu** and **Nut** (**Nun** and **Naunet**), Who later gave birth to **Ra** and **Rait**, Who in turn created the Universe.*

**Sekhemet** is created and comes into being as the **Arit Ra**, the *Eye of Ra*, in order to execute Divine Justice. She comes into being as the Enforceress of Divine Order. She cleanses the Earth of disordered entities. As She engages Her Divine function/role as Enforceress, She conveys to Her Father **Ra** that doing so is “sweet to My heart”. **Sekhemet** then wades in the blood of the enemy.

Thus we have the Obosom of asekyima (menstruation), **Sekhemet**, wading through the blood. **Sekhemet** spills blood through menstruation and also spills blood for the preservation of the Divine Order. **Sekhemet**'s red attire references the blood of obra/asekyima, yet it also references Her role as the Enforceress of Divine Order.

As a Functionary of the Divine Lymphatic System within the Great Divine Body of **Nyamewaa-Nyame**, **Sekhemet** “wades in the blood” attacking the enemy. The cells of the immune system (lymphocytes) created in the bone marrow fight against the cancerous cells within the body. They “wade in the blood” of the circulatory system as they wage war. The fire within the bone marrow is the fire of **Sekhemet**. The red and white blood cells (erythrocytes and lymphocytes) manufactured in the bone marrow (*bogya* – fire in the stone/bones) find their expression in the red and white dress of **Sekhemet**. Bone marrow stem cells can also give rise to endometrial cells in the uterus. It is the endometrial lining that is shed in the process of menstruation.

The Divine Immune System and the Divine Lymphatic System are Two Aspects of the same Reality. The Abosom Who function through this Reality are **Bena** and **Abenaa**, the Expansive and Contractive Poles of **Nyamewaa-Nyame Kyi**, the Divine Hate of **Nyamewaa-Nyame**. Divine Hate is the Divine Rejection of disorder for the purpose of maintaining the integrity of the Divine Order. The Universe is Created through Law (the Abosom **Maa** and **Maat**) and is sustained through Hate (**Bena** and **Abenaa**). Just as your body would collapse without the Immune/Lymphatic Structure, so is the Universal Body, **Abode**, the Created Order, sustained by **Abenaa** and **Bena**.

Etymologically, the root term 'ben' in the Akan language means: *to become red by boiling, to become hot; well-cooked, thoroughly fired.* When one becomes heated, one's skin and sometimes eyes often become red. If one's skin is burned it often appears red. Yet, to be well-fired/cooked also describes one who is *thoroughly tested (battle-tested), well learned, well experienced; serious.* The term for "professor", meaning one who is *well-cooked* (thorough) is thus **oben-fo**.





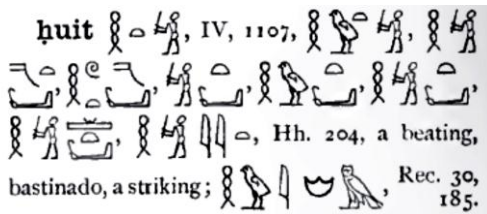
In our series on **MMARA NE KYI** [See: [www.odwirafo.com/nbwehwemupage.htm](http://www.odwirafo.com/nbwehwemupage.htm)] we have shown the etymological and cosmological root of the term *hate*, tracing it back to the languages of ancient Keneset, Kamit and Akan. We have shown that the term *hate*, derived from the greek *ked-os* is ultimately derived from the Kenesu-Kamau:

**khet/khed** or **het/hed**. It is a verb meaning *to break* or *destroy*. It also *denotes, grief, anguish, loathing*.

In the **metutu** (hieroglyphics) one of the spellings of the term is: **ht**

In english, derivatives of the term **ht** are: *hate, bit, hot, beat*.

To *hit* something or someone can be an exercise in *hate*/rejection. It leads to *breaking or destroying*. *Hate* (rejection of disorder), *Hit* (to attack) *Hot* and *Heat* (to fire/burn) all relate to the functioning of **Abenaa** as the Hot, Fiery, Attacking, Warriress Who destroys (hates) disorder and its purveyors in order to maintain the integrity of Divine Order in Creation. Another variation of **ht** from the metutu is **huit**. We thus have the title **Huit Antiu**, a title of **Sekhemet** identifying Her as the Hateress/Punisheress of the **Antiu** (dwellers in the Eastern Desert on the outskirts of Kamit who often invaded and attacked the nation of Kamit).

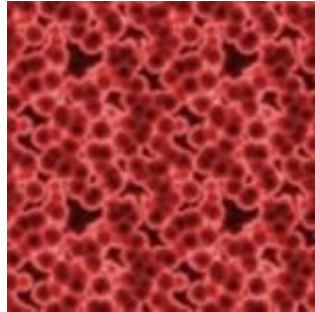


**Abenaa/Sekhemet – Huit Antiu**  
*(Hateress of the Antiu)*



Ani Bere

*Akan Adinkra Symbol related to Sekhmet: Ani (eye) Bere (red): Red eyes reference fiery disposition, infer self-discipline, self-governance*



Lymphocytes

*Natural Killer cells – Lymphocytes generated in the bone marrow and operant within the lymphatic fluid.*

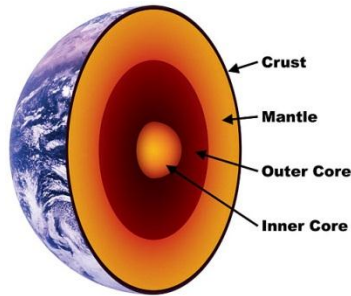


Sekhmet's Garment

*Close-up of Sekhmet's garments with Ani Bere pattern. Ani means 'eye' In Akan. Ani and Ari mean 'eye' in Kamit. Sekhmet is called the Arit Ra or Eye of Ra.*

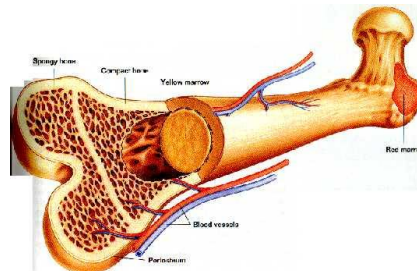


Sekhmet/Ani Bere



Inner core of **Asaase** (Earth)

*Averages 9,800 degrees Farenheit*



Inner bone – Red and Yellow marrow

**Bogya** (blood: creative fire; fuel within the stone/ bone)

**Abenaa** rejects that which is disordered perpetually without fail, compromise or profanation. The Divine Hate of **Nyamewaa-Nyame**, encompasses all of the whites and their offspring (all non-Afurakanu/non-Afuraitkaitnut (non-Africans)) who exist, who have ever existed and who will ever exist---WITHOUT EXCEPTION---until they become extinct. This includes all ages, infant to older, carnate and discarnate. All Abosom (Orisha, Vodou), all of the Nananom Nsamanfo (Egungun, Kuvito – Spiritually Cultivated/Honorable Ancestresses and Ancestors) and all Afurakanu/Afuraitkaitnut (Africans~Black People) naturally embrace Nyamewaa-Nyame Kyi, the Divine Hate that Bena and Abenaa upholds.

**Abenaa** also rejects those Afurakanu/Afuraitkaitnut (Africans) who embrace the perversity of the whites and their offspring. Just as your lymphatic system destroys toxins streaming in from the outside and cancerous cells that have developed from within, so does **Abenaa** destroy and neutralize the external and internal threats to the maintenance of **Nyamewaa-Nyame Nhyehyee** (Divine Order).

Those children of **Abenaa** who are born with the **akradin** (soul names) **Abenaa** and **Kwabena** must be cognizant of the fact that while they contain the power/fire to destroy/overthrow disorder and its purveyors, they must always be disciplined. If the lymphatic system is ever compromised, the individual is compromised. When children of **Abenaa** lose their discipline, their ability to destroy disorder is misdirected and they become *self*-destructive and easily succumb to acute disorders/disease. Alcohol, drugs, misdirected consumption, misdirected violence, murder, sexual deviance, hopelessness, suicidal ideations, recklessness leading to disease---expressions of ill-destructive power manifest themselves through the thoughts and actions of those children of **Nana Abenaa** who operate out of harmony with the **tumi** (energy) of **Nana Abenaa**.

This is a common dilemma that all those with the **akradin Abenaa** and **Kwabena** face and must be made aware of. Traditionally, the entire community understands this when the child of **Nana Abenaa** is born. The community bears this in mind as the child is developing so that she/he is guided to not succumb to this infection. The community therefore aids the child in ritually realigning him/herself with his/her **Kradinbosom** on a regular basis. Individuals who are children of **Nana Abenaa** ritually cleanse their soul, *dwaree no kra* and invoke their **okraa** and **Nana Abenaa** on their **krada** (krah<sup>2</sup>-dah) – their soul day which is **Abenaada** (tuesday). This is conducted at their **Kradinbosom Nkommere** (shrine).

## Odwirafo

See our 3-part article series:

**Sekhmet – Obrabosom (Menstruation Goddess):** [www.odwirafo.com/Sekhmet\\_Obrabosom.pdf](http://www.odwirafo.com/Sekhmet_Obrabosom.pdf)

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## Appendix

<b>Nyamewaa-Nyame</b>	<i>Akan names of the Great God and the Great Goddess Whom function Together as One Divine Unit-The Supreme Being. <b>Nyame</b> is <b>Amen</b> (Ny-Amen) and <b>Nyamewaa</b> is <b>Amenet</b> (Ny-Amen-et) in the language of our Ancestresses and Ancestors of ancient Keneset and Kamit.</i>
<b>Abosom</b>	<i>Goddesses and Gods. Divine Spirit-Forces in Creation. Singular: <b>Obosom</b> (<b>Orisha</b> in Yoruba; <b>Vodou</b> in Ewe-Fon; <b>Ntoru/Ntorotu</b> (<b>Neteru/Netertu</b>) in Kamit)</i>
<b>Nananom Nsamanfo</b>	<i>Spiritually Cultivated Ancestresses and Ancestors (<b>Egungun</b> in Yoruba; <b>Kuvito</b> in Ewe-Fon)</i>
<b>Nhyehyee</b>	<i>Order; Arrangement. <b>Nyamewaa-Nyame Nhyehyee</b> is <i>Divine Order</i></i>

The **Akradinbosom** are a grouping amongst the vast number of **Abosom**. **Abosom** (**Orisha, Vodou, Arusi, Ntoru/Ntorotu**, etc.) are the Divine Spirit-Forces operating through the many planets, Suns, Moons, Stars, Galaxies, Oceans, Rivers, Mountains, Sky, Fire, Water, Land and the Black Substance of Space of Creation. In the human sphere They only operate through, incarnate as, communicate with, possess, work with, empower, heal and replenish the **asunsum** (spirits) of, Afurakanu/Afuraitkaitnut (Africans~Black People). This Divine exclusivity is true as well of the **Nananom Nsamanfo**, the *Spiritually Cultivated* Ancestresses and Ancestors. The **Nananom Nsamanfo** can only be Afurakanu/Afuraitkaitnut (African~Black) and They only work with their children—Afurakanu/Afuraitkaitnut (Africans~Black People) who exist all over the world.

The **Abosom** are Spirits of Order. They **accept** (love/law) Order and They **hate** disorder and its purveyors. They hate all of the whites and their offspring (non-Afurakanu/non-Afuraitkaitnut) who exist, who have ever existed and who will ever exist. This has always been true and will always be true until the whites and their offspring---all non-Afurakanu/non-Afuraitkaitnut (non-Africans~non-Blacks) become extinct. This is because all non-Afurakanu/non-Afuraitkaitnut, past, present and future, incarnated and will incarnate as **spirits of disorder**. The **tumi** (energy) of the **Abosom** repels disorder and disordered spirits, perpetually. [See **MMARA NE KYI, Divine Law and Divine Hate** for details: [www.odwirafo.com/nhwehwemupage.html](http://www.odwirafo.com/nhwehwemupage.html)]

Afurakanu/Afuraitkaitnut (Africans~Black People) incarnate as **spirits of Order**. We are the only human beings *created* by **Nyamewaa-Nyame**. Our nature is in harmony with that of the **Abosom** and all of the *Created* Order. We therefore quite naturally have access to and resonance with Divinity on all levels. This access and resonance is not possessed by any non-Afurakanu/non-Afuraitkaitnut. They are spiritually incapable of aligning themselves with Divinity for they lack the spiritual organ necessary to do so---the **okra** (aw-krah?) – *the soul*.

**The reality that the whites and their offspring lack an okra is what defines them as non-Afurakanu/non-Afuraitkaitnut and thus spirits of disorder. It is also what makes them repulsive to and repelled by Nyamewaa-Nyame, the Abosom, the Nananom Nsamanfo and all created entities in Creation.**

The **akradin** (soul-names) can only be applied to Afurakanu/Afuraitkaitnut for only Afurakani/Afuraitkaitnit (African) individuals have an **okra** (aw-krah?) – a soul. The **Abosom** literally speak to the **okra** of Afurakani/Afuraitkaitnit individuals directly through our **akradin**. The whites and their offspring: *white europeans, americans, asians, white hispanics, latinos/latinas, indians, arabs, so-called "native" americans, etc.* are not Afurakanu/Afuraitkaitnut (Africans~Black People). They are therefore incapable of carrying **akradin**.