

UNIVERSE OF THE MIND 2!

Tribute to Jean Prieto Pascall...

Light is life – life is light – up down! Down up! Cycle this – cycle that – real utterance! Tap your feet – snap your fingers – clap your hands – vibrate in rhythm with rhythm!

Oh! Death and its sting – what a gruesome reality – ecclesiastically – Rhythm – being – becoming! The equation continues – continues! It unravels the mind – spiritually – it pushes the envelope – physically. Dying and death leaves the phenomena of faith, hope, resurrection, everlasting life, harmony, fervor and goodwill – universally... Wake up human family – wake up! Bear witness – Collaborate! She who is awakened does not sleep! Sister Jean prepared the way by chartering the course for total upliftment beyond her siblings, children, friends and foes – a humanitarian to the heart. She was a grandmother, designer, seamstress, health care practitioner and a cultural guru with a universal perspective. She understood the awe of facing consequences together – celebrating the human family – a proponent for the matriarchal system and a member of the Indigenous Matriarchal Ark. Take a page! So! Sap your tears – celebrate in the here and the now – humbly with peace and love! Sing a song – play calypso, Soca, reggae, rumba, salsa, zouk, cadence, high life, classical music, and pan and parang music – let it reverberate – She is within all of us – do not despair! Rhythm is life! She permeated respect and love to all – living energy – luminosity!

Even though not an ardent masquerader her critical eyes fused the ingenuity of the artistry and related how the stage is/was formatted and with outcomes etcetera, because she understood the significance of myths, symbols, truth/half-truth, fear, possibilities, transformation, eternity, rapture, ethics, bliss, idioms, etymologies documented in her woman's eyes! Can you see the Light? Breathe the Breath in rhythm with rhythm!

Sister Jean forged a path of actualizing her innermost being through her culinary skills and native flare would make you salivate: pelau, bake, pigeon peas and rice, ochre and rice – sometimes with salt fish, black cake, sweet bread, pone, callallo, DaalPourie, buss up shut, mango chow, chutney, aloo, sorrel, lemonade, ginger beer, sea moss, rum punch, punch de crème(Ponchacream)... She cherished and fostered human relationships whether in her homeland Trinidad and Tobago and the United States of America. She understood cause and effect – A Trini with a

touch of class – Ding Dong! Ding Dong! She had a way with her pointed succinct humor blended to entertain and kept the party going by actively participating ... Peace be unto her! The struggle continues on all fronts. Be humble – Be Humane – breathe the breath! Stay with the rhythm – Yes! With the Rhythm! Touch and embrace each other spiritually. Feel the tingling sensation – Agape in motion – total transformation – stay with the rhythm! Sister Jean was an ardent supporter of Evergreen's community efforts!

The mind is Love – love is the mind! The Heart Pumps blood – pulsates! Take the spiritual experience with you – share it – preserve it and glow in it...

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Asante Sana (Thank you very Much).

Deceased Sunday 8/8/2021 Peace be unto her!

7/30/2021

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