

# FUNDAMENTALS: THE RASTAFARIAN LIFESTYLE

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## FUNDAMENTALS: THE RASTAFARIAN LIFESTYLE

The Rastafarian religion is unique in having few set beliefs to follow or doctrines to live by. Its African origins teach unity and love among all. There is no unified Rasta church, but it does however hold certain philosophies sacred and a number of principles true. People who believe that Selassie is divine or of divine nature are called Rastafarians. The religion is about justice and freedom of the Black race. It was born from the pains of oppression (Erskine, pg 161, 1998). The messages speaks of freedom from physical and mental slaveries of all kinds. The [Rasta](#) philosophy opposes violence, and practices a more peaceful means of resistance. The first evidence of Rastafarians in Jamaica date back to 1930 (Nicholas, pg 25, 1996). The community generally holds some truths evident, but beliefs may vary. But all are united that Haile Selassie was divine. They believe that he was the living God, returned. He was Ethiopia's emperor, but was considered a holy prophet by many more (Baptist, 1997). There was also a strong movement to renew African culture in ones everyday life.

Fundamental Ideas

Rastafarians must explore the different ideals presented to them by communicating with Jah, their God, and through careful examination of the Bible. By living a natural life and giving praise to Jah through every deed are key methods to living an eternal life (Nicholas, pg 31, 1996). Through meditation the followers arrive at the truths, and begin to come to understanding what has been left out of the Christian Bible. The Bible gives a representation of the past and future, but can really only be understood within oneself. The idea of personal experience and being guided by Jah shows the Rastafa...

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