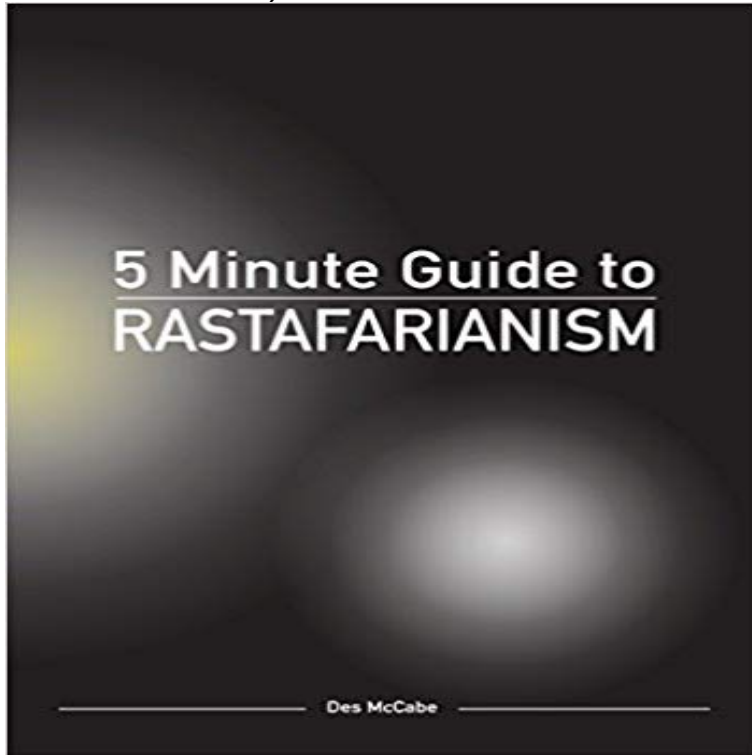


The 5 Minute Guide to Rastafarianism (Diversitons Pocket Guides to World Faiths)



Did you know that Rastafarianism, also known as the Rastafari movement or Rasta, is a spiritual movement that was developed in the 1930s in Jamaica? That Rastafarians believe that its spiritual head Haile Selassie I, the former Emperor of Ethiopia, is the Jah or God incarnate? Learn about the traditions and practices including: - Cannabis (Smoking cannabis or marijuana is a spiritual act and is undertaken while studying the Bible) - Diet (Rastas follow the dietary laws of the Old Testament. They maintain vegetarian or vegan diets.) - Dreadlocks (based on Leviticus 21:5, which essentially says not to shave heads and beard) plus The Nazirite Vow, the significance of Bob Marley and Music, and the relevance of the Rastafarian colors. Find out about the 19 important modern day beliefs of Rastafarianism along with the key festivals linked to the central figures of Haile Selassie and Marcus Garvey. The 5 Minute Guide to Rastafarianism is one of a new series of pocket guides to world faiths. Each guide gives essential information on the history, traditions, beliefs and ways of life for each tradition. Additional features of this pocket guide include: special days and timeline of important dates. Learn about Ceremonies such as the weekly Reasoning and Nyabingi sessions - and Sacred Texts such as the Black Mans Bible. The 5 Minute Guide to Rastafarianism is the ideal starting-point for those wishing to learn more about this special philosophy. A succinct and highly accessible summary, this handy guide provides the perfect introduction to the essentials of Rastafarianism. Update your knowledge with this great little refresher book - compact, easy to read and true to the essence of Rastafarianism. Perfect for the workplace, college, school and at home. Build up your collection of the 5 Minute Guides to World Faiths - the most highly respected and trusted series of religion and

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