



10TH ELEMENT OF HIP HOP

Health & Wellness PROCLAMATION

LET IT BE KNOWN, Hip Hop is a culture that is over 40 years in existence and comprised of millions of people from all walks of life around the world.

LET IT BE KNOWN, Hip Hop has been represented and it has manifested itself in nine elements such as the DeeJay, The Emcee, Breakin, Graffiti Art, Street Knowledge, Beatboxin, Street fashion, Street Language and Street Entrepreneurialism.

LET IT BE KNOWN, Hip Hop Overstands that the people who represent Hip Hop and live the culture everyday want to live in a world where peacefulness, harmony and sustainability are at the heart of everyday life on Earth.

LET IT BE KNOWN, that today the food, the forests, the land, the people, the animals, the air and the water are all in jeopardy.

LET IT BE KNOWN, Hip Hop realizes that this planet and the environment is being poisoned and becoming toxic, and that our way of life is being jeopardized by man's own hand.

LET IT BE KNOWN, Hip Hop recognizes its duty, responsibility and power to change our current environment in order to align ourselves in perfect balance with nature.

LET IT BE KNOWN, that many people in Hip Hop ingest harmful food and water every day and digest the flesh of other animals which are being pumped with chemicals, mistreated and killed. Hip Hop knows that animal factory farming is the number one cause of the destruction of our environment.

LET IT BE KNOWN, that many of us have been on a personal mission to achieve and promote holistic health for many years. Often, this personal mission has turned into a new lifestyle that has taken on many forms, such as veganism, vegetarianism, raw foods, organic gardening, fitness, meditation, animal rights, activism and food justice.

LET IT BE KNOWN, that to ingest food into our being so that it adds to our life force is the spiritual experience which connects us with the universe and we strive to incorporate plant based foods and lifestyle as our adopted way of living.

So therefore we proclaim that on this day April Twenty-first, Two Thousand and Sixteen the Tenth Element of Hip Hop is Health and Wellness. It will be forever be added to the culture of Hip Hop, and Where ever Hip Hop culture manifest itself in this universe, this 10th element of Hip Hop will be the breathe of new life. And so with this Tenth Element we move forth into the Green Age of Hip Hop!

