



Black & Proud

Promo Pricing Guide



Six String Bikini

'76 Black & Proud Spring Promotion

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Mommy, Mommy...

Daughter: Mommy, mommy, why does a dog chase it's tail? It just spins round and round.

Mommy: That's what dogs do. Whenever they meet, they sniff each other. It's a mating ritual. But dogs aren't that smart. When they see their own tail, they think it's another dog. So, they chase it until they're exhausted. People do the same thing. They think, or believe one thing, until they learn the truth, wisdom. Unfortunately, some never learn the truth. So, they just repeat the same mistakes in life, over and over. It's like listening to a scratched record. You have to change your thoughts to free your mind. You'll understand this when you're older and wiser.

Daughter: Mommy, mommy, why is daddy always so sick?

Mommy: Hush child. Don't talk so loud. Your daddy might hear you. Daddy's dealing with some issues and the doctor recommended a little procedure to fix his plumbing. That's why he's having surgery today. Your daddy thought he was eating the right foods, but every "food" that's marketed is not designed to maintain your health. You understand, don't you?

Daughter: Yes, mommy. Mommy, mommy, is that why daddy doesn't live with us anymore?

Mommy: Lower your voice, child. Your daddy and mommy love each other very much. We just can't seem to agree on the most important things in a relationship. And, that's why daddy doesn't live with us anymore. We had to get a divorce. And, that's why things are tough financially. Daddy thought he knew how to run a business, but he still has a lot to learn. Blacks have tried to create their own businesses and communities, but they've been undermined and destroyed by jealous, aggressive, and morally corrupt people. We learned to boycott white businesses in the sixties to force them to allow us to buy from them. But, that makes no sense. We should be creating our own businesses and buying from each other in our own communities. We're just chasing our tails, thinking that another race is going to care about us as much as we care about ourselves. You'll understand this when you're older.

Daughter: So, mommy. Is that why daddy keeps trying to hurt himself?

Mommy: Daddy is just depressed about some things, baby girl. If you don't eat the right foods, it affects your mind on every level. That's why you have to take care of your health. That's what matters most in a relationship. Every relationship is challenging, whether in the pursuit of war, business, or love. Whoever you decide to marry, make sure they understand that you have to agree more, than you disagree.. on the things that matter. You understand, my little princess?

The Balance Point

The aim of this dialog between a divorced mother and her young daughter is to highlight how everything in life is connected. Our health affects our relationships, financial stability, and mental ability to cope with the challenges of life. Achieving success is the “balance point.”

In 1968, the “Godfather of Soul,” James Brown released a song called, “Say it Loud, I’m Black and I’m Proud.” It was written at a time when Blacks were fighting for civil rights and respect. After losing my mother and brother four years ago, I felt compelled to revisit playing music to keep my mind in a positive state. Music helped me focus my mind on creativity.

Thinking of the best way to launch my website, I thought back about the year, 1976, when I got a new skateboard. And, I wondered what was the number one R&B song for that year? Turns out, there were several groups with “number one” songs that year. What I found most interesting is that for the next three years, through 1979, some of the most successful music ever produced was created by Black musicians. And, as it turns out, I had been walking around constantly reliving those three years for the last 40+ years. All the music I had been trying to learn was created between my 12th and 15th years of age. Then, it all came to an abrupt end in 1980, when RAP arrived with the Sugar Hill Gang’s “Rappers’s Delight.” One guy and a microphone took over the stage for the next several decades. Fewer musicians learned how to play real instruments, a tragic moment in time... that has prevented us from being inspired to do more.. to be better, than the last generation.

Musical artists have adapted to a streaming model that offers to pay them fractions of a penny, “chasing their tails.” And even though there are hundreds of millions of songs online, you still struggle to find any music that’s designed to deliver anything other than “canned” music formats from Europe, morally degrading lyrics, or “bling, bling,” look at what I got (actually, rented). Let’s just say that despite the healing power of music, we’re totally disconnected from it today. It doesn’t inspire anyone to do much of anything. It doesn’t help you to solve any of life’s challenges. It doesn’t heal you. And, the worst part is it doesn’t stimulate your brain, fingers, toes, internal organs, or your sex drive. Don’t believe me? Okay, name a song that gets you in the mood better than one by Marvin Gaye, or even Barry White? And, it’s classy, not vulgar.

Those Black musicians from the 70’s were teachers of life. Their lyrics spoke to your heart and inspired you to make it through another day. Musicians who play real instruments.. have better brains. All real instruments are mathematical marvels focused on specific frequencies that stimulate every cell in the human body. It takes time, patience, and discipline to play an instrument. “People make the world go round...” Without musicians, true artists of the craft, nothing gets done. A military force, a basketball team, or a sage sitting on a mountaintop won’t feel inspired, or empowered to excel without a rallying cry, cheerleaders, or a mantra... sound. Now, you know why we know less today, do less, and are stuck in a rut... chasing our tails. We stopped making real music and supporting real artists.

Subscribing to platforms that pay the artist fractions of a penny for each song.. isn’t what I would call support. And, it’s robbing you of your greatest talents.

Foundation Seminars

All the seminars listed here are based on a “Socratic” approach to help you learn a variety of complex concepts.. faster. By asking the participant a series of questions, it guides you to the wisdom you need to solve your own issues. In that sense, it is the complete opposite to a Westernized approach that’s designed to keep you dependent on the “system,” whether it’s healthcare, divorce court, unemployment, or welfare programs. My seminars are designed to empower you and your family. **Pricing: hr and m (minutes)**

Health/Nutrition.. Pain free..\$76/hr, Addiction free.. \$129 (120m).. Disease free.. \$179 (180m)

I have offered this seminar for about 25 years now. Most Americans “think” they know what to eat to survive. But, the statistics, especially in the Black community indicate the opposite. Quality and affordable foods are scarce in our communities, essentially food deserts. So, the focus of this seminar is to teach you how to survive, which foods to eat, and which to avoid. The longest session I’ve done was five hours straight... a marathon, that still only scratches the surface. The underlying philosophy is based on traditional Chinese medicine principles, which have their origins in ancient Egypt. This seminar is streamlined to focus on the participants current diet, to identify the cause and effect of those choices on the current health issues, and to formulate a strategy to restore... the “Balance Point.”

Love Defined.. How Do You Define Love.. \$129 (120m)

This is a new seminar offered for the first time as a foundation for healthy relationships. It is based on an informal survey over several years and a book that I self-published in 2005 to establish my own philosophy on love. My parents argued for 26 years of marriage. That certainly distorts your perception of love and I knew I needed to take a fresh approach to the subject. In the book, I identified 4 major “cornerstones” of love, each with another 4 supporting cornerstones of their own. I’ve had several conversations with individuals I’ve met over the last 20 years who have confirmed the essence of my research. Often, after each of these conversations, the listener starts to think back about their past relationships.. with a completely different point of view, to assess the validity of these “cornerstones.” That, in itself, was the aim of the book, to give the reader a tool, by which to measure love in their relationships. Going a step further, the same “cornerstones” can be applied in business and war.

Wealth/Entrepreneurship... 8 Hour Profit: Money Muscle Hustle.. \$129 (120m)

I have spent a considerable amount of time on this subject throughout the years, since about 1986, learning through my own entrepreneurial endeavors, teaching financial seminars, self-publishing a book on the subject, working for some of the largest companies in corporate America, and most recently, coaching. My latest book on the subject is still a work in progress, but there’s plenty of insight and exercises to gain in this seminar. It’s designed to primarily teach you how to recognize opportunities in your past, work experiences, and through innovation. But, I also address your current financial position, helping you to create a strategy to move toward financial freedom.

Peace/Meditation.. Khemistrī.. \$129 (120m)

This seminar is a fresh approach to meditation which I have taught in a variety of ways, since 2000, using insight from martial arts, yoga, massage, music, acupressure, and reiki. Khemistrī, (sounds like chemistry) is the term I use to describe a collection of sound, mudras (acupressure), and meditation techniques to quickly shift your emotional state from negative/depressive to positive/empowering. To take full advantage of the practices shared in this seminar, it’s essential that you have addressed any underlying health and mental concerns. If you want to learn to manipulate the forces of nature, energy, you must begin with a healthy body and mind. Take my nutrition seminar first. Every mother knows this intuitively. Try getting a child to behave, when they haven’t eaten a healthy meal. Good luck with that.

Holistic Therapy Seminars/Sessions

Below, you'll find descriptions of other seminars, or sessions that I've taught throughout the years and some new ones. If you have an interest in a topic that's not listed, just ask, and I may be able to create one for you.

Vision Yoga.. \$129 (120m)

While in undergraduate school, my vision deteriorated to a point where I could not see what was on the blackboard even though I was sitting on the front row. So, I went to a local optometrist, and he wrote me a prescription for a pair of heavy eyeglasses, and declared that I was "near-sighted." I still remember his warning me not to wear them all the time. 10 years later, I began to understand why he made that warning. Eyeglasses and contacts just mask an underlying nutritional imbalance. When I started training in martial arts, I had to get a new driver's license in a different state, but couldn't pass the eye test without my glasses. So, I was restricted on my license to driving with them. With a bit of insight from yoga, I did some research and discovered the truth. It took me six months to wean myself off dependency on eyeglasses. It's been 30 years now.. without them. If you have enough discipline to workout on a regular basis and aren't afraid to make some changes to your diet, you can get rid of your glasses/contacts too. In most instances, vision can be improved with dietary changes and eye exercises.

Yoga Therapy.. \$76 (60m)

I originally taught this as a group class, but it's an excellent way to get back into exercising again, heal your body, increase your strength, and improve flexibility. I also use insights from my martial arts training, acupuncture, massage, reiki, and meditation. It's definitely a holistic approach instead of creating a cycle of dependency on chiropractic treatments, painful physical therapy, medication, or surgery. Inhale.. exhale.

Reiki .. \$76 (60m)

I have practiced reiki since about 2005. It's one of the most powerful tools in my arsenal. And, it works on a level that most of us don't even believe exists.. until they have a session. While it is another holistic approach to balancing energy flow, it is totally passive for the participant. All you have to do is close your eyes and relax. Space is limited. So, there are only a few people that I will grant access to this session.

Music Therapy.. \$38/\$76 (30/60m)

Although music is an essential part of my therapy sessions, except Vision Yoga, this is a new session and is designed around music. In contrast to typical meditation music that can be very relaxing, the music used in this session is composed to stimulate the mind/body connection and the flow of energy between the chakras. The music can also be composed to address underlying imbalances regarding finances, relationships, health, wisdom, and peace/happiness.

Additionally, guitar, bass, synthesizer, and drums, along with a few other instruments, are the core source of sounds used to compose the music for these sessions. Last, some genres, such as jazz, blues, and R&B will be used as a source of inspiration... to produce the desired outcome in accordance with Kheṁistrī goals.

Music Gigs, Seminars/Sessions & Lessons

Six String Bikini, my website, was created to provide a fresh compositional approach to music, with roots in R&B of the 70's, Smooth Jazz Vibes, a little Soft Rock, and Ambient Rhythms (Khemistrī).

Music Gigs.. \$125/\$250 (60/120m)

When I'm not busy with all my other projects.. lol, I'm focusing on learning new "cover" songs from the genres I just mentioned. Ideally, I'm aiming to learn a hundred songs. Right now, I'm actively working on memorizing the first 25. So, if you need some entertainment for hotel guests, or are planning an event, let's talk and arrange a time for a demo.

Recording Sessions.. \$125/\$250 (60/120m)

I know a lot of musicians wish they had access to a music studio... guitars, bass, keys, drums, mics, Apple computers, and recording software. It's a totally different aspect of the music business.. sound engineering, and production. On top of that, I bring the marketing.. photography, logo design, graphic design, business cards (digital), brochures/media kit, and web design now. Pricing will depend on what you need to produce your music. But, I've put together a few pricing scenarios.

Music Lessons .. \$30/\$50(30/60m)

Interested in learning how to play guitar, bass, piano, or drums? Let's talk. I've spent more time on guitar over the last six years since I bought my first guitar in 2019. But, I've learned a lot more than a beginner/intermediate on the bass, piano, and drums. Plus, there's a lot more insight I bring to the table with the ability to perform, record/produce, and market. Playing multiple instruments has also given me the ability to "cut to the chase" faster and more efficiently than most. Unfortunately, a lot of lessons are misguided and don't deliver on their promises. Contact me to try a session. At the very least, you'll learn how I approach the instrument.

Coaching, Startup Marketing Seminars, & Photography

Consulting was my first business many, many years ago. And, I worked as a sales engineer. I got my MBA in Marketing in '93 from Clark Atlanta University. Earned my B.S.E.E. from Cornell University in 1987. I also worked as a government contractor.. consultant, for Unisys and for the Center for Disease Control.

Coaching/Consulting.. contact for pricing

Coaching usually entails a longer engagement than my seminars. It really depends on how much training you're interested in learning. Most importantly, you have to come with an open mind. Otherwise, the student becomes the teacher, which doesn't work for me.

Startup Marketing.. contact for pricing

I've lost count of how many years I've been doing my own marketing.. photography, business cards, brochures, logos, web design.. a collection of essential skills to promote my own business endeavors. If you know what you want to accomplish and have a budget in mind, we should have an initial introduction.

Photography 101.. \$129 (120m)

In 1982, I bought my first "point & shoot" box film camera, a Kodak. And, I've been shooting ever since. Travel, portraits, drone aerials, and marketing materials have been my focus for years. I've traveled to seven countries... Egypt (Cairo, Luxor, Aswan), London, Paris, Milano, Hong Kong, Tokyo, and most recently, Rio de Janeiro, Brazil. I shoot primarily with natural light, but know my way around studio lighting too. "Eye of the Tiger" is the essence of how I shoot.. from every angle you can imagine. It's like having eyes in the back of your head... seriously. Let's talk.