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# KRS-ONE: Ruminations



## Synopsis

One of the most influential lyricists of all time •Rollingstone.com

## Book Information

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## Customer Reviews

A comprehensive tome, part self-help, part manifesto . . . conducting probing, piercing metaphysical inquiries on everything, including government, religion, the music industry -- Malcolm Venable in BLACK ISSUES BOOK REVIEW on July 2003

The ascent of KRS-ONE (Knowledge Reigns Supreme Over Nearly Everyone) from homeless street kid to rap revolutionary to acclaimed lecturer, metaphysician, and intellectual is the stuff of Hiphop legend. With Boogie Down Productions and as a solo artist, KRS-ONE has played a crucial role throughout his career in bringing a social and political conscience to Hiphop, through such ground-breaking albums as *By All Means Necessary*, *Criminal Minded*, *Edutainment*, and *Ghetto Music: The Blueprint Of Hiphop*. KRS-ONE is also one of the most important and relevant figures in African-American and Hiphop culture today. The keynote speaker at the Rock-and-Roll Hall of Fame™s historic conference in 1999 entitled "Hiphop: A Cultural Expression," KRS-ONE has organized and lectured at similar conferences at the United Nations and on campuses around the U.S., including Harvard, Yale, Columbia, and UCLA. He also founded the Stop the Violence Movement, HEAL (Human Education Against Lies), served as a spokesperson for the American Library Association™s literacy programs, and his latest effort, the Temple of Hiphop, is an

organization with over 25,000 members that aspires to define, promote and preserve Hip-hop culture and lifestyle. In RUMINATIONS, KRS-ONE's very first trade book, he reflects as only he can on a remarkable range of topics, including the past, present, and future of Hip-hop, the most glaring challenges facing the music industry, the undeniable influence of African-American and urban culture on mainstream America, and the discipline and knowledge needed by today's Hip-hop artists to make it in a world where the odds are stacked against them. In fluid prose imbued with unwavering honesty and humanity, KRS-ONE addresses many of the most important social and political challenges facing Americans of all colors in the 21st century.

Be sure to check and see if the CD is included. I didn't realize it until I received it in the mail. I purchased it as a gift but I would not have spent \$110 on a \$25 book had I noticed that the CD would not be included. I can only rate this based on a partial product.

Bought this for my husband. He loves this book.

Mos def

Ruminations is an outstanding book. Where there is no vision... "the people will perish." Kris gives us his vision, inspires us to awaken our own vision, and encourages us to continually increase our awareness and personal power. It's amazing that so few people realize that thought, word, and action are the fundamental tools we use to create our own unique destiny. He has been telling us this for years, as have many other great Teachers! When ya'll gonna listen!! Simple universal truths consistently applied is all we need to advance as people regardless of our differences. Most people are not able to apply this vision in their daily lives because of laziness, fear, and social conditioning. Heroes have discipline. The clarity in this book is phenomenal. For those of you who are searching for a way to liberate your soul...to express your Self and be your Self..this book will help you in your journey. Many people in our society are living day to day in a life of reaction, a life they hate, a life they never planned for, yet fell victim to someone else's plan. Because of ignorance, most people are mental slaves trapped in an endless cycle of poverty, misery and negativity/niggativity. We in Hip-hop reevaluate this whole United States of America, because we don't like what we see. We have higher expectations. We expect more of ourselves than any institution in this country could ever expect of us. This is why we're dissatisfied with the performance of many individuals who call themselves "leaders." It takes more than graduate school degrees and high ranking government

positions to impress the Hip-hop community, let alone lead us, it takes: skills, conviction, and intellect to be held in high esteem by us. The spoken word pieces, message from Cornell West, and Hip-hop lectures on the CD are an excellent addition to the book. Of course, Kris eloquently illuminates our artform of Hip-hop, our strategy to break the chains of mental slavery, free our minds, and evolve into civilized human beings because after all: We decide what Hip-hop is and what it isn't, not anyone else. Peace...I too am Hip-hop....Join this movement Y'all!!!!

I just finished what may be one of the most important and impressive books I've ever read, "Ruminations" by KRS ONE. When it finally arrived in the mail I was very excited to read it, I'm one of KRS' biggest fans and think it is criminal just how unappreciated he can be. I believe that he is not only one of the great minds in hip-hop but one of the most brilliant minds period. As Digital Underground says he deserves some heartbeats as I'm sure hundreds of years from now his groundbreaking and progressive philosophies will be truly admired. Although I've only read the book through once so far and realize I will need a few more reads to harvest all the jewels I can say already that this is a book that should be read by all. I wasn't quite expecting what I got, even Tavis Smiley who does the introduction was saying how he was blown away by what KRS offers. The book is not anecdotal at all, it is pretty much packed with idea after idea and is very scholarly and serious. Don't expect an autobiography or a conversational-as-told-to book, there are funny and light moments but KRS is really looking to inspire and provoke here rather than to entertain. The first part of the book and my favourite is titled Urban Inspirational Metaphysics and includes some hardcore philosophy teachings. He's really outlining how he thinks we can be better people and what we need to learn and unlearn in order to get there. There is then a big section on the reparations issue, then one chapter each on history, language, voting, September 11th, and then two on hip-hop. You could actually be forgiven for forgetting that KRS is an emcee for the first three quarters of the book. The title Ruminations is really appropriate because it is truly KRS the philosopher/theologian/motivational speaker/activist/deep thinker speaking his mind on various issues, not just the rapper. The book isn't perfect. I would have welcomed a bit more humour at times, the last chapter is actually almost his whole first book "The Science of Rap" from 1995 reprinted. That isn't really a problem though since it wasn't a widely distributed book so I'm sure it will be seen for the first time by most. Also, when discussing the self KRS is a staunch believer in mind over matter. I think with all the recent scientific evidence coming out about the overwhelming role genes and physiology play in a lot of human behaviour that it would have been nice if he dealt with that to a degree. Bottom line, what this book will make you do is think, KRS likes to think outside the box,

make you see things in a new way. He's a visionary and an idealist who sees the vastness of human and societal potential and is not satisfied until that potential is reached. As KRS said on Sex and Violence "If there's one thing I know, if there's one thing I know, it's that the truth can always be questioned" The perspectives offered by Ruminations are guaranteed to shake up some of your old truths. There's also a CD that comes with the book which includes an intro from Dr. Cornel West and pieces of KRS lectures and some spoken word poetry. Beautiful stuff, the more people who imagine being exposed to this book the more optimistic I feel about my own future, my future as a citizen and ultimately the future of humanity, it really is that good. Patrick

For those of you that do not read Ruminations and listen to the person that gave the book one star, obviously you are afraid of improving yourself as well as your community. To read this book, one does not need prior knowledge of spirituality, reparations for African Americans, or even Hip-Hop history. However, this book is not for people that are stagnant and unwilling to learn. Nevertheless, if you are living in the Dark Ages and want to partake in the Hip-Hop Renaissance, then expand your mind to Ruminations and digest the smorgasbord for thought by KRS-ONE. On the contrary, if you are believing life is one big "bling, bling" party and don't take the time to think beyond one's needs, then continue a life of selfishness and at the moment lifestyle and there will come a time when you will wind up looking for such insight whether it be from KRS-ONE or other philosophers, teachers, scholars, meta-physicians to regain mental stability and repentance for one's negative thoughts and actions. Like they say, "If you think education is expensive, try ignorance." Buy the book and invest in the common good as well as yourself. You will be glad you have taken this positive step. Like Rakim stated on Follow the Leader, "I guess nobody told you a little knowledge is dangerous." One Love.

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