

## Pre-task: The Spiritual Physical Emotional Creative Business Mental CLOCK!

Tu Nokwe is a songwriter, singer, composer, teacher, stage actress, producer, director, healer and trainer for artists. She was born in Kwa-Mashu, Durban. She has a distinguished personal, musical dynasty as the daughter of swing jazz band musician, Alfred Nokwe and soprano soloist Patty Nokwe.

Her belief in the connection with the ancestors comes through her bloodline. Her grandfather, her mother's father, was an Ethiopian Church preacher. She grew up deeply spiritual and attended church. She attended the traditional Methodist church from her father's side but also went to the Zionist church which is more African people who live a basic life, and they praise inside a house and take their furniture out and use candles and water. They are more connected to the traditional way of healing – like what is called 'voodoo' in Haiti.

From her experience and sayings, she imagines the source – GOD – in whatever form – watching a play, looking at Himself, performing through us as we are sitting. As she says, "We are spirit, having a human experience. GOD is still living through us and experiencing himself through us."

Tu has acted in the TV series, Shaka Zulu, and worked with legendary Zulu umakhweyana- berimbau player and singer, Princess Magogo. Tu is influenced by her tradition where the Zulu women play the umakhweyana, whilst leaning it on the left breast where the heart resides because the women couldn't express themselves freely. uMakhweyana was used as a form of release – it was a part of therapy.

The Nokwe family formed the Amajika Youth and Children in Durban in 1976. This fulfilled the need to boost the self-esteem of the youth in an effort to counteract the mental and emotional abuse that was endemic to the Apartheid system.

It became clear to Tu that her mission was to devote time and energy to educating and empowering the children and youth of both South Africa and the rest of Africa. But in any great journey, the self-preparation had to begin within. Only once you have a holistic understanding of yourself can you teach others. Tu's mantra for success is "Order creates Comfort."

### Journal of my Soul

From age 12, Tu used to journal titles of stories her mother?? used to tell. She became so accustomed to telling her mum's story that it was as if she was there and as if she knew how her mum grew up. So, she continued telling her mother's story. One night whilst on tour in the United States, Tu began writing. And she didn't stop. She wrote until morning, lying on her tummy, a thick long foolscap book all the way to the end. Whilst writing, she was remembering where her mum was talking about her grandfather, her grandmother and all the wives. He was a polygamist and ran the Ethiopian church. He became a preacher, even though he couldn't read. When he came into contact with the Bible, he learnt to read. He came to Joburg, and he died in the mines from falling from a truck. To remembered all the stories her mum had told about Tu's grandfather; like how he met God. And Tu was remembering her mum's stories too. Her mum had secret prayers', that she would say in order to live the kind of life she wanted. Her mum prayed for five days solid on a wish she had to move from Zululand to Durban. This wish was granted.

As Tu wrote throughout the night, she experienced that when you use a real pen, writing onto real paper, you connect directly with whoever wants to assist from the spiritual realm. It was like she was channelling and in this instance she had channelled a hit play about her mum called *Singing the Times*.

This play was performed at the Market Theatre during the Barney Simon and John Kani era. Whilst rehearsing the play, Tu's mum came up with a song. Tu was playing guitar and singing. Her sister Marilyn started harmonising, and her mom sang *Inyakanyaka*. And together they started creating verses for the song. *Inyakanyaka* means the world is full of mish-mash- madness. Today *Inyakanyaka* is an iconic hit song.

Tu has written the book, *Journey of my Soul – 1st African Diary with Management Tools*. This is a personal development clock covering the 6 aspects of our life – Spiritual, Physical, Emotional, Creative, Business and Mental (SPECBM).

Teaching is a part of life and that is the power of journaling –going day by day. The energy comes from around you and from within, you need to take your spirituality seriously, always pushing for more knowledge of metaphysics, religion and spirituality.

To be fully functioning as an artist – all aspects need to be fed, checked and balanced. To get inside one's own heart is a sure way to manage our lives and find balance. Tu's methods, concepts and exercises to develop a sense of personal empowerment, came through her practice of journaling. Journaling helps in the process of understanding that, as people we are not judged. Through journaling we seek to find out what is our frequency? Our personal frequencies are vibrations that indicate where we are in life. You must keep moving until you find your own frequency, and the best possible one.

### Now answer the following Pre-Task questions

1. Tu Nokwe is teaching us that, "As I began my journey, I soon realised that the self-work had to begin with me." What experience can you share with us in your development as an artist where you realised that true change begins from within?
2. In terms of Tu's 6 aspects of our life – Spiritual, Physical, Emotional, Creative, Business and Mental (SPECBM), which one in your personal and artistic development have you been working on. How has this helped you?
3. Tu makes the analogy of a tree. The trunk is the inspiration, the roots are all the different qualities you want in your life – like kindness, and the fruits are the results that come - they can be both positive and negative. Now, draw a tree of your own life.
4. Tu tells us that listening and journaling the stories of her Mum Patty, was the basis for the hit musical *Singing the Times*, as well as the songs in her iconic album, *Inyakanyaka*. Have you used any family or friends stories in creating your music or your characters as you act? Share a song, a video clip of acting on such stories you have done.