

our culture

# RASTAFARIAN









# **RASTAFARIAN**

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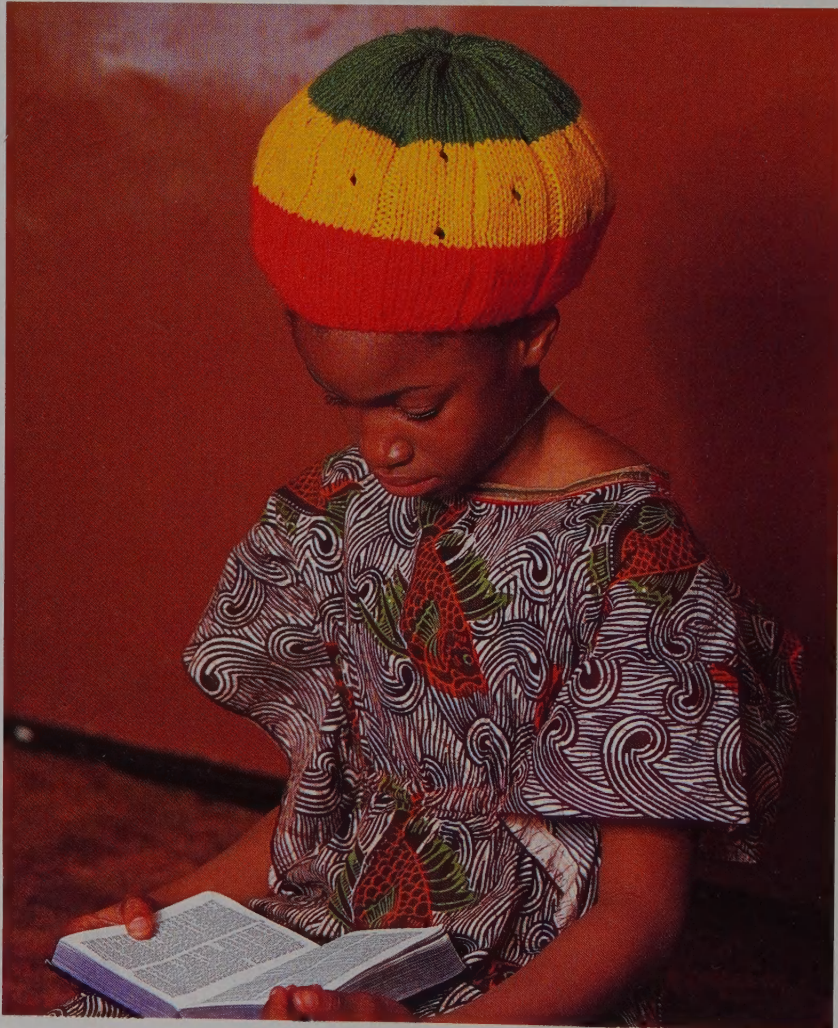




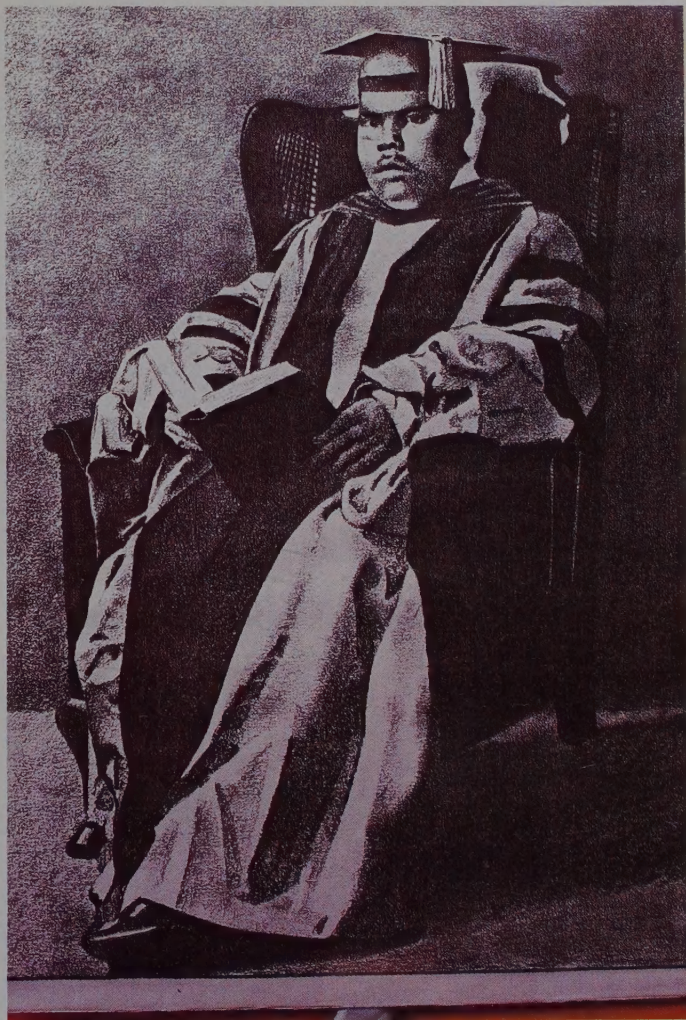
These people are Rastafarians.  
They follow a way of life  
that has come to be called Rastafari.



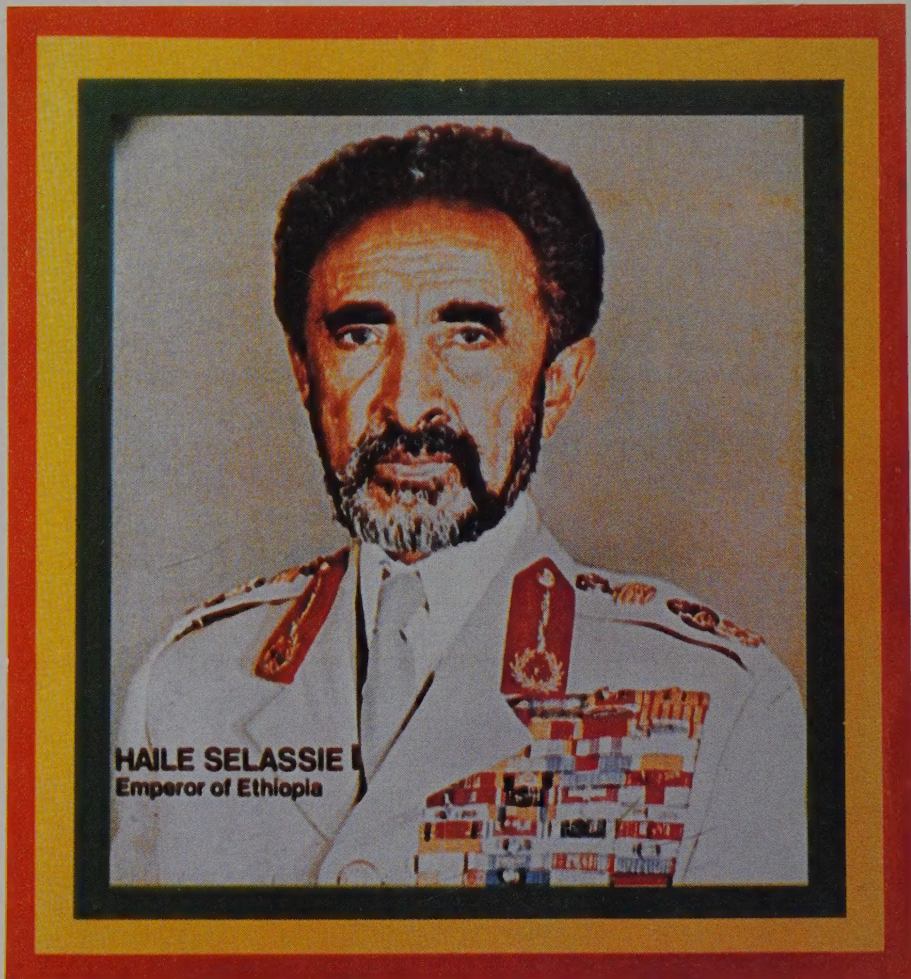
Rastafari has many links with the Christian and Jewish faiths. Rastafarians study the Bible, especially the Old Testament.



Rastafari was begun in Jamaica in the 1920s by Marcus Garvey. He said that an African king would save and help black people.







Emperor Haile Selassie I of Ethiopia was crowned in 1930. He was seen as the African king. Rastafarians call him Jah and worship him as God.



Rastafarians are guided by  
the culture of Ethiopia.  
Their colours are those  
of the Ethiopian flag.



Rastafarians are taught never to cut their hair, as it is a symbol of strength. The long braids are called dreadlocks.







Women always keep  
their hair covered.  
Men uncover it at Meetings.



Rastafarians usually wear ordinary clothes. African clothes are made for special occasions.





On Holy Days, white clothes are often worn as well as the traditional Rastafarian knitted hat, called a tam.



Rastafarians do not always have churches or special buildings to meet in. They may have their weekly Meeting in a local community hall.



Meetings are led by the Chaplain.  
He is elected for one year,  
and has special duties  
such as visiting the sick.



There is always music  
at the weekly Meetings.  
Drummers accompany  
the hymns and songs.





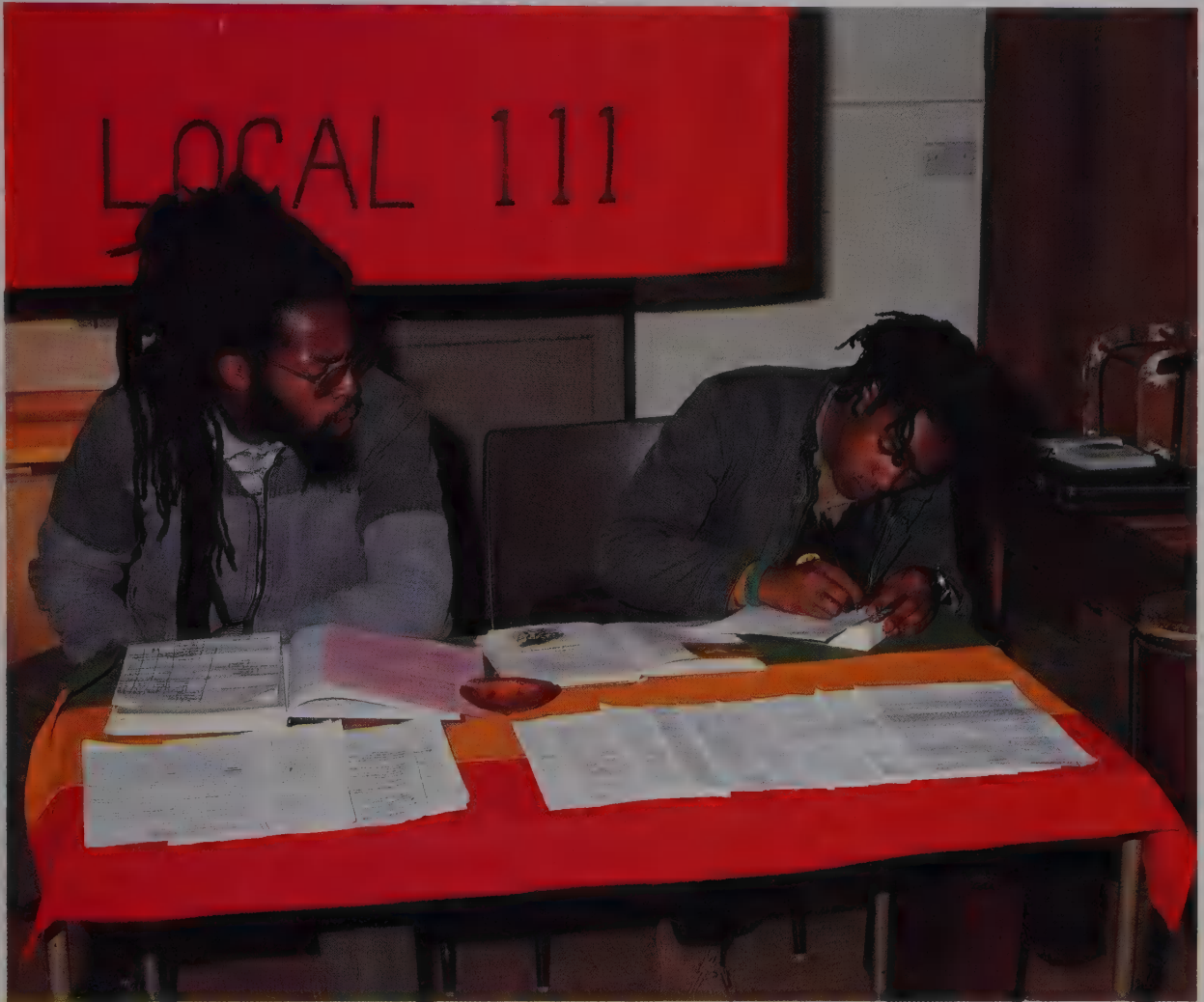


The Meetings always begin  
with the Ethiopian National Anthem.



Rastafarians hold their hands in a special way when they pray, to represent a heart and a spear, the symbols of peace and war.





After the hymns and prayers, there is a Business Meeting to plan everyday duties and special events.

Most Rastafarians do not eat meat. Many do not eat fish, eggs or dairy foods. They like to buy fresh vegetables and fruit.







Rastafarians believe that a healthy diet is an important part of a healthy lifestyle.

Rastafarian music is called reggae.  
Through reggae, Rastafarians sing  
about their beliefs and their lives.







Arts and crafts are important to Rastafarians. They make objects from natural materials such as wood and coconut shells.



Rastafarians enjoy spending time with their family and friends. They hold many family festivals when the whole community meets to celebrate their way of life.



## FACTS ABOUT RASTAFARIANS

The Rastafari movement was started in Jamaica in the 1920s by Marcus Garvey, a black leader.

Before he became Emperor, Haile Selassie's name was Ras Tafari. The Rastafarian faith is named after him.

Rastafarians believe in:

- one true God, Haile Selassie I of Ethiopia
- that they will all return to Africa, their true home
- that black people will be free

Rastafarians believe that Jah came to Earth in human form as Emperor Haile Selassie I of Ethiopia in Africa. He was a black king who came to help black people whose ancestors had been taken from Africa by slave traders.

Rastafari is a way of life, not a religion but it has many links with the Christian and Jewish faiths.









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