

Rastafari

1. Origin	<ul style="list-style-type: none"> Rastafari is a young, African-centred religion, or 'way of life', which initially developed in Jamaica in the 1930s, following the coronation of Haile Selassie I as Emperor of Ethiopia in 1930. The lion represents Haile Selassie I, who is referred to as the 'Conquering Lion of Judah'. Rastafarians' dreadlocks represent the lion's mane.
2. Languages	<ul style="list-style-type: none"> English, Jamaican Patois, and the national languages of countries wherever members reside.
3. Beliefs	<ul style="list-style-type: none"> Rastafaris see Haile Selassie as God, the Redeemer of the African race from the injustices of slavery and colonialism. He is also seen as Earth's Rightful Ruler and the Champion of Equal Rights and Justice globally. Rastafaris view life as a gift of the Almighty to be lived in peace and harmony with our fellow beings, nature, and all living things. They call God "Jah".
4. Birth	<ul style="list-style-type: none"> Rastafari children are sometimes blessed by elders and congregation in a ceremony with drumming, chanting and prayers. Contraception is often rejected with self-control encouraged instead.
5. Prayer & Customs	<ul style="list-style-type: none"> Rastafari religious ceremonies (Nyahbingi) consist of chanting, drumming and dancing in order to reach a state of collective spirituality. Rastafari religious practice includes the ritual inhalation of marijuana to increase spiritual awareness.
6. Diet & Fasting	<ul style="list-style-type: none"> Alcohol and other drug-taking are strictly forbidden. Rastafari diet is called <i>I-tal</i>, (from the word <i>vital</i>). Abstention from meat is practised and sometimes also from fish. Some are vegan, abstaining from all food of animal origin. Rastafaris eat clean and natural produce such as fruit and vegetables. Food is prepared without salt. Coconut is often central to their diet.



7. Clothing & Washing	<ul style="list-style-type: none"> ▪ Rastafaris are forbidden to cut their hair; instead, they grow it and twist it into dreadlocks. However some Rastafari do not carry dreadlocks. ▪ Rastafari women usually keep their heads covered. ▪ African cultural motifs, symbols and insignia are sometimes worn by members.
8. Medicine	<ul style="list-style-type: none"> ▪ Rastafaris are often opposed to abortion, contraception and other practices that may be deemed 'unnatural'. They often use herbal remedies, rather than resorting to 'western 'medicine' or 'synthetic drugs'. Some are opposed to vaccination and transfusion. ▪ Visiting the sick is important and often done in groups; if frowned upon in hospitals this can suggest to Rastafaris that they are unwelcome.
9. Care of the Dying	<ul style="list-style-type: none"> ▪ Rastafaris who "pass on" or "translate" are celebrated for their life's work rather than mourned. ▪ Ceremonies are often a mix of 'Christian' and Nyahbingi-type events as relatives and friends may not all be members of the faith community. Hence an accommodation is often made for all to participate. ▪ A creed may be said over the dying or dead which can be found via this link: http://faithandfire.co.uk/rastafarianism-death-emergency-assistance
10. Death	<ul style="list-style-type: none"> ▪ There are no objections to post-mortems requested by the coroner. ▪ However, the body is seen as the "temple" and therefore preserved intact and inviolate wherever possible, hence there may be a reluctance to consider organ donation.
11. Contacts	<ul style="list-style-type: none"> ▪ At present the chaplaincy department doesn't have contact numbers for obtaining further advice.

