

The Reclaimed Girl: A Sankofa Hermeneutic of the Black Madonna and the Somatic Liberation of the African Diaspora

This project is an act of *Sankofa*—the Akan principle of “going back to retrieve what was lost in order to move forward.” It reclaims the **Black Madonna (Dark Mother)** as a primordial image of the Divine and centers the **Black girl-child as sacred, not deficient**.

Methodology: Sankofa Hermeneutic of Retrieval

This framework integrates three liberative pillars:

1. **The Black Madonna** – Divine archetype reflecting sacred Black identity
2. **Harriet Tubman** – Embodiment of liberation and ancestral retrieval
3. **Somatic Liturgy (Music)** – Healing practices that restore the body through rest, softness, and connection

The Songs of Retrieval (Somatic Liturgy)

- *Amazing Grace-Sankofa Studio Version (Reimagined)* – Replacing “wretch” with “girl”



- *My Softness* – Resisting harmful strength narratives



- *Moon Is the Mother* – Reclaiming maternal and cosmic belonging
- *I AM... Not Yo' Barbie* – Rejecting Western beauty standards
- *Remembering the Ground* – Grounding in ancestry and embodiment

This is not new knowledge—it is **remembered and (re) membered truth**.