

KEMETIC LIFE SKILLS
SEBAI MAA ON BLOGTALK
LESSON 13 08-02-2014
(recording #.6638899)
(Transcription of KD for the Body only)

Unut Anpu - Program Introductions (6:34)

Sebai Maa - (6:35) Udja

Unut Anpu - Sound checks

Sebai Maa - (7:24) Very well. I heard you had a windstorm in your area,

Unut Anpu - Ny, it was actually very surprising it was a windstorm and actually a lot of rain and thunderstorms came with it too. It's actually raining now which is for the last 3 or 4 years we haven't gotten much rain in August but it is the monsoon season. 8, 9 10 years ago it was flash floods in the part of the country pretty much regularly in the month of August, so. After 8 years I get an opportunity to experience a flash flood, ooh I'm so excited.

Sebai Maa - (8:08) (laughter) Yeah they're saying that the dust storms there I forget how tall they said, about 3/4 of a mile high and several miles wide and it was bringing in dust and sand that might possibly kill crops and I guess if it happens sufficient times it could kill crops and damage the soil and that kind of thing. So it is part of the Climate Change that is occurring where we are seeing more rain where it doesn't usually rain. More drought were it usually rains. Different temperature changes cold and hot in times when it is unusual. So it is a disruption of the climate system that is going on and that was predicted. This is what we're seeing and more and more of it.

Unut Anpu - It was predicted?

Sebai Maa - (9:14) Right, these changes have been postulated by the climate change scientists. It is very interesting, there was a movie that came out more than 10 yrs. ago called, "The Day After Tomorrow" and they were predicting climate change in such a way that, and those people don't really expect it. Climate change can precipitate a new Ice Age because it might make the world hotter but it might disrupt the whole system in such a way that is unpredictable. A lot of things they were talking about in that movie, not major disasters occur but the things that were predicted back then have apparently occurred including these great storms that are occurring now, like the one Sandy that was in NY and the one this year in the South Pacific, the strongest recorded storm hurricanes or typhoons they would be on that side. These have been predicted and they seem to be occurring. Now another projection that is the melting of Greenland. This has been occurring but most of the projections that have put out into the media have been the conservatives. Who say that maybe it will melt down in 50 or 100 years and they will have a problem so we

won't worry about it right now. Now apparently it has been accelerating. The North Pole has been icing less and less every summer and it is going to be completely free of ice in a few years, within our lifetimes, actually within 5, 10, 20 yrs. Also, the ice that is on top of Greenland which is several miles high is melting and the glaciers on it are accelerating. If that were to completely melt, it would raise the ocean waters several feet high, perhaps dozens of feet high. So it is interesting to note that the worlds oceans were at one point were several of feet higher than what they are now and Egypt was under water at one time. If you go in the desert you can find sea shells and different things like that in the sand if you dig. Florida was underwater as well. That is why where we are today, Miami there is actually ancient coral rock under our house and it is porous. So if it turns out that there will be a raising of the ocean levels there really is no possibility of doing a dyke system or like they've done in several cities in Europe or what they're thinking about doing in London or NY and other place. Because the rock is porous so the water would come up from underneath. You can't make like a wall around the state or city or anything like that. What is predicted in the movie is that these changes can happen suddenly, like within weeks. The latest movie "2012)" had a similar kind of context. Apparently there are evidences that is possible. It is like that mammoth they discovered a few years ago that was flash frozen. He had food in his stomach that he had just eaten apparently when they thawed it out. So what was in the movie is apparently not fiction it is something that has happened and can happen and likely will happen.

In a future class, perhaps next class, I was going to discuss the possible world disasters that might befall society and what can be done to mitigate for them. Climate change is one of them. One of them of course is the economic disaster that is looming. The collapse of the economy and what is going on with the different areas that I discussed in the book, "Collapse of Civilization". The issue of the politics, economics, medical sciences and climate change are all leading to disaster that human beings are perpetrating and they are not doing anything to stop. There are some exogenous areas also where danger can come from. One of them is a possibility of a solar mass ejection that can, if it were to hit the Earth, would render the earth incapable of generating electricity for years. It would be like this new TV show that they have called, "Revolution", where the world has lost electricity. So people are taken back to life the way it was in the 1800's before electricity was distributed widely. Some very interesting subjects that are upcoming there. But I better leave that because we will use the time and we won't get to subjects for this show today. Hetep. (16:00)

Unut Anpu - Htp. Well you definitely got everyone's attention with that. I'm sure that when we get to that show and those lessons it won't be too soon. Unlike many of the population of people who want to discount that these things are happening or occurring, I don't think that the listeners of this show and the supporters of the Neterian community at least we endeavor to not close our ears to the words of truth. We endeavor to practice Maat so that will be a show that we are anxiously looking forward to and will not be discounting. So today you're going to talk to us about what

we ought to be aware of regarding hospitals and hospitals in ancient Kemet? Hetep. (17:08)

Sebai Maa - (17:11) Ny, we are going to discuss about the ancient hospital and also about what lessons can be learned and what should be learned or known about modern day hospitals and how we should be going about seeking health.

We will go ahead and begin. First of all these lessons are dedicated for those people who want to know about or to follow the path of Kemetic Culture. Kemetic Culture includes the secular as well as the non-secular aspects. Non-secular is the religious, the mystical philosophy. The secular is everything to do with practical life, the ethical culture, everything that supports life like farming, government, legal system. So Maat is a teaching that relates to the secular and the non-secular. There are two wings, or two aspects of Maat. The secular aspect is for the foundations of human existence. It is for you to have viable and righteous society that is peaceful and that is conducive to having a proper balanced environment to practice the higher goals of life, which is the discovery of the meaning of life. The great questions of "Why am I here? Who am I? What is God? What is the Universe? Where did it come from?" all of these are the great questions of life. Most people don't bother to think about them because they are busy watching a football game, or working, or pursuing love affairs or being miserable about something, or fighting with someone else and all these other distractions from discovering the higher meaning of life.

(19:26) So hospitals are a necessary and important aspect of a culture because no one can be completely healthy all of the time. What I mean is you can have a certain modicum of general health that is considered above average and that it allows you live a life that does not require medicines or invasive treatments such as surgeries or things of that nature. Even that eventually, one grows old and they need more assistance in those areas. Especially due to the fact of living in a polluted environment, this is the point that I made before that for instance in ancient times, even in the US when the Native Americans were here before the Europeans came, before the pilgrims came it was possible to drink water from streams and from rivers and you could get most of your nutrients just from that. The water had minerals, vitamins, and nutrients that today the water either does not have or you cannot get it. Because most of the waterways and lakes in the country are extremely polluted. So what most people do is they go to get bottled water and a lot of times they go to get distilled water. Distilled water is a kind of sterilized water, it is just H₂O and you should really have water that is mineralized, that is fortified. That happens when the water passes through the earth naturally. Like if you get it from a well it filters through rocks, sand and through different soils and it collects minerals. This is what the Nile River so wonderfully fertile and full of nutrients which it does have some today but it is diminishing because less rainfall and because of the pollution that is thrown into it and the stagnation that is due to the Nasser Lake that has been dammed. So there are many changes. When you change the flow of the waters, and this is talked about in ancient scriptures, not changing the flow of the waters, not stopping the flow of the waters is one of the injunctions.

So the hospital even in ancient times, we've talked about how people did not exactly follow the advice of the Sunnu which are the ancient Egyptian doctors, and so they did get sick. When they got sick they went to the Temples. The Temples had certain buildings attached to them that acted as hospitals. If you received the email that I sent out to the Temple group, I sent a picture of one of those hospitals, I took that picture myself on a visit to Kemet. That particular one is from the Temple of HetHeru or Hathor. You can see the different wards and rooms for people. There is a section for a water reservoir, a central section for treatments and so on so forth. The ancient Egyptian Sunnu or doctors, this is the first record in human history of hospitals. The Greeks took this idea and they expanded it. Then you have the famous Hippocrates and all of that kind of thing. But this is the first evidence of an organized and dedicated system of hospitals. It is for people who got sick. As we talked about before, the discussion about the concept of Ukhedu and the source of disease being an issue of diet and hygiene. These were places to correct that and to convalesce but also it was a place for treatment not just of the body but also of the mind.

The ancient Egyptian hospital was a place where what would be called today, where body, mind medicine was practiced. The ancient doctors knew that a part of healing relates to how you feel about life, how you're experiencing your level of stress, and they instituted a program whereby people could actually come there and they were encouraged to dream in the evening. The closeness to the Temple, of being located right next to the Temple gave them a feeling of closeness to the Gods and Goddesses. They were encouraged to dream because it was known that the Gods and Goddesses appear in dreams more easily than they appear in the waking state. The dream state is actually the experiencing of the Astral Body or the Ka. You experience your Ka in your waking state but you are not conscious of residing in your Ka during your waking state, at least most people are not, I should say. When you are asleep at night, when you are experiencing REM sleep and when your body is immobilized and you are dreaming, you can have a meeting with the Gods and Goddesses. You can have a meeting with one that is a healing Divinity like Djehuty or Aset. Or you can have a meeting with Anpu who can lead a person to understand a issue that is troubling them and so on. So the concept of healing related to herbs and to specific dietary changes and fasting and so on.

Along with the hospitals there were also pharmacies that were located on the Temple premises. This is the first in human history that is recorded that we are aware of. Perhaps there were some other civilizations or attached to the ancient Egyptians but this is the one that we have record of and this is earlier than any other society. The Sunnu would prescribe the herb or the medicine and you can go to the pharmacy to get the prescription filled. Then the Arab culture took this idea over after the Greeks and they created hospitals throughout the Arab Empire that extended from the Middle East all the way to Spain. This is after the Roman Period. The Romans took it from the Greeks under the egis or tutelary Divinity of Asclepius. Asclepius is name that they took from the Greeks. Asclepius is a kind of Divinity of Healing and this is a name that they ascribed to ImHotep. ImHotep was one of the greatest known individuals of ancient Egypt. He was a medical doctor, lawyer, engineer, Vizier so he

was high in political science. This person was an example for all examples for all time of the greatness that a human can have and can be. He was a philosopher as well. After his death, he was deified like the Catholic church canonizes saints. He was inducted into the Pantheon of Memphite theology as a son of Ptah, as one of the Gods and Goddesses. This is a bit of that history and understanding. (29:26)

(29:35) There was one section from the book, “Kemetic Diet” and I’d like you to read a section related to a larger article in a book and a documentary about modern day hospitals.

Unut Anpu - (30:02) Did you send that link to me Sebai? I did not see that. Let me pull it

Sebai Maa - Did you get an email?

Unut Anpu- I don’t recall getting that email. Let me look here. I got the youtube video link and of course the link with the picture of the hospital but I did not get anything else.

Sebai Maa - Alright, I will try to send it again.

Unut Anpu - Ok.

Sebai Maa - Ok sending it right now again, while you are checking I will go ahead and read this section here.

This is from the **Kemetic Diet pg. 277** (31:02) Section called “**Poor Ethics as Cause of Disease**” -

“The Ancient Egyptians recognized the Ukhedu as the main source of disease, but there were other subtler sources as well. One of these was ethical. It was noted that unrighteous behavior could lead to the deterioration of health. The modern connection is increasingly being accepted. The ethical aspect of life is integrally related to the mental state and the mental state, dictates the state of health because it controls the energies and hormones that direct the immune system. Therefore, feeling unrest due to unethical behavior will have a direct effect on the condition of the individual.

Another source of disease recognized by the Ancient Egyptians was the imbalance between the Ba (soul) and the Ka or mind. The Ba (soul) enlivens the Ka (mind-emotions-astral body) and the Ka enlivens the Khat (physical body). Since the soul has a higher program for human existence, and since human beings are often caught up in the ego desires of the mind, there is often an internal conflict within the personality. In this aspect the Ba can be thought of as Heru, the Higher Self and the Ka as Set, the lower self. The higher and lower self vie for control of the personality, and when there is harmony there can be health, vitality and greatness in the personality. When there is disharmony between these two aspects of the personality,

there develops all manner of disease from misfortune and adversity to fatal physical ailments.” (33:27) Hetep.

Unut Anpu - Program announcements.

Sebai Maa - (34:20) One more thing I'd like to add to that is that this mind and body issue which has become more popular especially in the last 20 yrs. in alternative medicine and also medical MD's who are practicing alternative medicine like Andrew Weil but one of interesting statistics or theoretical shall we say researches has found or has estimated that 97% of the thoughts that a person has in a day which are about 50,000 thoughts in a day so 97% of those are coming from your unconscious mind and 3% from your waking mind. So it is coming up from the sub-conscious and your related to those. This is what we talked about in the last class, this is the same thing as saying that at the Ariu is coming back from the storehouse. Therefore it is important to deal with the mind in every aspect of life because that is if you want to change yourself you have to change your unconscious mind in other words. That is how important the teaching is. That is why everything is related to cleansing your mind and cleansing your personality and ethical conscience is an extremely powerful way of cleansing your unconscious mind. Hetep (36:00)

Unut Anpu - Hetep. The article that you sent there are a number of pages in it.

Sebai Maa - I just want you to read the first one and the top of the second of the link.

Unut Anpu - “Death by Medicine”?

Sebai Maa - Correct

Unut Anpu - There's 25 pgs. to it, you wanted me to read?

Sebai Maa - Just the 1st pg and the top of the 2nd

Unut Anpu - Oh I see, got you. Ok. Begin now Sebai?

Sebai Maa - Yes then at the end you can give out the link or send it as an email for those who want to read the whole article.

Unut Anpu - All right, Hetep. (37:03) For the listening audience the name of this article is “**Death By Medicine**”. I will send out the link after the show but it can be found at www.webdc.com the name of the article is “Death By Medicine”

“Something is wrong when regulatory agencies portend that vitamins are dangerous yet ignore published statistic showing that government sanctioned medicine is the real hazard. Until now life extension could cite only isolated statistics to make its case about the dangers of conventional medicine. No one had ever analyzed and combined all of the publics literature dealing with injuries and deaths caused by

government protected medicine. That has now changed. A group of researchers meticulously reviewed the statistical evidence and their findings are absolutely shocking. These researchers have authored a paper titled, "Death By Medicine" that presents compelling evidence that today's system frequently causes more harm than good. This fully referenced report shows the number of people having in-hospital adverse reactions to prescribed drugs to be 2.2 million per yr. The number of unnecessary antibiotics prescribed annually for viral infections is 20 million per yr. The number of unnecessary medical and surgical procedures performed annually is 7.5 million per year. Unnecessary hospitalization annually is 8.9 million per yr. The most stunning statistic however, is that the total number of deaths caused by conventional medicine is an astounding 783, 936 per yr.! It is now evident that the American medical system is the leading cause of death and injury in the US. By contrast the number of deaths attributable to heart disease in 2001 was 699,697. While the number of deaths attributable to cancer is 553,251.

We had intended to publish the entire text of "Death By Medicine" in this month's issue. The article uncovered so many problems with conventional medicine however that it became too long to fit within these pages. We have instead put it on our website - www.lef.org. We placed this article on our website to memorialize the failure of the American medical system. By exposing these gruesome statistics in painstaking detail we provide a basis for competent and compassionate medical professionals to recognize the inadequacies of today system and at least attempt to institute meaningful reforms.

Natural Medicine is under siege as pharmaceutical companies urge lawmakers to deprive Americans of the benefits of dietary supplements. Drug companies front groups have launched slanderous media campaigns to discredit the value of a healthy lifestyle. The FDA continues to interfere with those who offer natural products that compete with prescription drugs. These attacks against natural medicine obscure a list of problems that until now was buried in thousands of pages of scientific texts. In response to these baseless challenges to natural medicine, The Nutrition Institute of America commissioned an independent review of the quality of government approved medicine. The startling findings from this meticulous study indicate the conventional medicine is the leading cause of death in the US."

Sebai Maa - Due to the time everyone can go to the article and this is just a summary of the main article as you said the main article can be found also on www.garynull.com I believe. The take away, the Matnu, the teaching, the skill that needs to be developed is you have to understand that it is important to have physical health for the body and you cannot trust the "whitecoats". The "whitecoats" meaning the allopathic medical establishment or what the dr. says. The medical establishment is the leading cause of medical related deaths. The medical establishment itself, doctors mistakes, the overdoses of drugs; drugs that are given out without proper testing that are harmful, that kill people and the drug companies do this knowingly and they don't go to jail. All of this is because there is an allopathic medical system based on profit. Just like the Michael Moore movie (Sicko) was talking about.

Wherever you have profit you have greed and you have corruption. So you can imagine that if the ancient Egyptian hospital which is right on Temple property to be carried on or to be giving out health by how much a person can pay or giving out drugs so they can make money, you can imagine what would happen if that was the case. The ancient Egyptian doctors were renowned throughout the ancient world. They were called by other kingdoms to come out to the kingdoms in the Middle East, interior Africa and Greece, they would call the ancient Egyptian doctors to please send one out to us, to teach us and to heal us. So you have to be in control of your own health, you have to ask questions and you have to do the research and not just take whatever pills they want you to take. Anything from antibiotics to anything else for that matter. Who is going to be taking these crazy drugs that they have? You have Restless Leg Syndrome so you are going to take a drug that has 50 side effects and one of them that might kill you, it might give you a stroke. This is not a joke or it should be. That they are going to be putting out things like this. But they are allowed to do it. They are paying off the government leaders to allow them to do it. They are making money at your expense and it doesn't matter if they kill you, they don't care because they are greedy and they have lost ethical conscience. Whatever conscious they had has been shut down, whatever ethics and intellect because the greed is overwhelming it. This starts with the leadership. The leadership is corrupt and everything from the leadership of your local government, to the national government and President. It is all corrupt. This is what a Kemetic aspirant needs to understand. Therefore you need to provide for your own health. You need to look after the health of your family and to do the researches and to take the actions to follow up on what you should be doing to maintain health. Not eating meat, not drinking alcoholic beverages, not eating too much cooked food and so on and following the prescribed issue of the supplements, so on so forth. The last thing I wanted to do was to have Seba Dja present the "Herb of the Day." Htp. (45:34)

Seba Dja - (45:47) Udja greetings. The Herb for the Day is: Celery (Apium graveolens) *Celery is a biennial plant with bulbish fleshy root and strong smelling leaves. It grows wild in Africa, Europe and the Americas. It is a tonic, appetizer and a carminative. The fresh juice is diuretic. It was once used as a "slimming herb." Celery grows in Egyptian gardens today as it did the Pharaonic times at least towards the end of the New Kingdom. Garlands have been found with mummies from this period where celery was alternated with petals of minthia serulia. The plant is frequently mentioned in the Egyptian Texts. Dioscorides gave the Egyptian name as "Mith". This is easily confused with the name for parsley which is called, "Mountain Celery". In a few instances, seed or fruits of celery are specified but most often no particular part of the plant is indicated.*

Celery is used to treat a variety of diseases. A remedy to stimulate the appetite; a remedy to treat the teeth and fix them; a remedy to cool the uterus; as a contraceptive. Celery of the delta was crushed and applied as a bandage to darken a burn or celery (?47:44) and an unidentified plant were mixed and applied a remedy good for burns in the days of the King of Upper and lower Egypt. Amenemope III.

A remedy to stop blood in the eye. A remedy to treat the tongue. A remedy for temples, for the temples it is pounded into cold water and place on the temples of the patient. A remedy for swollen limbs and for painful stomach.

This is from an online website that has helpful information about various plants. "We have evidence of celery being used as a medicinal plant in ancient Egypt. There is also evidence that the ancient Greeks awarded celery leaves to athletes to commemorate their winning. Over time many different type of plants across the world have been referred to by the common name: "Wild Celery." Most of these plant although not all of them, belong to the same family as the "Pascal Celery" found in the US markets. You'll find Australian celery; Indian celery, Maori celery and water celery all being referred to as Wild Celery in various cultures. The bigger family of plants that houses celery is what scientists refer to as "Apiaceae" or "Ambeliferi" family. It is also commonly know as the parsley or carrot family. Just compare the leaves of carrots or parsley leaves with celery leaves and you'll see why. In addition to celery, carrots and parsley this plant family also includes dill, fennel, cilantro, coriander, parsnip, anise, caraway, chervil, cumin, angelica (49:51?)."

"What's New and Beneficial About Celery?":

- If you have become accustomed to thinking about celery as a crunchy, low-cal vegetable but not a key part of your health support, it is time to think again. Recent research has greatly bolstered our knowledge about celery's anti-inflammatory health benefits, including its protection against inflammation in the digestive tract itself. Some of the unique non-starch polysaccharides in celery—including apiuman—appear especially important in producing these anti-inflammatory benefits. (Unlike starchy polysaccharides that provide plants with a way to store simple sugars, these non-starch polysaccharides in celery help provide this vegetable with its unique structure and are not made from simple sugars but rather from pectins.)*
- In addition to well-known antioxidants like vitamin C and flavonoids, scientists have now identified at least a dozen other types of antioxidant nutrients in celery. These antioxidants include dihydrostilbenoids like lunularin as well as furanocoumarins like bergapten and psoralen. The antioxidant support we get from celery is largely due to its phenolic nutrients that have been shown to help protect us against unwanted oxygen damage to our cells, blood vessels, and organ systems.*
- If you are planning to steam vegetables as part of your meal, you can include celery without having to worry about excessive loss of its phenol-based antioxidants. In a recent study, researchers compared the impact of steaming (10 minutes) versus boiling (10 minutes) versus blanching (3 minute submersion in boiling water) on the total phenolic antioxidant nutrients in celery. Both boiling and blanching resulted in substantial loss of these antioxidants, in the range of 38-41%. With steaming, however, 83-99% of these antioxidants were retained in the celery even after 10 minutes. While we encourage the practice of steaming as a cooking method of choice for many of our WHFoods vegetables, it's great to see how nutrient-preserving steaming can be in the case of celery.*

- *Based on multiple recent studies involving nutrient changes in stored, refrigerated celery, we recommend a period of 5-7 days as a window of time for consuming fresh celery. While some nutrients appear to be stable in whole, refrigerated celery for longer periods of time, several studies show greater losses of phenolic antioxidants in celery after this week-long period. In addition, based on changes in flavonoid content, we also recommend that you wait to chop up your celery just before you are adding it to a salad or cooked dish (rather than chopping it up the night before and leaving it stored in the refrigerator overnight). This will help to preserve its maximum nutrient potential.*

Hetep. (51:40)

Sebai Maa - Hetep. (51:46) Ok so everybody go out and get celery now and add it to the Kemetic Diet. Htp. (51:55)

BOOKS, ARTICLES USED:

BOOKS: The Kemetic Diet Book, pg. 277

ARTICLES: Death By Medicine; What's New and Beneficial About Celery?

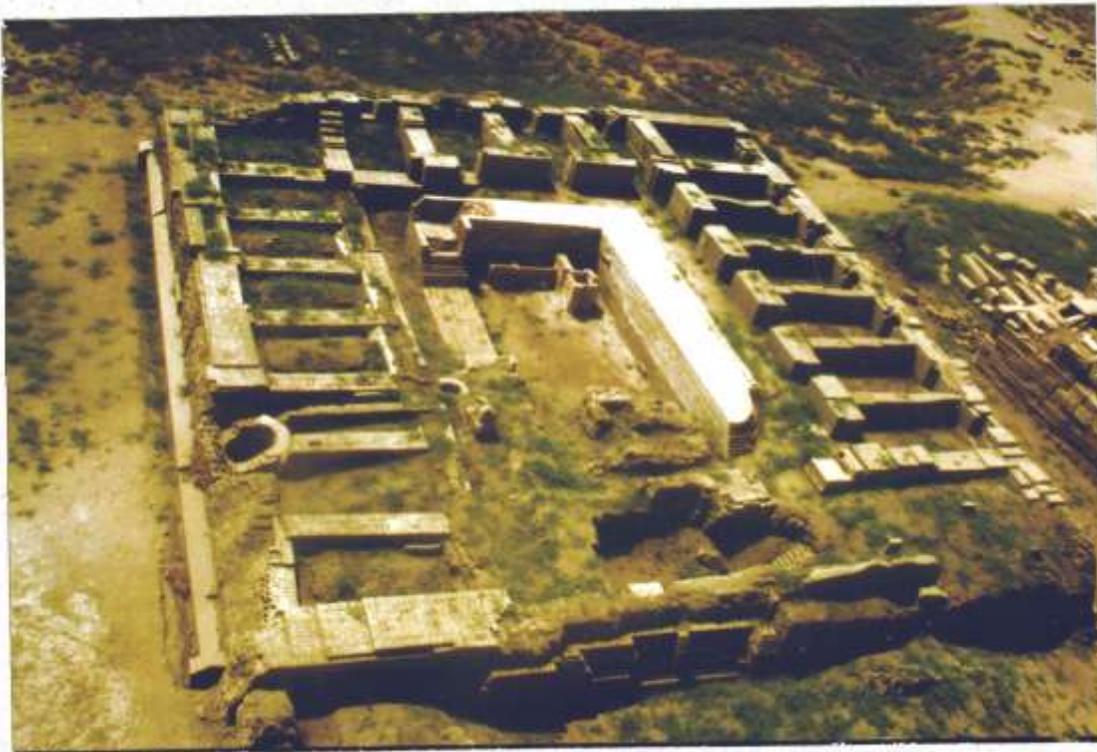


PHOTO: