

**KEMETIC LIFE SKILLS
SEBAI MAA ON BLOGTALK
LESSON 7 06/07/2014
(Transcription of KD for the Body only)**

Unut Anpu - (5:50) Sound checks Sebai Maa's mic not on.

Sebai Maa - (6:22) Ok how does it sound?

Unut Anpu - Perfect

Sebai Maa - (6:26) Ok very well. Udja to everyone. I would like to begin with the Kemetic Prayer of Aspirants brought forth by the great Sage Ani:

"Amma su en Pa Neter sauu-k su emment en Pa Neter au tuanu ma qeti pa haru."
HTP.

With today's class I'd like to begin with a reading from the book "Kemetic Diet" (pgs. 210-211) as well as this is also contained in the book, "The Glorious Light Meditation". I want to begin here because it will begin illuminate this question of questions and how questions and the answers to the right questions. It can lead us to peace of the body and health. In this first section that we're talking about Kemetic Wisdom for the Body.

"The student must learn to respect and trust the teacher. Also the student must allow the teaching to penetrate deeply within the heart. It is only then that the teaching will have a transformative effect. HetHeru allowed Djehuty's words to penetrate her cold, anguished heart. Then she began to remember her past glory." As you all recall the story of HetHeru and Djehuty and how HetHeru became incarnated in the world of time and space and she became lost. She got caught up in her worldly life eating meat and killing negative people which was her job as a lioness to mete out spiritual justice that was set forth by Ra. She forgot herself, she forgot who she was. She even almost ate her teacher and she expressed anger toward him. But eventually, she allowed his words to penetrate her heart. "This is the process of Divine Memory" wherein she began to regain the remembrance of her true identity. The pain of seeing her current level of existence (her degraded level of existence) in comparison with her past glory brought her to tears. Also she felt the pain of realizing she was missing out on the boundless Divine Love of her true essence. This is a common emotional of a spiritual aspirant when understanding as to their true predicament begins to dawn. What have I done to come down from the heights of Divinity to the limited state of human life and mortal existence? How wretched am I? How degraded am I? These are the kinds of questions asked by aspirants before he or she begins to understand the meaning of the spiritual teachings. This form of thinking leads to a resolution to regain one's true glory and to rise up from the degradation of ignorance. "May I find a teacher who can guide me on the path to self-discovery and enlightenment at once!" Thus, HetHeru, came to respect Lord Djehuty. She accepted

his offering, (he gave her a special offering, a special Arit which we will talk about later) listened to his teachings and later trusted him with her life. As one begins to reflect on the teaching, intuitional understanding opens up the opportunity to view the beauty and experience the infinite compassion of the Self. Then there are no more questions, only a keen desire to experience this elevated state more and more. An aspirant might say at this point, "I have glimpsed a wondrous bliss within. Let me fully discover it and abide in it."

*The secret to mental health is in controlling the mind. And the secret to controlling the mind is being established in spiritual truth. Therefore, if one advances towards spiritual enlightenment one **will not** suffer from mental illness. Mystical Psychology leads the mind to experience greater peace, balance, contentment and inner fulfillment. This is why it is said that sages and saints are the most compassionate beings and that spiritual knowledge is the greatest gift of all. This is why the God Djehuty is known as the "Healer of the Eye." The Eye is the symbol of inner spiritual vision. In the myth of Djehuty and HetHeru, the goddess HetHeru entered the world as the Eye and lost her way, and Djehuty healed her delusion and led her to enlightenment. In the myth of the Asarian Resurrection, Heru's spiritual Eye was damaged by Set and Djehuty healed it also. Therefore, Djehuty is the quintessential image of the spiritual preceptor who heals not just the body, but the mind and soul. Spiritual wisdom and spiritual instruction are the keys to alleviating and eradicating the greatest source of misery in life, spiritual ignorance. Spiritual ignorance is the greatest source of pain in life because it leads a person to a myriad forms of adversity, suffering and frustrations, not in just one lifetime, but in countless. In this regard, the promotion of physical and mental health is essential to transcending the lower states of consciousness. This is the purpose of the Mystical (Yogic) disciplines." (13:02)*

Now as I said earlier, Lord Djehuty became the Preceptor of Lady HetHeru she had fallen into a delusion about who she was. She was caught up in that delusion and acting out of that delusion. In so doing she expressed anger and hatred towards him, towards the world, towards the people she was eating, killing but she was reveling in it. There's a kind of trance and most people have experienced it. It is a kind of when you get caught up in the energy of anger or hatred, there's a kind of enjoyment, kind of purity in that feeling. Even though it is a negative feeling and even though studies have shown that anger and hatred and lust and jealousy all of these negative feelings they lead to ill health. But in the moment when they are experienced in the mind, it is a kind of trance, a kind of groove that the mind falls into. It is a kind of enjoyment. In order to turn away from that one has to discover a higher kind of enjoyment from yelling at someone, or being angry you become used to it also. You need to find a higher fulfillment in order to leave that behind. Lord Djehuty gave Lady HetHeru an Arit (an offering). An Arit is a spiritually energized form of food for the body as well as talk for the mind and nothingness for the soul that it receives through meditation and allows it to transcend time and space. So you have 3 kinds of food one is for the body, one is for the mind and one is for the soul.

The Arit that was given and the Arit that we give at our spiritual programs is wholesome food that is placed in the presence where words of power are uttered or chants. That spiritually energizes the food makes the vibrations and the energy of the food. So it not only feeds and nourishes your physical body but also nourishes your mind and soul as well. This is the kind of Arit that was given to Lady HetHeru and it calmed her down, it allowed Lord Djehuty to have a conversation without getting eaten, getting slaughtered or killed by her. Then it allowed time for her to calm down from her high emotional state, her negative vibratory state sufficiently enough for her to start thinking about what is true. Is this life that I'm leading now is that my highest truth? Or what is this that Lord Djehuty is talking about is that something else, something higher that I can aspire to? That's what was going on in the Myth of HetHeru and Djehuty.

Then eventually what occurred was she was eventually able to turn away completely. They spent days together, they spent time together when he was talking to her, giving her parables and talking to her about the glories of the Divine Self and the Spirit world that she had forgotten because she was caught up in the Earth realm. She forgot about the heavens and what lies beyond time and space.

This aspect, the Arit relates to how your food of life should be wholesome food. It should be green food of course, as we talked about before. It should be food that is around positive vibrations also, around an area where chants are or where positive music is being played, Kemetic music or any kind of positive, high kind of music is being played. All of that and positive feelings when you are preparing it. That would infuse the food with positive vibrations.

This idea is also I want to relate it to the teaching of Sage Ani of "*Amma su en Pa Neter*" but especially the second verse, "*Sauu-k su en Pa Neter*" - "*Keep thyself daily for God.*" When Lord Djehuty gave the teaching and she started to accept it, as I said they spent days together, spent time in traveling back to the land of Kemet from where she was, and during that time she began to transform. But if that teaching had stopped, let's say if she had pushed him away and if he had left, she would have fallen back into the delusion. So it means that the spiritual practice needs to be a daily practice. It needs to be a constant, perennial practice. So I spoke to you during the week and we talked about the class and things that you have thought about and you mentioned that it has brought back things that you had learned and you had kind of forgotten about and you kind of "fallen off the wagon" as it were and it brings you back to knowing what your duties are, what you have to be doing as far as your diet, as far as your daily spiritual practices and your meditations and support of the teaching so on so forth. That's why Knumpt Nefer or Good Association is an important component in getting this proper food for the body, mind and soul. That's what "sauu-k su en Pa Neter" really means, "keeping thyself for God" daily. In this theme today we're talking about "giving thyself to God - Amma su en Pa Neter" when you give yourself to God you are giving yourself to something higher. You are giving your ego to the Divine Self and you are not seeking to hold onto it. You are not seeking to delude yourself anymore and many people do that. They seek to chant

this chant and they want to practice the teachings but also hold on to their egoism, hold on to their lower way of life, the lower diet of body, mind and soul. The lower diet of the soul is not meditating. When you stay focused on the world and you only focus on worldly things from the time you wake up till the time you go to sleep you don't reflect, you don't close your eyes and seek to go within, that is food for the ego. So at the soul level you are either feeding the soul or feeding the ego. That is another important point that should be mentioned. (21:10)

Therefore everyday something should be done that is good for your body, something that is done good for the mind and everyday something good for the soul. Everyday you should be taking food that is nourishing, food that is highly empowered vibrationally and you should be taking some positive focus of thought, some positive teaching daily. Even if it is the Daily Worship that we put out with the email, one of the three-fold worships, to just read through that. Or if it is to turn on a lecture, a tape or a recording from the website or that you purchased from the Bookstore and to spend at least 5 minutes in quiet contemplation. The higher or the more powerful the contemplation the better the food is for the soul. Meaning the more you move away from objects and from thinking about things and yourself as a limited personality in time and space that is the food for the soul.

We are cutting this section short today, but I want to conclude this section for the Body with an Herb for this class. We started highlighting a particular herb that the ancient Egyptians our ancestors consumed. Not that these are the only foods that should be consumed but because these foods to remind us that these foods are from our ancient diet and are the diet of those people who considered themselves and who were actually, demonstrated themselves to be of elevated culture, elevated spiritual attainment and elevated ethical conscience.

(23:36) So today we are going to focus on the herb that perhaps everyone knows but not too many people may like or consume and that is "Garlic." In this particular section I'm reading from the book, "The Ancient Egyptian Herbal" by Lise Manniche the study of herbs and plants that were consumed by the ancient Egyptians. *"Cloves of garlic have been discovered in Egyptian burials including the tomb of Tutankhamun and in the sacred animal temple precinct at Sakkara. Devotes a lengthy section to the praises of garlic: it kept off serpents and scorpions with its smell; mixed with honey it was used as an ointment for dog bites and serpent bites and bruises were treated with roasted garlic in oil; raw garlic was given to asthmatics; fresh garlic and coriander in wine was a purgative and an aphrodisiac. Pounded in vinegar and water it was used as a gargle for queasy and toothache. Garlic juice and goose grease made good ear drops; and soft cheese or a gruel of peas or beans relieved hoarseness. Garlic pounded into salt and vinegar was used to treat bruises. Finally, it was thought to induce sleep. Garlic was widely consumed by the Egyptians, Herodotus had the following to say about that, "There is an inscription of Egyptian characters on the pyramid which records the quantities of radishes, onions and garlic consumed by the laborers who constructed it. The pyramid builders*

undoubtedly consumed large quantities of garlic and certainly of ordinary onions. But the source of Herodotus' information remains cryptic.”(25:59)

That was about the Ancient use of Garlic, I would like Seba Dja to read a report from the University of Maryland Medical Center 2004 where they talk about the benefits and uses of garlic.

Seba Dja - (26:55) Udja, Hetep. *“Garlic has been used both food and medicine for thousands of years dating back to when the Egyptian Pyramids were built. In early 18th century France, gravediggers drank crushed garlic in wine believing it would protect them from the Plague. During both WWI and WWII soldiers were given garlic to prevent gangrene. It was also used as an antiseptic to apply to wounds to prevent infection. Today garlic is used to help prevent heart disease including arteriosclerosis or hardening of the arteries, plaque build up in the arteries that can block the flow of blood and may lead to heart attack or stroke. It is also used today to help prevent high cholesterol, high blood pressure and to boost the immune system. Eating garlic regularly may also help protect against cancer. Garlic is rich in antioxidants, in your body harmful particles called “free-radicals” build up as you age and may contribute to heart disease, cancer and Alzheimers. Antioxidants like those found in garlic fight these free radicals and may reduce or even help prevent some of the damage caused over time. The conditions for which garlic is showing the most promise include heart disease, for heart disease garlic is most mentioned herb for heart disease and arteriosclerosis, hardening of the arteries but evidence is mixed. Some studies do suggest that garlic may help prevent heart disease, it may slow down arteriosclerosis and low blood pressure a little between 5-8%. Most of the studies on high blood pressure have used a specific formulation Studies that lasted four years found that people who took 900 mg of standardized garlic powder slowed the development of arteriosclerosis. Garlic also seems to act as a blood thinner which may help prevent heart attacks and strokes. Early studies found that garlic lowered high cholesterol but almost all recent studies that are high quality have found that garlic did not lower cholesterol. For the common cold, some early evidence suggests that garlic may help prevent colds in one study, people took either garlic supplements or placebo for twelve weeks during the cold season between Nov.-Feb. Those who took the garlic had fewer colds than those who took the placebo plus when they did get a cold the people taking the garlic saw their symptoms go away faster than those who took the placebo. For cancer, garlic may strengthen the immune system helping the body fight diseases such as, cancer. In test tubes garlic seems to kill cancer cells and population studies, ones that follow groups of people over time, suggest that people who eat more raw or cooked garlic are less likely to get colon and stomach cancers and cancer of the esophagus. In fact researchers who reviewed these studies found a 30% reduction in colorectal cancer among people who ate a lot of raw or cooked garlic. Garlic supplements don't seem to have the same effect. A large scale study, called the “Iowa Women's Study” looked at how much garlic, fruit and vegetables were in the diets of 41,000 middle-aged women. The study results showed that women who regularly ate garlic, fruit and vegetables had a 35% lower risk of developing colon cancer. Garlic may help the immune system function better*

during times of need such as in cancer. In a study of 50 people with inoperable colorectal, liver or pancreatic cancer the immune activity improved after they took aged garlic extract for six months. Other uses: In test tubes, garlic kills ringworms, common intestinal parasites but it hasn't been tested in humans, so researchers don't know if it works in people. One study found that men with benign prostatic hyper static placia had fewer urinary symptoms when they took garlic compared to men who took placebo. The garlic also reduced prostate size. Several studies report that a garlic gel applied to the skin may treat ringworm, jock-itch and athlete's foot."
(31:42)

Sebai Maa - Hetep, I'll take it from there. Htp. (31:56) In this section I just wanted to conclude the section for the Body by talking about the aspect of garlic as a physical object. Many people object to garlic because of its smell or because of its taste, the astringent quality to the tongue and other people love it. Other people will like it. Some people like in different kinds of foods like Italian food uses a lot of garlic. But I want to highlight the point that a spiritual aspirant (as we are going to see in the Mind section) is one who seeks truth. We talked about seeking truth last time and if you are seeking truth you are seeking God of course also. If you are seeking to give yourself to God the way Sage Ani says it means giving yourself to truth. This means that if there is some truth that is distasteful to the ego and we're lumping in the physical body as part of the ego, meaning that if you don't like something because of the way it tastes or because of the way it looks or whatever but scientifically and traditionally we know that it is good for you, then that truth of what is good for you, should win out against the truth that is of the ego base. That isn't the same for everything but it should have that tendency. For instance, we say that garlic is good for you but you don't like the taste, we are saying you should take it anyway if you can take it. If it is something that you take and it makes you nauseous or you take it in its pure form then obviously you can't take it that way, but you should seek another way that is effective and useful that will have the same effect in a way that you can take it. Mask the taste with something else or mash it up and do something with it.

The idea is that if you are following truth that truth should win out and that you should not be seeking to always provide comfort for the body. Meaning whatever you eat has to taste good or you won't take it, or it has to feel good going down or you won't take it; or everything has to be done for the ego's liking or disliking taking into account. When you are growing in higher will it shouldn't matter what your ego wants one way or another. It is what you want your higher self wants that is going to be done. If it happens to be in line with what the ego likes then so be it, that's fine let the ego enjoy itself. That is easier said than done but we're talking here of what the fundamental life skill or goal is that is to be attained. We are talking here about doing things because they are true and not necessarily or exclusively the only thing because your ego likes them. Of course on the way to this kind of attainment, you know we are not saying you can't do something enjoyable because the ego likes it. Sometimes you need to blow off steam or let off stress things like that. But you should have this as a goal. That is what this teaching right now is talking about.

In other words we have two wonderful herbs or foods: black seed oil we talked about last time and now you have garlic. By the time we give you all these things you should have a perfect body and you should never get cancer and you should live a thousand years...so how is that? (laughter). The idea is not to live forever in other words so we're being humorous. The idea is to lead a healthy life and if necessary to lead a long life that will allow you enough time to discover the mysteries of life and attain enlightenment that is the really the purpose of the Kemetic Diet. It is not to live forever but to live a long and healthy life that is spiritually successful. Hetep. (36:32)

BOOKS, STUDIES, TEACHINGS USED:

Kemetic Diet Book; Ancient Egyptian Herbal - Lise Manniche;

Study from University of Maryland Medical Center -2004

Sage Ani - "Amma su en Pa Neter, sauu-k su en Pa Neter"; Myth of HetHeru and Lord Djehuty