

Chapter 1 : Maat: The 11 Laws of God - Ra Un Nefer Amen - Google Books

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Finally there is a book that thoroughly explains all aspects of the subject and gives the reader a complete set of guided meditation to reestablish and maintain optimum health. You will acquire a thorough understanding of the workings and interactions of your will, spirit, mind and body as taught in ancient spiritual traditions, as well as the secrets of psychotherapy. This book is for everyone; lay people, health professionals, psychologists, physicians, parents. All that you have to do is to study the easy to understand principles in the book and relax with the guided meditations CD as your mind, spirit and life force automatically do the work to set you on the healing path of love, peace, joy and happiness. Testimonials include toning of the stomach and uterine muscles, improvement in breathing rates and blood circulation after less than fifteen minutes of daily practice. These and other tensions are the root of many chronic illnesses. Tension feeds illness while relaxation nurtures total mind-body wellness. Testimonials also include improved menstrual cycles, increased fertility, decreased fibroids, enhanced creativity, high tolerance levels for everyday challenges, general optimism and harmony in relationships. Now you too can harness your own tremendous healing power as you relax and experience the ecstasy of the Het Heru Healing Dance. In this book, a landmark indeed, you will find the ancient keys that have eluded Egyptologists for ages. You will learn how to objectively evaluate every belief, method, and spiritual measure that can be taken in a given situation in life by way of the Metu Neter Oracle. It is a system that addresses and answers those fundamental questions that students on a spiritual path have asked, and have gone unanswered. Anuk Ausar is a must for individuals in leadership positions, and for people engaged in the behavior shaping, and regulating institutions - Religion, Psychology, Sociology, Government, Education, etc. Metu Neter Vol. Ra Un Nefer Amen Success through spiritual means is the essence of spirituality as far as life on earth is concerned. We all know that however useful it is to cultivate our earthly resources - education, financial know-how, contacts, credentials, etc. We were given a great resource - the power of the Spirit. Because the system relies heavily on the great oracle of Kamit - the Metu Neter - the reader will also acquire the ability to coach others to acquire the skills of living as God intended - relying on the power of the Spirit - the miracle worker in us. Ra Un Nefer Amen You cannot realize your divinity from your understanding of spiritual principles, however well you have understood. Realization of divinity depends on the establishment of 11 divine Laws-Maat-into the mind and life-force of the initiate to give them spiritual power of realization. They must be placed into the mind in a specific order as they are interdependent and at a specific time of the year according to the receptivity of the spirit Ra which must provide the spiritual vehicles for their manifestation. Grief, guilt, depression is the chief underlying cause of ill health. It is what in spite of a good diet and healthy lifestyle will make you vulnerable to infectious disease, cancer, and all degenerative illnesses. And with all the many challenges in this modern world there is no wonder why illnesses induced by stress are so rampant and increasingly so. Yet, man was designed to meet all challenges of life with peace and joy. It is the state in which man transcends all possible stress reactions to challenges and establishes thus a permanent peaceful and joyful response that brings about the healing of existing illness, maintenance of health and the realization of longevity. Metu Neter, volume 5 is accompanied by a guided meditation CD. The knowledge of how to awaken talent and genius in people was the means through which these civilizations Ancient Egypt, Black India, Sumer, etc. It is what enabled them to originate and excel in mathematics, geometry, science, writing, literature, astronomy, astrology, medicine, architecture, art, government, religion, and much more. This knowledge was transmitted to the West, but had to go underground to avoid persecution from the Christians, but now that times have changed, you can avail yourself of it to awaken your talent, genius, and for your spiritual protection, success and much more. Tree of Life Meditation System T. The Tree of Life Meditation TOLM System was developed out of the spiritual understanding that there are 11 faculties of the spirit shaping every thing that we do in life. In order, therefore, to guarantee and expedite our success, a

spiritual or mental science technique must consciously address and engage all 11 faculties. All other self-help systems on the market TM, Hypnotherapy, Positive Thinking Affirmations, Creative Visualization, and most Yogic Meditations address only one and at most three of these 11 faculties - hence, their partial or reversible successes. Because it is a holistic approach to meditation, TOLM integrates your worldly pursuits - career, family, finances, recreation, health, etc. It is based on the axiom that we come to earth to develop ourselves spiritually, and that spiritual abilities are the chief means of success in life. Qi Gong Healing Prescriptions Ra Un Nefer Amen This book will teach you how to recognize the qi gong exercise that can be prescribed as part of a healthy lifestyle and good medical practice in the treatment of common health disorders-high blood pressure, diabetes, menstrual disorders, menopausal disorders, anemia, headaches, asthma, bronchitis, chronic fatigue, low blood sugar, peripheral artery disease PAD , viral and bacterial infections, arthritis, prostate problems, endometriosis, sexual dysfunctions low libido, impotence, etc. You must think of each exercise that is a part of a Qi Gong system as you would think of each remedy in a pharmacy, or herbal supplement in a health food store. You do not take all of them. You take only the ones that you need. Most Qi Gong systems and books on the market fail to make the distinctions that will enable you to do this, and as a result you have to perform all of the exercises in the set and fail to focus on the ones that you need the most. Since each exercise in the set focuses on an organ and energy system, you would want to focus your attention on the ones that are compromised. This is the only book that is available for the beginner and most advanced Qi Gong students that enable them to do just that. Their well-being depends on a constant optimum supply of blood and Qi life force. Tree of Life Qi Gong is a system that integrates meditation, movement exercises, and breathing to regulate and optimize the flow of Qi to reach the organs and their associated energy channels. Through the integration of body, mind and spirit, you will quickly enjoy increased vitality, libido, immunity, positive emotions, mental performance reasoning, imagination, etc. Their activity is therefore subject to the same type of law as those that have been framed in the physical sciences. The knowledge and application of these laws to daily living will secure for the initiate results in life as sure as a scientist gets water from combining 2 atoms of hydrogen with 1 atom of oxygen. By observing them, any spiritually mature person will gain access to wisdom ual power, and thus serve as a vehicle for the manifestation of god in the world. Thousands of years before all other civilizations appeared on the horizon of history, the ancient Egyptians were able to intuit mathematics, astronomy, geometry, writing, medicine, government, religion, philosophy, literature plays, the novel, poetry, sonnets , harmonic music, and much more-and pass it to others. In this book, Ra Un Nefer Amen presents in workbook fashion, a step by step application of the spiritual wisdom employed by the ancient Egyptians to build their magnificent civilization. Unlike other "success" systems that give a sprinkling of spiritual principles as the chief means of attaining success, Amen presents the entire Kamitic system in a manner that is accessible to readers of all walks of life. They read and studied them daily to strengthen their spiritual and moral life, which resulted in the optimization of their intellect and genius that culminated in the building of the oldest and one of the greatest civilizations in the world. That Kamit ancient Egypt produced Holy Scriptures has been concealed from the world by one of the greatest disinformation campaigns waged by Egyptologists. We are living at a time that is witnessing a great interest in Kamitic spirituality. A great number of people are turning to it with the hopes of finding the spiritual nourishment that they have not been able to get from other sources. In the presentation, the most important book to have come out of ancient Egypt, you will find a Holy Scripture that will provide the sought for nourishment. Read it daily, analyze its content and make its lofty teachings the subject of your daily meditations and self-contemplation. He traces over a period of years, the historical development of the ideas and customs that shaped the nature of our relationships today - for good and for bad. You will learn why the oppression of women sanctioned by governments and religious organizations in the west for the past years has kept the west from developing a wholesome family institution. Many mental and emotional dysfunctions arise from disturbance in our life force Qi, Kundalini, Ra force, etc. True to its portrayal as a holistic medical system, Homeopathy shows the relationship between mental, emotional and physical disorders as they arise from the disordered state of the life-force. This is an alternative view to the psychosomatic theory of illness. In this book, Ra Un Nefer Amen teaches you to recognize the effects of the common mistakes we make in life - excessive mental work, excessive sexual indulgence, too

much caffeine, sweets, insufficient sleep, etc. This book is an excellent introduction to homeopathy as well as a valuable guide to professionals in the field. You will learn to safely correct such common problems as emotional instability, concentration difficulties, poor memory, sexual dysfunction, digestive problems, headaches, etc. African Names Hehi Metu Ra EnKhamit More than just a collection of African Names, this book provides you with the spiritual philosophy behind the importance of the name. The African centered approach to life demands our being connected with God, our Ancestors, the yet unborn, and each other. This book shows you how your Name is a vital link in your establishing and maintaining that connection. This book shows you how to identify "Thy Self", tap into the Divine Intelligence and Power within, and choose a name to guide you in your quest for "Self Knowledge". In this book you will also learn how to determine your purpose in life and how to choose a name which will help you to achieve that purpose. You will see how a name, if it is chosen correctly, can serve as a motivational force propelling you toward success in life by unifying your experiences with others in the Divine Plan. Relive the dramatic and magical efforts of his wife Auset, and the heroic adventures of his son, Heru, as they battle Set to reclaim the kingdom, and to restore the world saving spiritual teachings of Ausar. The Resurrection is an epic saga that dramatically brings to life the Ausarian tradition-the most important spiritual system of Ancient Egypt. Because the system relies heavily on the great oracle of Kamit - the Metu Neter - you will also acquire the ability to coach others to acquire the skills of living as God intended - relying on the power of the Spirit - the miracle worker in us. Qi Gong Success Ra Un Nefer Amen Ra Un Nefer Amen reveals for the first time to the world, ancient Chinese secrets that have been kept secret by religious sects and elite martial dojos for the past four thousand years. You will learn how to use simple and effective exercises, diet, herbs, and self-massage to acquire the mental, emotional, physical and spiritual abilities of successful people. Whatever are your shortcomings-anger, lack of self-control, etc. You will find the teachings in this book applicable to any and all of your interests in life as they are all enabled by your Qi Life Force. This book is for everyone, yet it will be of special interest to professionals in the holistic healing field, psychologists clinical and theoretical , philosophers, priests, educators, martial artists and athletes, performance artists, business professionals, and students on all levels. In doing so they created the myth that everything that was great in Greece in the realms of Mathematics and Science sprouted from the minds of Greek thinkers with no outside assistance or influence. And to further their lies they had to promote the Greek as the inventors of Mathematics giving them credit for the achievement of Egyptians and Babylonians and to make things worse they have totally denigrated the Egyptians and their accomplishment. In this book, Ra Un Nefer Amen refutes their claim by quoting the work of eyewitness Greek to their formative years including the Greek philosophers-Plato and Aristotle, and by providing an in-depth analysis of mathematics, religion and logic that shows that not only were the Greek unable to accomplish many of the things historians claims for them, and that the Greek themselves were opposed to or admitted that they lacked the knowledge and skills. Through Bazi you will also learn to understand the kinds of challenges and opportunities that will come your way and how your spirit is programmed to meet them. You will also receive directions on how to use Qi Gong to balance the sources of life problemsâ€”energy excesses and deficiencies as revealed by the Bazi chart. The book is written without complicated and perplexing traditional Chinese terminologies to make it easy to understand. The book is fully illustrated and includes example charts of celebrities to render the principles easy to understand. It is the first and only book on Chinese Astrology that enables one to gain control over the 10 modalities of the life force Qi which are responsible for manifesting all events in life. It is accompanied by a guided meditation CD with special sounds that are used in Qi Gong for guiding the life force for accomplishing your goals. The system is based on scheduling your life activities at the time of the availability of the energy that are specific to carrying them out. You will learn to intuitively preform at your best in your intimate relationship, partnerships, social arena fellowship as well as heal your person and other through the joyful aura that you will enhance around yourself.

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Chapter 3 : Ausar Auset Society - Wikipedia

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Ra Un Nefer Amen (born Rogelio Alcides Straughn, on January 6,) is the founder of the Ausar Auset Society, a Pan-African spiritual organization dedicated to providing Afrocentric based spiritual training to people of African descent.

Chapter 7 : Books - Ausar Auset Society International Trinidad and Tobago Hesp

Ra Un Nefer Amen presents the information in this book in a way that technical but at the same time understandable. I've always been fascinated with the study of the ancient Egyptians and the tree of life and he presents the information regarding the tree of life in a way that I have not seen in any other book.

Chapter 8 : Results for Ra-UN-Nefer-Amen | Book Depository

Metu Neter Books Ra Un Nefer Amen was born in the Central American country of Panama. His initial exposure to African culture came through his visits to the island of San Miguel where many enslaved Africans had escaped to after being brought to Panama in the 18th century by Spaniards to work in the gold mines.