

SLIDE 1

INTRODUCTION TO 'JOURNEY INTO ANCIENT AFRICAN TANTRIC WISDOM'

As with all spiritual wisdom, Tantric principles are universal in nature, having emerged simultaneously in many, if not all ancient cultures in different geographical locations, through the collective evolutionary consciousness of humankind. In this Conscious Reasoning we will begin to explore and trace how some of these Tantric concepts manifest in Ancient African Wisdom. Drawing parallels between what is generally considered a purely Asian belief system, and what is now also revealing itself as age-old forms of African Tantra.

After conducting this research so far, there seems to be little clear universally agreed on, definition of what exactly is meant by 'Tantric Principles', so the author chooses to work with ones that resonate with her overstanding of what these Principles are and those that she could so far, find expressions of, in this limited study of such a huge subject as 'Ancient African Wisdom"! As this ongoing life works, please overstand that this remains a work in progress...and that the call is out for anyone else who is interested or called to co-create and further work together on this vital reconnection of the dots.

For the record here, it is to be noted that the location of Egypt (Kemet) is in Africa (as many seem to think otherwise) and the vast wisdom and teachings of the Ancient Kemetic Mystery schools are very much African, and are a collection of wisdom that would have been carried on Nile waters from the whole of the Nile Basin, including Ethiopia, Uganda, Kenya, Tanzania, Rwanda, Burundi, Congo, Sudan, South Sudan, etc.

As with the many Asian pathways and streams of Tantra, the African streams were traditionally never taught openly like this. It would have taken many long years of initiation practice and work to be able to hear or experience these advanced teachings, therefore it is good to be mindful of this as we learn about this ancient yet vital wisdom.

SLIDE TWO

EARTH RITUALS AND USE OF TANTRIC ARTS OF SOUND, MOVEMENT, DANCE, CHANTS, AROMA,ETC

Africa, both ancient and modern, is best known for its widespread colourful traditions of celebrating the Earth, life/death, love, family, culture, coming of age, fertility and harvest, etc...all using the Tantric arts of sound, movement, dance, chants, aroma, breath, etc..

SLIDE THREE

These rituals are an intrinsic part of the cycle of life on the Continent.

SLIDE FOUR

Sound was also an integral part of Kemetic practices, especially in some esoteric schools, and Kemetic Wisdom schools. It was understood that Intentional utilization of Sacred Sound can enhance consciousness exercises.

SLIDE FIVE

TEXT FOR TEACHING OF WORSHIP OF DIVINE FEMININE

One of the foundational principles of Tantra, is the primacy of the Divine Feminine. The honouring of Shakti, as a representation of the Divine Feminine and then each woman, as an embodiment of the goddess is fundamental to any Tantric pathway.

All over Africa, the Divine Feminine has always been worshipped for life, death and rebirth cycles, love, fertility, prosperity, creativity, the Earth, the moon, water, rain, nature, rainbows, destruction of that which no longer serves, protection, magic, justice, harmony, women and children and peace and balance.

In this slide we can see some of the myriad of the Ancient African Goddesses, to enable the audience to behold how deeply the Divine Feminine was celebrated and worshiped across the Continent.

LIST OF AFRICAN GODDESSES

*ALA,ALE,ANE-Ibo of Nigeria-Goddess and Barth Mother, Creatrix and Queen of the Dead

*AMENET-Ethiopia-Female expression of AMEN

*ASASE, ABEREWA, YAA, EFUA-Ashanti of West Nigeria-'Old Woman Earth', Goddess of Creation and Receiver after Death

*ASET, ISIS, AUSET-Egypt-Goddess of Magic and Life, Women and Fertility

*ATETE-Oromo of Ethiopia-Fertility Goddess

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LIST OF AFRICAN GODDESSES CONTINUED

- *BAST, BASTET-Egypt-Goddess of Protection and Cats
- *HATHOR-Egypt-Goddess of Feminine Love, Joy and Motherhood
- *INYAMINYAMI-Zambezi River-Snake Goddess
- *ISON, EKA OBASI, OBASI NSI, IBIBIO, EKOI-West Africa-Tortoise shelled Goddess of Fertility of the Earth
- *LEZA-Dahomey-Chameleon Goddess of Protection and Divination
- *MAAT-Egypt-Goddess of Balance and Harmony, Justice and Truth
- *MBABA MWANA WARESA- Zulu of Natal-Goddess of the Rainbow, Rain, Crops
- *MAMA WATI-Sierra Leone, Togo, Benin-Water Goddess
- *MAMLAMBO-Zulu-Water Goddess and Fertility Symbol
- *MAWU-Dahomey/Fon of Benin-Supreme Goddess-Creator of all things-Moon Goddess
- *NAURU-Northern Ethiopia
- *NEPHTHYS-Egypt-Protective Goddess of the Dead
- *NGAMI-Moon Goddess
- *NOMKHUBULWANE-Zulu Goddess
- *NUT-Egypt-Goddess of the Sky, Protector of the Earth
- *NYABINGHI-Uganda-Fierce Goddess of Righteous War
- *NZAMBI-Bankongo of Congo-Great Goddess who created all-plays a role in 'Justice'
- *OBA-Santeria-River Goddess
- *OCHUMARE-Santeria-Rainbow Goddess
- *ODUDUWA-Yoruba-Primary Mother Goddess
- *OSHUN-Yoruba-Water and Love Goddess

*SEKHMET-Kemet/Egypt-Fierce Lioness Goddess of Destruction

*WHITE LADY-Tassali of the Sahara-Agriculture Goddess

*YMOJA-Yoruba-River Goddess

*YEMAYA-Yoruba-Women and children, water and childbirth.

NOTE: THERE ARE MANY OTHERS THAT THE AUTHOR HAD NOT YET BEEN ABLE TO SOURCE OR HAVE NOT REVEALED THEMSELVES

SLIDE SEVEN

TEXT FOR TEACHING ABOUT SEKHMET

To highlight the inter-connectedness of the representations of the Divine Feminine between the Continents, please meet the Kemetic goddess Sekhmet...this fierce lioness-warrior, is the goddess of both destruction as well as of healing...she is the keeper of the power of the life-force, used for both destruction of the old and rebirth of the new.... She teaches about the cultivation, utilization, activation, and self regeneration of this life force. It is said the word Sekhem (AKA Kundalini/Life Force) is derived from her name.

It is also said that her name and the name "Shakti", the primordial feminine creative life force of Hindu culture, both come from the same root.

Therefore, it can be said she is identified with the great primordial Mother of all Beings, of all Life. It is no simple co-incidence, for instance, that Durga/Kali, the Hindu goddess of destruction, an aspect of Shakti, rides upon a tigress or lioness. It is this power, Sekhem, or Shakti, merged with the masculine seed or creative impulse, which brings forward the Creative Matrix into form and existence.

SLIDE EIGHT

KEMETIC TERMS FOR YOGIC/TANTRIC CONCEPTS

This slide is to show underlying connections between the concepts and terminology between Ancient African and Asian cultures.

BA-Eternal Soul...One's identity of character that with KA, survives after physical death... Identified with the Soul

KA-Etheric double or body (Yogic), Chi body (Taoist)....Astral body of a person that survives after physical death.

AB-The Heart where human consciousness resides...It is the heart not the brain, which is the conscience of mankind and was believed to be the emotional and spiritual center of the body in ancient Egypt and there mummified separately from the rest.

SAHU-The Grand Illumined Light Body.Those who have attained the state of Sahu have attained God Realisation or Unity Consciousness.

DJED-Pranic Tube-Pillar of Osiris/Asar, a column shaped symbol that represents his spine and strength.

URAEUS- Illumined Serpent emanating from the third eye.

SEALS- Chakras.

SEKHEM-life force- known to Yogi's as Kundalini or Umbilini

NETER- Prana or Chi

KHAT- Physical Body

WADJET - COBRA

CADUCEUS-Representation of Balance and Power. An upright staff with two serpents coiling up it, a round sphere shape on top and two wings emanating from each side just below the top.(See Slide 20)

STOPPING THE LOWER NILE - A teaching to show initiates how to stop ejaculation (Sexual Continence)...

SPRING WATERS- Amrita- Sweet taste at the back of the throat, when the two Serpentine drops of the Caduceus meet together.

SLIDE NINE

TEXT FOR TEACHING THE SYMBOL OF THE SERPENT

Unlike the Judeo-Christian view of the snake representing evil, in ancient African and Asian religions and spiritual pathways, it is generally regarded as a positive symbol, representing, as it does, the creative life-force of the Earth.

SLIDE TEN

SNAKE GODDESSES

In the South African region this snake goddess was called Mamlambo; in Zimbabwe she is identified with the Zambezi river serpent, Inyaminyami; in West Africa even up until today she is called Mamiwata; in ancient Egypt she was known as Wadjet (one of the various forms taken by the goddess Isis/Auser); and in India she is associated with both the Kundalini, Shakti, and Shiva. In all these cultures it is the snake - usually the cobra - that is her symbolic manifestation.

SLIDE ELEVEN

OUROBOROS

Originating in Ancient Egyptian iconography, (in the Enigmatic Book of the Netherworld, and ancient Egyptian funerary text in KV62, the tomb of Tutankhamun, in the 14th century BCE) the Ouroboros entered many other traditions via Phoenicians, Greeks and was adopted as a symbol in Gnosticism and Hermeticism.

Also used in the Middle-East, India, China, Japan, European and Norse culture, Native American (First Nation) and the Aztecs. The current mathematical symbol of infinity may be a variant of the classic Ouroboros. It represents the eternal return or cyclicity of birth, life, death and re-birth...a concept very familiar to Tantrikas from the East.

SLIDE TWELVE

TEXT FOR TEACHING SYMBOLS EYE-OF-HORUS/HERU

Within this amazing representation of this simple symbol, called the Eye of Horus, is the inner workings of not only our physical brains and our endocrine system, but also our etheric body and the sites of our highest Chakras. The Hypo-Thalamus (governs consciousness, sleep and sensory interpretation) can be seen at the centre of the Eye of Horus. The Pineal gland, often considered the Third Eye or seat of the soul, is found in the left hand corner. The Pituitary gland or Master gland, again often considered as the Crown Chakra, can be found at the bottom of the vertical line, descending from near the right-hand corner.

SLIDE THIRTEEN

ANKH

This well known Kemetic symbol of life...is in fact on a deeper level an actual representation of the act of the creation of life, through the sacred union of the 'lingam' (the vertical rod) and the 'yoni' (the oval crown), from which all life proceeds, creating the 'child' represented by the smaller horizontal rod. There are many depictions of the Ankh being held up to the nose of the Pharaohs to show the breath of life itself being given.

SLIDE FOURTEEN

MENAT

This symbol also represents sacred sexual union and the renewal of life. The voluminous womb shaped necklace and the phallic shaped counterweight, both connected by a string of white pearls, is reminiscent of the male life-force entering the womb, in the act of creation. This was used to transmit vital energy for the process of birth and rebirth on the wearer, and was often depicted as being used by the Kemetic Goddess Hathor to bestow the renewal of life upon the dead.

SLIDE FIFTEEN

TYET OF THET/A.K.A. KNOT OF ISIS/AUSET

The Tyet knot is a symbol of the Kemetic Goddess Isis (AST/Auset), Lady of Magic, Goddess of Motherhood, Star of the Sea, among other names and titles. Most scholars believe that the Tyet is a stylized representation of the female reproductive system. It is also sometimes called the Blood Tie of Isis, and The Egyptian Book of the Dead states that it should be formed from a red stone. It is linked to blood, power, life, death and regeneration.

SLIDE SIXTEEN

DJED

The Djed is also known as the Pillar of Osiris (Aser/Auser), It is often depicted as a wooden symbol of the Spine of Osiris, representing his resurrection and portraying stability. In certain ceremonies it is used as a fertility pillar. It can also be considered to be the Pranic Tube, a center pathway up through the spine similar to the Shushumna channel. It is interesting to note that there are similar tree representations and accompanying resurrection stories to be found in the Oromo traditions of Southern Ethiopia.

SLIDE SEVENTEEN

BOTH TOGETHER

The Tyet was used to decorate funerary and ritual objects and is often found depicted in conjunction with the Djed Pillar, first paired together on an object dating from predynastic times. While the Djed represented masculine power, the Tyet was specifically feminine power, and together they represent creation and recreation through sacred union.

SLIDE EIGHTEEN

TEXT FOR TEACHING URAEUS

Many pharaohs and rulers were depicted wearing a crown with a cobra ascending out the third eye, this was called Uraeus.

The following are some quotes regarding the possible significance of this.

'In ancient Kemet/Egypt we have many instances of representations of people with headdresses/crowns with a serpent coming out of the forehead.

It is believed that an energy can propel itself the Djed (spine) Which is nothing less the life force itself, called the sekhem', (to be found in the pelvic area), literally meaning 'the power that makes things erect', this is the life-force that in other streams of Tantra is referred to as Kundalini. As this energy progressively move upwards, through the 'raising of the Djed', stimulating each 'Seal' or Chakra, there is an accompanying expansion of awareness, and a tremendous stimulation of the higher brain centers and Seals, culminating in the third eye. The activation of these centers eventually generates what is called the Uraeus. Which is why, in sacred Egyptian art, one often sees important personages with a snake coming out of their foreheads, and Queens and Kings often wore a Uraeus on their headpiece. It was recognized that in it's exalted form, this good serpent represents 'the One Who Has Awakened'.

Thus echoing the Indian belief that the serpent energy from below achieved its ultimate flowering in the third eye', situated in the middle of the forehead.'

(McCannon, T; Divine Sophia, 2015)

The gift of the Uraeus is a type of psychic vision (clairvoyance) that allows one to see beyond the veils of Illusion (the play of dualistic opposites). The Uraeus is often seen as a blue fire that extends up the spine both vertically and horizontally and up into the brain, it undulates with the changes in energy within these pathways. The activation of the Uraeus, increases the brain's potential for intelligent creativity and changes the quality of one's being so that the attunement to the BA or Celestial Soul is clear and unobstructed. just like in the rising of the Kundalini Energy.....

(The Magdalene Manuscript, Kenyon and Sion, 2002)

Therefore we can see that the depiction of the Uraeus is a depiction of the experience of Kundalini activation or awakening, that is often represented in Indian Tantric images, as the hood of the cobra opening up around the head of Shiva.

SLIDE NINETEEN

TEXT FOR TEACHING HERMETIC PRINCIPLES WHICH ARE EXACT BLUEPRINT OF YOGIC/TANTRIC PRINCIPLES

Here we have an incredible ancient teaching called the 7 Hermetic Principles or Laws. To help the reader put into context who wrote these 7 Principles, the following is a helpful reference:

Herodotus 484-425 BC (Father of History), Strabo 63?bc-ad24? (Father of Geography), Hippocrates 460-377b (Father of Medicine), Plato 428-347 bc (Father of Philosophy) & Pythagoras (one of the Fathers of Mathematics) 580-500 BC, all have talked in their writings of a man called Hermes Trismegistus, who is described as coming to Ancient Egypt from the stars, some 29,000 years ago, bringing the wisdom & knowledge of all the ages and holding in his hand the Caduceus, otherwise known as the Staff of Hermes, the international symbol of medicine, and a representation of man as a whole healthy being (Gil, 1, Origins of the Caduceus, As Told in the Woel's Oldest Language: Symbolism, 2011)

HERMES TRISMEGISTUS was known by the Ancient Egyptians as the 'Great Great, Master of Masters'...-He was a contemporary of Abraham. Hermetic Teachings, spread from Egypt to India and Greece, to the whole world. It is recorded that from the land of the Ganges many advanced occultists wandered to the land of Egypt, and sat at the feet of the Master. From him they obtained the Master-Key which explained and reconciled their divergent views, and thus the Secret Doctrine was firmly established. Hermetic Teachings act as the Great Reconciler. The lifework of Hermes seems to have been in the direction of planting the great Seed-Truth which has grown and blossomed in so many strange forms. Even to this day, we use the term "hermetic" in the sense of "secret"; "sealed so that nothing can escape", 'Hermit'- means reclusive, etc., and this by reason of the fact that the followers of Hermes always observed the principle of secrecy in their teachings. The Egyptians deified Hermes, and made him one of their gods, under the name of Thoth. Years after, the people of Ancient Greece also made him one of their many gods-calling him "Hermes, the god of Wisdom." (THE KYBALION, A STUDY OF THE HERMETIC PHILOSOPHY OF ANCIENT EGYPT AND GREECE BY THREE INITIATES... THE LIPS OF WISDOM ARE CLOSED, EXCEPT TO THE EARS OF UNDERSTANDING, THE YOGI PUBLICATION SOCIETY, MASONIC TEMPLE, CHICAGO, ILL)

The Seven Hermetic Principles, upon which the entire Hermetic Philosophy is based:

(I) THE PRINCIPLE OF MENTALISM....

All the phenomenal world or universe is simply a Mental Creation...our reality is a product of our mind.

(II) THE PRINCIPLE OF CORRESPONDENCE....

"As above, so below; as below, so above."

(III) THE PRINCIPLE OF VIBRATION....

This Principle embodies the truth that 'everything is in motion'; 'everything vibrates'; 'nothing is at rest'.

(IV) THE PRINCIPLE OF POLARITY...

This Principle embodies the truth that 'everything is dual', 'everything has two poles'; 'everything has it's pair of opposites' Two poles are the same thing in essence, just a difference of degrees.

(V) THE PRINCIPLE OF GENDER...

Gender is in everything: everything has its Masculine and Feminine Principles; Gender manifests on all planes.'-Every Male thing has the Female Element also; every Female thing contains also the Male Principle.

(VI) THE PRINCIPLE OF RHYTHM...

Everything flows, out and in, everything has its tides; all things rise and fall, the pendulum-swing manifests in everything the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.

(VII) THE PRINCIPLE OF CAUSE AND EFFECT...

Every Cause has its Effect; every Effect has its Cause... everything happens according to Law, Chance in a name for Law not recognized; there are many planes of causation, but nothing escapes the Law.

As we can see these ancient Kemetic teachings are identical to most Asian Yogic and Tantric philosophies.

SLIDE TWENTY

TEXT FOR TEACHING STAFF OF HERMES OR CADUCEUS

The Caduceus/Staff of Hermes in its original form, in many ancient texts and carvings, had a central golden colored rod called the Djed (Sushumna) representing a balance in a scale or an erect spine. The entwining serpent on the left going counterclockwise and colored black is called the Lunar Snake (Ida) representing the female energy. The entwining serpent on the right going clockwise and colored gold is called the Solar Snake (Pingala) representing the male energy. Each of the serpents encircles the Djed (Sushumna) three and a half times which adds up to seven, the number of energy centers called Seals (chakras) in our human bodies. (the

Caduceus is three dimensional not two as it is usually seen drawn on a paper or carved on a flat surface).

Each part of the image has a meaning ...

The principle power comes from the two snakes that wind their way up the central staff, the spinal column. The two snakes represent the kundalini energy that moves up the two etheric channels which, in Sanskrit, are called the ida and pingala. The Ida nadi is associated with the moon's energy (cool), or negative polarity and feminine attributes. It starts at the base of the spine and ends in the left nostril, and the Pingala nadi is associated with the sun's energy (fire), or positive polarity and masculine attributes. It starts at the base of the spine and terminates in the right nostril. These are the conduits that carry the energies of the earth up through the body so that they can unite with the energies brought down from above, bringing the physical and spiritual realms together. Serpent energy rising in a person's body is the same as the kundalini energy seen in Eastern imagery.

The snakes of the caduceus are associated with the elements Water and Fire, with female and male, yin and yang. The central staff is the spinal column, the shushumna canal, the primary channel for our energy. This Shushumna nadi is the only nadi that directly pierces all of the psychic centers (chakras) of the subtle body. To the ancient Egyptians it would have been the djed pillar, the backbone of Osiris. The staff appears to be made of metal, perhaps gold, and represents the element Earth. The wings of the caduceus represent Air, the element that we associate with our higher self, that aspect of our self that connects us with spirit.

These wings unite us with the entire cosmos and give us the freedom to explore it.

The round ball at the top of the staff symbolizes both the prima materia, (the first matter) and the pure diamond body, the essence of spirit. It is superimposed over the pineal gland, in the center of the brain, and is pictured as a glowing crystal or diamond orb. Occasionally it appears as a pinecone, for which the pineal gland was named, perhaps because of the similarity in shape. This may well be the stone, the first matter which, when infused with spirit, is transformed into the diamond body, the universal medicine, the philosophers' stone.

SLIDE TWENTY ONE

TEACHINGS ON SYMBOL OF MEDICINE

'The Caduceus of modern medical professions did not originate with Hippocrates, considered the father of modern medicine. Greek medicine far precedes Hippocrates, and it is well known the students of Greek disciplines of art, math, science, and health, brought their knowledge from the ancient Schools of Egypt. The two serpents of the Caduceus, wrapped around the central shaft, represent these Alchemical traditions, taught by the wise and ancient Thoth, Imhotep, and others. It is said some of the oldest medical texts in the world are attributed to Imhotep, though

probably written even before his time, with explicit instructions for surgery in brain trauma, and other advanced medical procedure. The symbol of the Caduceus also originated by the time of this body of work. Certainly, an understanding of the deep significance of the human energy form, and how to utilize it to heighten consciousness, was part of that understanding, often depicted by singular or plural serpentine pathways.'

(2007, Zacciah Blackburn)

'...Always carried by Hermes, who was universal wisdom, standing on the head of ignorance, fear & perversion the devourer of souls or the symbol of rebirth, a cycle without end. In one hand Hermes carries the Caduceus, a winged rod with two serpents twisted about it & in the other hand the immortal Emerald Tablet.

'The Serpent standing erect is the symbol of Initiation into the high spiritual mysteries of Ancient Kemet...as the mistress of the Tree of recognition and knowledge (the Staff). The initiate is a high-flying eagle (the Wings) who has spiritualised the Serpent, which is the power of instinctive urge, and manifests it as spiritual power through his/her intellect. This energy of The Serpent as long as it is earthly and expresses itself on the low plane binding spirit to matter is The Serpent lowering man back into in further in carnations on the other hand when this force is spiritualized it helps man to experience while still in the body the highest degree of spirituality and earn the wings of Horus.'

(Haich,E; Initiation, 2000)

SLIDE TWENTY TWO

THE PINECONE AND THE PINEAL GLAND

The STAFF OF OSIRIS (ASER/AUSET)- now found in Egyptian Museum, Torino, Italy and dating back to ca. 1224 BCE is very similar to the Staff of Hermes or the Caduceus, although it does not include the wings. It is interesting to note the pinecone on the top. Throughout the span of recorded human history, pinecones have served as a symbolic representation of Human Enlightenment, the Third Eye and the Pineal Gland. (Time-Price-Research, Monday, April 25, 2016)

The pineal gland is a pea-sized gland shaped like a pine-cone, located in the middle of the brain. Once a revered tool of seers and mystics, it is now largely dormant, its divine purpose lost over the ages. The Ancient Kemets understood the significance of the pineal gland as we have seen in the Eye of Horus, and often represented it as a pine cone and associated it with the point of Uraeus, on the forehead, just above and between the eyes. In other words the Third Eye chakra, or Ajna Chakra of the Hindu system. A closed Ajna is said to lead to confusion, uncertainty, cynicism and pessimism! (much of which can be seen today)....Every esoteric tradition heralded the third eye as our connection to spirit, moving us out of the experience of separation in the human condition and showing us a return path to Oneness.

SLIDE TWENTY THREE

TEXT FOR HERMAPHRODITE

For overstanding the 7th Hermetic Law of Gender and for embodying the Caduceus. balancing our feminine and masculine energies becomes paramount. This is also a central Tantric principle, as achieving this balance prepares our bodies for Kundalini/Sekliem/Umbilini awakening. This awakening opens us to a new level of consciousness, where we attain access to a constant stream of wisdom, opening ourselves to our latent genius, and enabling ourselves to uphold absolute integrity and live in a state of Bliss. In other words allowing us to fully embody our own divinity.

The importance of this inner sacred marriage, where we become true isogynic beings was understood by the The Dogon of Mali, who are from the Bandiagara Escarpment, a row of steep cliffs, parallel to the Niger River. This region is one of the few areas in Africa that had no contact with the West until the end of the 19th century. Their wooden sculptures are the oldest known spiritual art objects from Africa, often dating as far back as 1000-3000 years old....In this photo of a beautiful Dogon statue, the figure holds a large ladle with both hands and has a quiver attached to the back. In Dogon iconography, the calabash ladle (kozu) or "ceremonial spoon" signifies "a matriarch or woman of importance"; the quiver is the symbol of "an illustrious man." Thereby making this statue a hermaphrodite or a Hermes/Aphrodite, in other words a balanced human being.

To overstand these statues, we must clarify the Dogon concept of perfection deriving from the re-union of what was separated. For young initiates, these statues explained the necessity of the dualism existing in nature, the social differentiation between men and women, the distinction between the sexes and then the dualism one had to transgress in order to attain perfection and continuity in life. This represents a typical Dogon concept: the male contains the female who also contains the male" (Helène Leloup, writing in her definitive work "Dogon Statuary")

SLIDE TWENTY FOUR

TEXT FOR TEACHING MUMBAHURU, GREAT ZIMBABWE

The current wisdom is that Great Zimbabwe was built by the indigenous people of Zimbabwe between the 12th and 14th centuries CE. It consists of the hilltop "Acropolis" and the "Mumbahuru" (House of the Great Woman'), or Great Enclosure, found in the valley below.

SLIDE TWENTY FIVE

JOURNEY OF UMBILINI

When we take the outline of these and turn it 90 degrees and shade in an area within the inner walls, a distinct outline of a figure sitting in a cross-legged, lotus position is revealed. This seated figure, alongside additional pieces of evidence that point strongly to the idea that the Mumbahuru was used for the practice of Tantra. Links between Great Zimbabwe and India have long been acknowledged by archaeologists and researchers. The Mumbahuru appears to be an exact blueprint of the central symbols of the Tantric concept of awakening Kundalini through the spine and using sexual energy for spiritual transformation. Look at the lower part of the seated figure: the round crescent at the base of the figure can be seen as the outline of his scrotum, which in turn is situated right next to one of the most well known features of the Mumbahuru, the phallic conical tower.

SLIDE TWENTY SIX

CONICAL TOWER

SLIDE TWENTY FIVE AGAIN

This area would be synonymous with the Muladhara chakra in which the Kundalini resides. A long, narrow passageway begins right next to the figure's genitals and probably represents the route the Kundalini takes as it travels up his spine to his head.... This pattern stretches in an arc that effectively cups the bottom of the figure, thus indicating where the Kundalini energy is located (see dotted line-in-the wall diagram.)

SLIDE TWENTY SEVEN

TEACHING FERTILITY STONES

When the stone altar section (the scrotum shape as viewed from above (SLIDE TWENTY FIVE)) was excavated in the 19th century, scores of so-called "fertility stones" were discovered. Measuring about 10cm, these phallic objects are believed to have been used at Great Zimbabwe to awaken the Kundalini energy - as depicted in the accompanying picture of the male and female yogis. One of the methods by which Indian Tantrikas endeavour to awaken the Kundalini serpent goddess was to insert a phallus-shaped object (representing the "lingam" of the god Shiva) into the anus while meditating. The pressure of the 'lingam' is thought to help force the Kundalini energy out of the root chakra and up the spine to the brain. In shape and size, the lingams' being used in this illustration are identical in size and shape as the ones found in Great Zimbabwe.

BACK TO SLIDE TWENTY FIVE

The figure within the enclosure probably represents Shiva who is both the god of destruction and mystical illumination and is worshipped by Tantrikas throughout India. He is widely portrayed sitting in the lotus position and in Indian art, Shiva is often pictured sitting in a cave

which is symbolic of the womb - which is pretty much exactly what the outer wall of the Mumbahuru seems to represent. In effect, it is believed that the Zimbabwean Tantric devotees would have been located inside the symbolic stone body of Shiva. Perhaps the ritual enacted within his body consisted of them awakening their Kundalinis at the altar area using the stone 'lingams'.....As the energy began to unfold within them, they probably then proceeded up the spinal passageway, thereby acting out the ascent of the Kundalini energy that was taking place within their own bodies. The final stage of the journey... thus Great Zimbabwe seems to contain a blueprint of the Tantric method of awakening the serpent energy within.

SLIDE TWENTY EIGHT

CHEVRON (SNAKE) PATTERN

The fact that this chevron pattern found running along the outside top of the outer wall, is made up of two serpentine lines also echoes Tantric symbolism as seen in the Caduceus reminiscent of the double serpent of Ida and Pingala. The same serpentine chevron pattern can be seen in this Kemetic wall carving, clearly showing the connections between both areas of Africa.

SLIDE TWENTY NINE

FURTHER ZIMBABWE/KEMET CONNECTION

Reinforcing the connections between Great Zimbabwe and Ancient Kemet, we can see the soapstone bird statue at Great Zimbabwe with the distinctive serpentine chevron pattern below it.

SLIDE THIRTY

TEXT FOR UMBILINI/KUNDALINI

To testify even further to the existence of Ancient African Tantric Wisdom, and the connection between the Asian concept of Kundalini and the African concept of Umbilini. In his book 'Song of the Stars: the Lore of a Zulu Shaman', Credo Mutwa writes:

'My grandfather taught the Zulu version of what is called in English 'meditation'. How to breathe softly and gently like a whisper, until you feel something like a hot, coiled snake ascending your spine and bursting through the top of your head - a fearsome thing that is known as umbilini. This umbilini, my grandfather told me, is the source, the primal source of the sangoma's powers. A sangoma must be able to summon this umbilini at will through the beating of the drum and through meditation'.

SLIDE THIRTY ONE

TEXT FOR TEACHING YAB-YUM

Yab-Yum (Tibetan literally, "father-mother) is a common symbol in the Tantric art of India, Bhutan, Nepal, and Tibet. In Tibetan Tantra it is about the union of Compassion and Truth/Wisdom. In Indian Tantra it is about the masculine as a passive meditator with the feminine as a dancing shakti in his lap... pure awareness meeting pure energy.

SLIDE THIRTY TWO

Here we can see a depiction of a Yab-Yum from the Kingdom of Benin, which was a huge empire spread across much of modern day South-West Nigeria. Benin city was protected by a network of walls and moats some up to 18 meters high, with the inner walls stretching for 7 miles. (It is thought to be the biggest ever single human construction, even bigger than the Great Wall of China).

To show the obvious high rank of this Benin couple in Yab-Yum, there is also a picture of a bronze statue of a Benin Queen, with a similar headpiece.

Yab-Yum is the symbol of divine union. It is the posture in which man and women are united between Heaven and Earth: a classic meditation posture. In many lovemaking postures one of the couple is underneath the other, but in Yab-Yum, both are equally upright. On a metaphysical level, Yab-Yum represents the union of dualistic forms in order to attain transcendence...In other words, when we bring apparent opposites together in love we can enter a state beyond normal consciousness: a state of oneness or unity consciousness. A remembrance of who we are beyond name and form...This is the ultimate goal of Tantra.

SLIDE THIRTY THREE

TEXT FOR TEACHING KAMA SUTRA AND PAPYRUS 55001

The Kama Sutra is widely considered to be the standard work on human sexual behaviour in Sanskrit literature...Kama meaning 'desire' and Sutra more metaphorically meaning 'manual'...as is well known it depicts many creative sexual positions.

SLIDE THIRTY FOUR

As we can see from Papyrus 55001, the ancients Kemets also liked to get creative with their sexual positions...Otherwise known as the Turin Papyrus, or Erotic Papyrus, from the New-Kingdom, 19 Dynasty. Approximately 1150 BCE.

SLIDE THIRTY FIVE

Although the original is severely damaged, artists have reconstructed the different scenes. It has 12 successive sexual scenes, which takes up 2/3 of the papyrus. The artistic merit is high, suggesting that this papyrus had an elite owner and audience. The real significance of this

papyrus remains unknown to the Egyptologists, however, we Tantrikas may have a better idea of its true purpose.

SLIDE THIRTY SIX

END QUOTES

'Africa, the Mother of Humanity and the archaic home of Tantric tradition. Tantric practices are found in most ancient spiritual belief systems. Unfortunately, with the advent of Christian missionary activity, many of the places where archaic forms of Tantra were once practiced, now have only traces of this knowledge. Africa is the best example of this phenomenon. Africa, is the "home" of humanity, the original motherland. Look closely at traditional African spiritual cultures, such as the Dogon of Mali, the Fang and Kota of Gabon and the Yoruba of Nigeria, and traces of Tantra become apparent. Belief in reincarnation, in the immortality of the human spirit, the spiritual law of "cause and effect, the need to balance the masculine and feminine energies within our bodies, divination, spirit possession, meditation, mystic power phrases, spells and amulets, the power of sacrifice and the sacraments of sex are but some of the tenets common to both the African and Asian archaic spiritual traditions'. (The Temple of Africa-www.tantraworks.com)

'Buddhism originally did not have a tantric tradition but in the early part of the first millenium BC it developed one, after direct contact with the teachings of ancient Egypt. There is a strong connection between Memphite Theology (Memphisism) and early Buddhism, it is reasonable to say that Buddhism and its creators were impelled by ancient Egyptian religion just as were the Confucius, the Pythagoreans, and the Taoists.' (Ashby, The Ancient Egyptian Origins of Buddhism, 2006)

'It is of course possible that a complex diffusion situation obtained parts of the doctrine descending into both Greece and India from some earlier source, or other parts being passed from one of these cultures to another at a later time. But what is clear and what should enter the general discussion on the topic, is that the tantric physiology is not exclusively an Asian element and that a diffusion situation probably involving some of these factors just reviewed was involved in its presence in India as well as Greece but there may be a still more ancient world involved.'

(Harper, K; Brown, R. The Roots of Tantra, 2002. Paper by: Thomas Evilly, The Art History and Archaeology of Tantra; The Spinal Serpent.)

"THE LIPS OF WISDOM ARE CLOSED, EXCEPT TO THE EARS OF UNDERSTANDING"
HERMES TRISMEGISTUS

Giving so much thanks and praise for the honor of compiling these works so far, and being allowed to be a medium of bringing this Wisdom forward. Hereby, putting out the call for our Human Family to come forward to co-create, and further connect the dots, to help us all

remember our foundational and vital Journey into Ancient African Tantric Wisdom. (Sister Tibebwa)

‘As it was in the Beginning, so shall it be in the End!’