

*Note: To get the best out of the curriculum and to help you remember the names/meaning I recommend you journal your answers.*

### **Sacred Workbook: The Extended Stride - Forces 1-7 of Ma'at**

Description: This is not a checklist of sins, but a map of 7 threads that weave the garment of Ma'at.

#### 7-DAY SACRED JOURNEY OVERVIEW:

Day 1: Force 1: Usekh-nemmt - The Sacred Stride (Sunrise Alignment with Cosmic Law)

Day 2: Force 2: Hept-khet - Sacred Vessel Honor (Boundary Consciousness)

Day 3: Force 3: Fenti - True Ownership (Energy Exchange Awareness)

Day 4: Force 4: Am-khaabit - Divine Timing (Sacred Patience)

Day 5: Force 5: Neha-her - Sacred Reciprocity (Conscious Exchange)

Day 6: Force 6: Ruruti - Sustaining Connections (Ancestral Honor)

Day 7: Force 7: Arfi-em-khet - Sacred Trust (Temple Purification & Weighing)

#### FORCE 1: USEKH-NEMMT

- Kemetic Name: Usekh-nemmt
- Meaning: "The One of Extended Stride"
- Origin: From Iunu (City of the Pillar)
- Declaration: "I have not transgressed the universal law."

#### SACRED INNERSTANDING:

This is not merely "avoiding sin." Usekh-nemmt is the active force of staying within the ordained path—the cosmic stride that aligns with Ra's journey across the sky. From Iunu (Heliopolis), the cosmic center of solar law, this force measures your alignment with divine rhythm. It is the measured pace of Ma'at.

**KEY TEACHING:** To transgress is to step outside Ma'at's measured pace, to break harmony with cosmic order. Every misstep creates ripples in the fabric of reality.

### LEVEL 1: RECOGNITION – The Cosmic Mirror

Sacred Journal Inquiry:

Contemplate: Where in your life do you feel "in stride" with natural rhythms? Where do you feel out of step with cosmic timing?

Consider: Sleep cycles, work rhythms, relationships, creative flow, seasonal alignment

Daily Observation Practice:

Today, notice three instances of alignment or resistance to natural flow:

1. One moment of perfect cosmic timing
2. One moment where you resisted natural rhythm
3. One choice point where you could align better

### LEVEL 2: ALIGNMENT – The Sacred Stride

Sunrise Alignment Ritual:

AT SUNRISE (essential for alignment with Ra's journey):

1. Stand facing East (or visualize East if indoors)
2. Place right hand on heart, left hand extended forward
3. Breathe deeply 7 times (inhale 4, hold 4, exhale 4)
4. Visualize your path extending in perfect alignment with Ra's solar journey
5. Feel the golden path beneath your feet
6. Speak aloud: "My stride is measured by Ma'at. I walk within divine bounds."
7. Carry a small sun symbol (gold item) today as reminder

## Decision Alignment Practice:

Before any significant choice today, pause and ask these three questions:

- Does this keep me within my ordained path?
- Does this align with natural timing?
- Does this honor cosmic rhythm?

## LEVEL 3: INTEGRATION – Living Alignment

### Evening Integration:

Review your day through the lens of Usekh-nemmt:

- Where did you walk in perfect stride today?
- Where did you stumble or misstep?
- What will you carry forward tomorrow?

### Personal Declaration Creation:

Create your personal alignment declaration based on your experience with Usekh-nemmt:

Template: "I, [Your Name], declare that I walk in alignment with Usekh-nemmt. My stride is measured, my path is ordained, my journey is in harmony with cosmic law. Specifically, I commit to [your specific practice]."

## FORCE 2: HEPT-KHET

- Kemetic Name: Hept-khet
- Meaning: "The Embrace of the Sacred Body"
- Origin: From Kher-aha (Place of the Combat)
- Declaration: "I have not violated the sanctity of another's being."

## SACRED INNERSTANDING:

Hept-khet governs the sacred vessel of life. This is not merely "avoiding robbery with violence"—it is understanding that every being carries divine hekau (magical integrity). From Kher-aha, where Horus and Set engaged in their eternal combat, this force teaches respect for the sacred struggle of existence. Every being is a battlefield of cosmic forces.

**KEY TEACHING:** To violate another's vessel is to disrupt the divine combat that shapes reality. Respect for sacred boundaries maintains cosmic equilibrium.

Day 2: Sunrise Boundary Ritual:

AT SUNRISE:

1. Stand facing East with arms extended to sides
2. Visualize a golden circle of light around your body
3. Breathe into this boundary for 7 breaths
4. Visualize all beings you'll encounter today with their own golden circles
5. Speak: "I honor the sacred vessel in myself and all beings."
6. Carry a small stone today as a boundary talisman

Evening Boundary Reflection:

Boundary Assessment: Where have you honored or dishonored the sacred vessel of others?

- Physical Boundaries: How did you respect physical space today?
- Energetic Boundaries: How did you respect others' energy?
- Emotional Boundaries: How did you honor others' emotional space?

FORCE 3: FENTI

- Kemetic Name: Fenti
- Meaning: "The Discerner of Breath"
- Origin: From Khemenu (City of the Eight)
- Declaration: "I have not misappropriated what was not born of my own ka (vital essence)."

#### SACRED INNERSTANDING:

To "steal" is to take that which your spirit did not generate or earn, disrupting the balance of energy. This force from the Ogdoad, the primordial source, governs true ownership.

**KEY TEACHING:** Every act of misappropriation creates energetic debt. True ka-generated creation maintains cosmic equilibrium.

#### Day 3: Sunrise Ownership Ritual:

##### AT SUNRISE:

1. Face East, hands cupped as if receiving energy
2. Breathe in deeply, visualizing your ka generating light
3. Exhale, releasing anything not yours
4. Speak: "I receive only what my ka has generated. I release what is not mine."
5. Carry a small personal token of ownership today

#### Evening Ownership Reflection:

Ownership Assessment: Where did you take or receive what was not yours today?

Instances of true ownership... Instances of misappropriation... Lessons learned...

#### FORCE 4: AM-KHAIBIT

- Kemetic Name: Am-khaabit
- Meaning: "The Consuming Shadow"
- Origin: From the Cavern of Becoming
- Declaration: "I have not extinguished the divine spark before its appointed time."

#### SACRED INNERSTANDING:

To "slay" is to usurp the role of the gods and Asar in the cycle of life, death, and renewal. This force is the finality that only the divine may command.

**KEY TEACHING:** Every life has its divine timing. Interfering with the appointed hour creates imbalance in the cosmic order.

#### Day 4: Sunrise Timing Ritual:

##### AT SUNRISE:

1. Face East, hands open in surrender
2. Breathe slowly, feeling the rhythm of Ra's journey
3. Speak: "I honor the divine timing of all things. I release control over what is not mine to command."
4. Visualize a shadow releasing what must pass

#### Evening Timing Reflection:

**Timing Assessment:** Where did you try to force or rush something today? Where did you honor divine timing?

Moments of forcing... Moments of surrender... Lessons learned...

#### FORCE 5: NEHA-HER

- Kemetic Name: Neha-her

- Meaning: "He Who Turns Away from Decay"
- Origin: From the Place of the Mouth of Caves
- Declaration: "I have not taken the life-force of the land without reciprocity or offering."

#### SACRED INNERSTANDING:

Grain is the transformed flesh of Asar, the gift of the Nile. To steal it is to insult the cycle of death and regeneration that feeds the nation.

**KEY TEACHING:** All sustenance comes through reciprocity. Taking without giving creates decay in the land and in the soul.

#### Day 5: Sunrise Reciprocity Ritual:

##### AT SUNRISE:

1. Face East, holding an offering (water, grain, flower)
2. Offer it to the rising sun
3. Speak: "I give thanks for the life-force of the land. I offer in reciprocity."
4. Visualize energy flowing both ways

#### Evening Reciprocity Reflection:

Reciprocity Assessment: Where did you take without giving today? Where did you offer in balance?

Instances of imbalance... Instances of reciprocity... Lessons learned...

#### FORCE 6: RURUTI

- Kemetic Name: Ruruti
- Meaning: "The Twin Guardians of the Horizon"
- Origin: From the Place of the Twin Guardians

- Declaration: "I have not diverted sustenance meant for the akh (effective spirit) of the divine or the dead."

#### SACRED INNERSTANDING:

Offerings are the currency between worlds. To pilfer them severs the connection and starves the gods and ancestors. This force is the balance of the Two Ladies.

KEY TEACHING: The living and the dead are fed through reciprocal offerings. Disruption here creates famine in both realms.

Day 6: Sunrise Ancestral Offering Ritual:

AT SUNRISE:

1. Face East, place a small offering (bread, water, incense)
2. Speak to ancestors and gods: "I offer sustenance to the akh of the divine and the dead."
3. Visualize energy flowing to the horizon

Evening Ancestral Reflection:

Offering Assessment: Where did you divert or neglect sustenance meant for the divine or ancestors?

Instances of neglect... Instances of proper offering... Lessons learned...

#### FORCE 7: ARFI-EM-KHET

- Kemetic Name: Arfi-em-khet
- Meaning: "He Whose Eyes are Flames of Judgment"
- Origin: From the Place of the Jackal
- Declaration: "I have not violated the sacred trust of the temple."

## SACRED INNERSTANDING:

Temple goods are the god's physical sekhem (power). This theft is a direct assault on the divine presence in the community.

**KEY TEACHING:** The temple is the body of the god on earth. Violating its trust is to wound the divine incarnation.

### Day 7: Sunrise Temple Purification Ritual:

#### AT SUNRISE:

1. Face East, visualize yourself in a sacred temple
2. Light incense or candle
3. Speak: "I honor the sacred trust of the temple. My heart is pure before Ma'at."
4. Visualize flames of judgment purifying your actions

#### Evening Temple Reflection:

Trust Assessment: Where did you violate or honor sacred trust today (in yourself, others, or the divine)?

Instances of violation... Instances of honor... Lessons learned...

## DAY 7: THE COMPLETE WEIGHING CEREMONY

#### AT SUNRISE on Day 7:

1. Face East and light seven candles (gold or white)
2. Place a white feather on left side, your completed workbook on right
3. Speak each of the 7 declarations aloud
4. For each force, place a stone in a circle as you declare mastery
5. Burn a piece of paper with one transgression you release
6. Bury the ashes as offering to the earth

7. Speak: "The Extended Stride is complete. I walk in Ma'at. Forces 1-7 are woven into my being."
8. Meditate for 28 minutes ( $4 \times 7$ ) as the sun rises fully

#### WORKBOOK FEATURES:

- Automatic saving of reflections every 30 seconds
- Local storage of all journal entries
- Downloadable completion certificate
- Printable format option
- Sunrise practice audios (Day 1 meditation, Complete Sunrise Ritual Guide, Forces 1-7 Integration Audio)

#### COMPLETION CERTIFICATE TEMPLATE:

⊖ THE EXTENDED STRIDE - COMPLETION CERTIFICATE ⊖

WEEK 1: FORCES 1-7 OF MA'AT

COMPLETION DATE: [Date]

SUNRISE OF COMPLETION: [Time]

INITIATE'S NAME: \_\_\_\_\_

#### FORCES MASTERED:

1. Usekh-nemmt - The Sacred Stride
2. Hept-khet - Sacred Vessel Honor
3. Fenti - True Ownership
4. Am-khaibit - Divine Timing
5. Neha-her - Sacred Reciprocity
6. Ruruti - Sustaining Connections
7. Arfi-em-khet - Sacred Trust

**PERSONAL DECLARATION:**

"I have walked The Extended Stride. I have aligned with the first seven forces of Ma'at. My sunrise practices have established my foundation in cosmic order. I am prepared to continue the journey through the Hall of Truth."

**WEIGHING CEREMONY RESULTS:**

Heart lighter than the feather in seven forces. Alignment confirmed at sunrise.