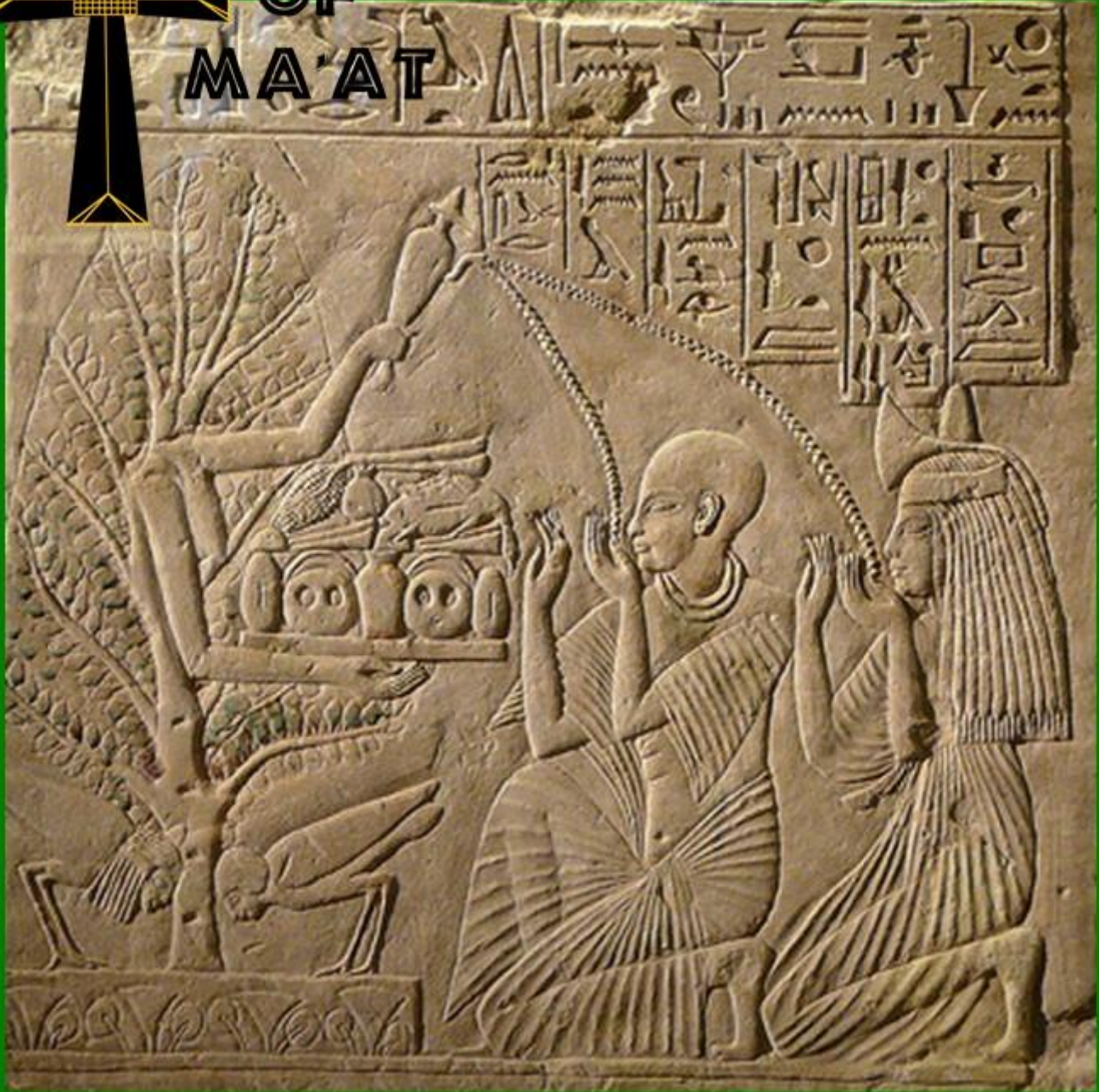




SHRINE OF MA'AT



A Guide to Your Initiatory Fast
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The History of Fasting

Many are familiar with fasting as a spiritual tool in the Abrahamic traditions. A common fasting reference for Christians is the temptation of Jesus Christ in the desert. According to the mythic Biblical story, Jesus retreated to the Judean desert for 40 days where Satan tempted him to break his fast by turning stones into bread. Today we see fasting used by many adherents to the Abrahamic traditions. Modern Jews fast for 25 hours during their day of atonement known as Yom Kippur. The Muslim daytime fast during their holy month of Ramadan is well recognized. Many modern Christian groups also observe selective fasting during the 40-day period of Lent.

While fasting in the Abrahamic traditions is well documented, few recognize that the earliest descriptions of spiritual fasting are of Kemetic practices. It seems that the ritual purifications of the Kemetic Temple priests included a selective fast. For most of Kemet's expansive history there was no full-time, permanent class of priests. Instead they maintained their regular occupations for a period (believed to be approximately 3 months) and then they were "on duty" in the temple for a period (approximately 1 month). While living in the temple, the priests did not wear clothing derived from animals, but more importantly, they also refrained from eating any sort of flesh. The connection between a restricted diet and the attainment of spiritual mastery is first a Kemetic tenet. In fact, some authors also believe that the 40-day fast which is described in Jesus's temptations in the desert and even the modern 40-day period of Lent may have originated in the Hapi Valley.

Now fasting for the sake of the dead in the most primitive sense was going without food that it might be given to the ghosts or spirit ancestors. ... This was no doubt the motive for the Haker-festival of the Egyptians, when the provisions were laid upon the altar as an offering to Osiris in his coffin. The word Haker denotes both a festival and a fast; it also signifies starving, and starving with the view of giving the food thus saved to the spirits of the dead would be a really religious sacrifice. *This festival that was celebrated by starving or fasting on behalf of the dead comes to its culmination in the season of Lent as a fast of forty days.* In this originally the food of the living would be given as a sacrificial offering to the dead, or the ancestral spirits, or to the god who gave his life in food for men and animals. Here the Egyptian Lent or season of fasting for forty days is in the true position, as it followed and did not precede the death of Osiris. To have any real meaning, the fast which was ordained as a sacrifice of food for the dead was naturally celebrated after and not before the death, to constitute a funeral offering and "to make that spirit live". Going without the food and giving it as a sacrificial offering to the dead assuredly affords the proper explanation of the funeral festival that was celebrated as a solemn fast which finally passed into the Christian eucharist.¹

Today many modern Kemetic adherents utilize fasting to reach higher spiritual and wellness states. Some even proscribe to fasting each season. The initiatory fast convened by the Shrine of Ma'at is structured to achieve both of these aims.

¹ Massey, G. (1907). *Ancient Egypt: The light of the world*. London: T. Fisher Unwin Adelphi Terrace. pp. 159.



(Left) A portion of the mosaic depicting Jesus Christ being tempted with stones (bread) on the Basilica of San Marco. (Right) A Statue in Paris depicting a severely wasted Buddha during extensive fast.

Purpose of Fasting

Fasting not only assists our indwelling Neteru to return our bodies to health, but it also allows us to reach higher spiritual states. Individuals who fast often report more lucid dreams, the ability to think more clearly, and even easier access to meditative states. Our heavy diets often dull the faculties and prevent us from elevating ourselves. Many holistic health practitioners suggest fasting at the outset of each season in order to allow our bodies to shed the remnants of the preceding period and to activate our immune systems.

The process of reacclimating our taste buds to fresh, living foods and away from processed foods and lower vibrational sustenance is key. It is also helpful for us to routinely practice denying the world as it occurs to our senses. Our addiction to extra sweet and heavily salted foods prevents us from experiencing and enjoying the subtler tastes and fragrances which occur naturally. The world is much larger than our 5 senses betrays us into believing. Living life entirely according to our senses prevents us from witnessing the energy which pervades the world around us. This force is the relentless whisper of Ma'at.

An Outline of Our Fast

The Shrine of Ma'at initiatory fast is essentially a 2-week restrictive diet. During our fast we certainly take in sustenance unlike starvation fasts. The first week of the fast is based on a raw food diet. During this period, initiates should only eat fresh, uncooked fruits and vegetables. Usually this can take the form of salads. Be sure to refrain from adding large amounts of processed dressings.

The second and final week of the fast is focused on fresh fruit and vegetable juices. Generally speaking, most commercial juices are extremely processed and include other less than desirable additives like processed sugars and chemicals to retard decomposing. Sometimes commercial juices are stored in tanks that remove virtually all of the oxygen in order to prevent spoiling. After undergoing de-oxygenation, commercial juices are often stored for up to one year! Another important concept with regard to juicing is refraining from consuming too much fruit juice, as it too contains far too much sugar. Adding small amounts of fruit to vegetable juice is preferable.

In addition to the foods and juices that you will consume, we will expect you to considerably increase your water intake, to utilize the supplements that will be provided (goldenseal herb, spirulina, and psyllium husk capsules) and to take an enema at least every other day. While drinking 1 gallon of water per day could be a simple target, you should at least drink a half ounce to an ounce of your weight in pounds per day. For more on the included supplements, please see the section on Materials.

Organic or Non-Organic?

With the proliferation of pesticides, untested genetically modified organisms (GMOs), wax coatings on fruit and vegetable, and other concerning trends in the commercial food production, eating organic is a common-sense way to ensure our safety and health. However, organic foods can be quite expensive and organic certification is sometimes unreliable. While we suggest that you should eat organic foods whenever possible, one should not let the challenges with organic costs and reliability convince them that attempting to eat healthier is futile. Eating non-organic or conventional fruits and vegetables is still vastly better than eating commercial fast food, meat, and highly processed foods that have become staples in the diet of the United States. You should always make the healthiest possible choice with respect to your budget, your health concerns/goals, and available food.

Understanding Optimal Hydration: An Equation

It is now believed that instead of a standard number of glasses of water per day, individuals should have a more personalized hydration plan. Nutritionists argue that we should actually drink somewhere between a half ounce to a full ounce for every pound of our weight. So, if you weighed 180 pounds, you should drink somewhere between 90 and 180 ounces of water. This would be the equivalent of approximately 2.8 to 5.6 quarts per day.

Enemas for Optimal Health



It is said that the Kemetic people utilized enemas to ensure the effective elimination of their bowels. The concept of using enemas for health is said to have originated when they observed the heby bird (Greek: ibis) using its long syringe-like beak to bend backward and flush gravel from its own rectum. In fact, Greek historian Herodotus commented on the Kemetic use of the enema:

"The Egyptians are the healthiest of men, since each month for three days they conduct purification by vomiting and enemas, believing that a person receives all illness through food."

Greek Historian Herodotus (lived 484-424 BCE)

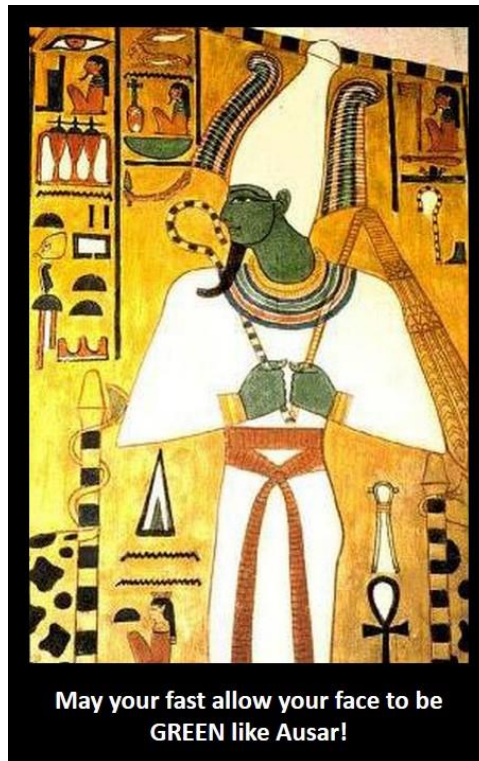
Today enemas are still used to assist our colons to return to optimal operation. During your fast you should perform an enema at least once every other day. While using water is fine, the juice of one lemon (without pulp or seeds) and 2 tablespoons of cold-pressed olive oil is also helpful.

The Kidney-Liver Flush

The final element of the fasting protocol is the use of a simple kidney-liver flush every morning. The recipe is as follows:

- 1 Cup of Filtered Water
- 1 Pressed Clove of Garlic
- 2 Tablespoons of Cold-Pressed Extra Virgin Olive Oil
- 1 Dash of Cayenne
- Juice of 1 Lemon

While the kidney-liver flush might not be the most appetizing portion of your fast, its benefits outweigh its unpleasant taste! You might find it helpful to chant "Di.ek Wi Seneb Neter Wr Amset" (Give me health great Neter Amset) before swallowing the entire concoction whole. Amset is one of the Sons of Heru (Mesu Heru). He is the protector of the liver.



Materials

THE MATERIALS WHICH ARE PROVIDED FOR YOUR FAST ARE THE FOLLOWING:

- **Goldenseal vegetarian gel capsules (Take 3 per day with meals)**

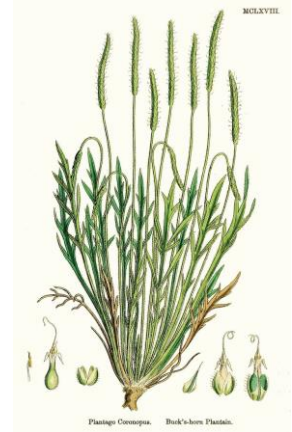
Native to North America, the goldenseal plant has been long utilized by the First Nations Peoples. It has been used as a natural anti-biotic and even to treat a wide array of ailments including cancer, low blood pressure, conjunctivitis, and menstrual discomfort. Goldenseal is an extremely bitter herb which forces the mucosal membrane to flush itself. It is an excellent digestive aid and encourages bile secretion.



- **Psyllium (pronounced sill-ee-um) husk (Take 3 per day with meals)**

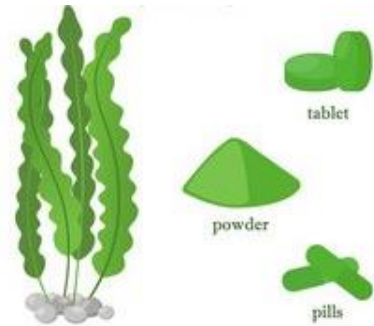
Several studies have determined that the diet of the average citizen of the United States contains only about half the fiber as recommended. Many individuals struggle with constipation without ever understanding how often they should eliminate. How can one eat "3 square meals" and eliminate once a day? Some even eliminate less than that.

Psyllium husk is the seed casing of several members of the plant genus *Plantago*. It is an excellent form of soluble dietary fiber and has been used to treat constipation and to reduce blood cholesterol and glucose levels. As psyllium husk resists digestion in the small intestine and binds to undigested foods. It produces mucilage, absorbs water in the intestine, and increases the mass of bowel movements. Think of psyllium husk as a pipe cleaner for your intestine as it has the ability to swell up to 50 times its initial volume when liquid is added. Psyllium is actually the main ingredient in products such as Metamucil and is also included in many high-fiber breakfast cereals.



- **Spirulina (Take 3 per day with meals)**

Powdered spirulina is effectively a cultivated biomass of cyanobacteria, otherwise known as blue-green algae. The capsules included in your package are organic, extra-strength, and vegan. Spirulina is considered a super whole food. It is scientifically proven to boost the immune system, support cardiovascular health, and most importantly it is a potent detoxifier. It has been known to reduce the levels of heavy-metals and been used to prevent poisoning from toxins like arsenic. It also delivers a high dose of digestible protein, all 8 essential amino acids, iron, folic acid, B vitamins, selenium, and manganese. If one considers that consuming food is essentially the attempt of living beings to receive the energy from the sun (Ra), then ingesting spirulina in perhaps one of the most efficient manners to do this. Spirulina is a one-celled organism without a strong cell wall (unlike chlorella) so it is easier to digest than most vegetables. Its high chlorophyll content allows it to sit around on fresh water sources and soak up Ra all day long! Perhaps spirulina is the way Ausar maintains his green face.



THIS ITEM YOU WILL NEED TO PURCHASE YOURSELF:

- 1 Enema Bottle

Recipes

Salads and Dressings

The Simply Ma'at Salad Dressing

- ½ Cup Cold Pressed Extra Virgin Olive Oil
- 2 Tablespoons Fresh Lemon Juice
- 2 Tablespoons Braggs Liquid Aminos (Substitute for Table Salt)
Or 1 Teaspoon of Himalayan Rock Salt or Sea Salt
- 3 Cloves of Garlic Pressed
- 2 Tablespoons of Fresh Chopped Basil or Cilantro
- 3 Raw Okras Chopped (Mostly for Consistency)

SHAKE WELL AND STORE IN BOTTLE FOR NO MORE THAN 4 DAYS

Baaba Pa-Ur's Greet Feast Salad

- 1 Bunch of Kale (Remove from Stem and Tear in Smaller Pieces)
- 1 Bunch of Romaine Lettuce (Cut into Manageable Pieces)
- 1 Red/Purple Onion (Chopped)
- 2-3 Tablespoons of Lemon Juice
- 2-3 Tablespoons of Cold-Pressed Extra Olive Oil
- 2 Tablespoons of Spike Seasoning (or to taste)
- 2 Tablespoons Dried Basil
- 2 Tablespoons Cayenne Pepper
- 2 Sheets of Nori Seaweed (Torn into Small Pieces)
- Braggs Liquid Aminos to Taste

Want to take it to the NEXT LEVEL? Add 1 Ripe Avocado and/or 3 Tablespoons of Hummus!
Makes 2 – 4 Servings

Baaba Pa-Ur's Ankh Nut Loaf (During Your Fast Don't Eat Too Many Nut or Seeds)

- 1 Pound of Raw Cashews
- 1 Pound of Raw Almonds
- 4 Tablespoons of Spike Seasoning
- 4 Tablespoons of Dried Basil
- 6 Tablespoons of Scotch Bonnet and Garlic (Equal portions pre-prepared in food processor)
- 6 Tablespoons of Red Bell Pepper and Onion (Equal portions pre-prepared in food processor)
- 5 Tablespoons of Braggs Liquid Aminos (or to taste)
- 2 Cups of cold water (added after above ingredients are combined)

Mix in a bowl until all ingredients are combined, then use plastic bowl to shape into loaf
Makes up to 8 servings

Vegetables to Try in Your Salads:

- Kale
- Romaine
- Green Leaf
- Avocado
- Okra
- Cilantro

Items to Add to Salads for Taste:

- Hummus
- Lemon Juice
- Braggs Liquid Aminos
- Onion (Red or Yellow)
- Shallots
- Garlic

Basil
Mushrooms
Sunflower Seeds
Cashews and/or Almonds

Raisins (Sparingly During Your Fast)
Himalayan Rock Salt/Sea Salt
Apple Cider Vinegar

Fresh Juices

Green Juice Party

2 Granny Smith Apples
2 Carrots
½ Cucumber
1 Handful of Spinach
1 Handful Grapes
1 Handful Blueberries
Juice or Use Emulsification Blender

Allergy Fighting Juice

1 Cucumber
1 Cup of Fresh Pineapple
2 Lemons (Remove Skin)
1 ½ Inch Piece of Ginger
½ Cup or More Fresh Parsley
1 Apple (If Necessary to Taste)
Juice or Use Emulsification Blender

Ausar's Green Victory Juice

1 Bunch of Spinach
1 Bunch of Kale
1 Pear
1 Stalk of Celery
1 ½ Inch Piece of Ginger
Juice or Use Emulsification Blender

Het Heru's Sweet Song

1 Large Mango Cubed
1 Bunch of Kale
1 Large Apple
1 Handful of Blueberries
½ Cup Coconut Water
Juice or Use Emulsification Blender

Djed's Nefer Summer (DNS)

1 Large Mango Cubed
2 Large Bunches of Baby Spinach
1 Handful of Fresh Mint Leaves
1 Handful of Strawberries
½ Cup Coconut Water
Juice or Use Emulsification Blender

