



WEDNESDAYS @ 7:00 PM

Whm Mes Tu
Embracing Afrakan Consciousness
Through The Nguzo Saba

KRST Unity Center of Afrakan Spiritual Science
invites you to join us on the Zoom platform On The KRST Unity Website



Study Guide & Workbook
Facilitated By The Ministerial Staff

A Personal & Collective Journey of Spiritual Enrichment

<https://us06web.zoom.us/j/84396508821?pwd=mtK4v2J2tlk6yaMfgSyiHa9sVHN69v.1>
Meeting ID: 843 9650 8821 Passcode: 936156



KRST Unity Center of Afrakan Spiritual Science located at
7825 South Western Avenue, LA, CA 90047 PH:323-759-7567

Exploring the spiritual essence of the Whm Mes Tu, this process can help you connect with themes of transformation, rebirth, and the quest for knowledge. In this workshop, you'll discover how the symbols and teachings from our ancestral teachings makes this a remarkable process. will inspire your own spiritual journey. Get ready to uncover the wisdom that comes forth through **Whm Mes Tu.**

DAYS 11-20

Goals

ACTIONS TAKEN TOWARDS ACHIEVEMENT

RECORD OF DAILY SUCCESSES, BLESSINGS

These Valence Tables are recommendations for individuals to create a personalized version within the overall context of the five phases. Each phase relating to the refinement of each of the four corners of the temple, Physical, Emotional, Mental and Intuitive culminating with the 5th phase of building of the Divine Community of liberated souls.

Valence Table Schedule

1st Ten Days: Physical Purification

Date: _____

Squaring the Physical Body - Observation and consciously constructive actions: This phase should include a daily practice of a healthy diet and nutrition; meditation, physical exercise, deep breathing, fresh air, eight glasses of water, sunlight breaks, rest and relaxation. Keep a journal of your experiences, dreams and intuitive insights.

2nd Ten Days: Emotional Purification

Date: _____

Squaring the Emotional Body - Controlling the passions by living a life of virtue: In this phase, continue physical disciplines and add the study and practice of the 10 Virtues. Focus on one Virtue each day.

3rd Ten Days: Mental Development

Squaring the Mental Body - Investigation into the inner meaning and purpose of life and your role within the Creator's Master Plan: Continue the physical (daily exercises, meditation, healthy diet & nutrition, water, sunlight, fresh air, rest & relaxation) and emotional disciplines (use one of the 10 virtues as a daily affirmation) and add a 10 day research project on a topic of spiritual importance to you. Write a minimum one-page paper on your research and deep thought.

4th Ten Days: Intuitive Development

Date: _____

Squaring of the Intuition, extending the sensitivity of the five senses: Continue physical, emotional and mental disciplines and, if possible, participate in a three to ten day fast. Extend your meditative and contemplative practice. Increase your deep breathing exercises; try to maintain an attitude of serenity, peace and calm. Record and reflect on signs appearing in your life.

5th Phase – Seven Days: Social Development

Date: _____

Squaring the Social Body - Building the Collective Summon Bonum, a Divine Community of Liberated Souls. Gather together or communicate with other members of the KA community for discussions, join, support, participate, give service for the uplifting of our community. Come together for group meditations and reflections on insights from the Oo-Hm Mes Tu.

10 Virtues for Successful Living

Steadfastness:

- ◇ Discrimination, the ability to distinguish between the real and the unreal. Readiness or preparation for initiation.
- ◇ Fidelity: Creating a spiritual life, the Summum Bonum or greatest good in Maat.
- ◇ Devotion: Dedication to a purpose or goal giving meaning to your life.
- ◇ Fortitude: Freedom from resentment under the experience of persecution and wrong. Victory over self.
- ◇ Temperance: Control of your actions and the passionate nature.
- ◇ Courage: The character not to allow fear or adversity to turn you away from your goal.
- ◇ ◇ Obedience: Being obedient to The Call-Vocation. One who has vocation hears the voice of the Inner Self. They are called. Confidence in the power of the teacher to teach the truth and in your ability to learn and master the truth.
- ◇ ◇ Prudence: Evidence of having a mission and the insight that befits the faculty of Seership. Intelligence or Understanding.
- ◇ ◇ Wisdom: Control of Thought in accord with Maat.
- ◇ ◇ Justice: Unswerving righteousness of thought and action - The ability to distinguish between right and wrong.