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In Ancient Egypt the word for Yoga was Smai. Yoga is the practice of spiritual disciplines which lead to positive spiritual evolution. There are four major aspects of Yoga: The Yoga of Wisdom, The Yoga of Devotion, The Yoga of Meditation and the Yoga of Righteous Action.

Egyptian Yoga is a guide to the practice of the highest spiritual philosophy which leads to absolute freedom from human misery and to immortality.

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According to the Kemetic Yoga Association, this philosophy is called 'Smai Tawi,' or union of...

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Maat judges the heart (unconscious mind) of the initiate in an attempt to determine to what extent the heart has lived in accordance with Maat or truth, correctness [

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Kemetic Philosophy | KEMETIC WORLD / EGYPTIANYOGA UDJA-WELCOME to the Kemetic World Egyptian Yoga website. Dr. Muata Ashby and Dr. Dja Ashby. Here you will find useful articles, music and videos to enhance your journey of self-discovery. Below you will find recent posts and articles.

KEMETIC WORLD / EGYPTIANYOGA [] The Online Community of ...

The philosophic principals of Kemetic Yoga places emphasis on the rejuvenation of the entire body and mind, and not just the physical development of outer muscles and flexibility.

Philosophy of Kemetic Yoga - Kemetic Yoga

Kemetic Yoga is the ancient Egyptian system of Yoga enlightenment based upon the practices of physical movements combined with controlled deep breathing and Master Yirser Ra Hotep (Elvrid Lawrence) of Chicago during the 1970s.

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The Sema Institute of Yoga / Temple of Shetaut Neter /Kemet University is a 501c3 spiritual organization founded on the principles of the religion and philosophy known as Shetaut Neter or Neterianism.

Kemet University Ancient Egyptian Wisdom & Philosophy ...

Sebai Dr. Ashby began his research into the spiritual philosophy of Ancient Africa (Egypt) and India and noticed correlations in the culture and arts of the two countries. This was the catalyst for a successful book series on the subject called [Egyptian Yoga].

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Egyptian Yoga: The Philosophy of Enlightenment by Muata ...

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In this long awaited sequel to Egyptian Yoga: The Philosophy of Enlightenment you will take a fascinating and enlightening journey back in time and discover the teachings which constituted the epitome of Ancient Egyptian spiritual wisdom. What are the disciplines which lead to the fulfillment of all desires?

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The performance of Kemetic (ancient Egyptian) Yoga postures that are found on the temple walls and sacred texts. The History, Philosophy and Spiritual Science of Kemetic Yoga as a tool for understanding universal law and the origin of civilization

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