

“WHm Mes Tu”
APRIL 6—JULY 16, 2020
Community Deep Study
7:00 pm – 8:30 pm

Schedule of Meeting Dates

Thursday, April 9, 2020 7:00 pm
Thursday, April 16, 2020 – 7:00 pm
Thursday, April 23, 2020 – 7:00 pm
Thursday, April 30, 2020 – 7:00 pm
Thursday, May 7, 2020 – 7:00 pm
Thursday, May 14, 2020 – 7:00 pm
Thursday, May 21, 2020 – 7:00 pm
Thursday, May 28, 2020—7:00 pm

Every Sunday, through July 16, 2020

“Whm Mes Tu”



Celebrating The 100 Day Season Of:
The Era of the Renaissance
Dedicated To Our Beloved Ancestors
(AFK 6260)

MINISTERIAL STAFF

Rev. Dr. Richard “Meri Ka Ra” Byrd—Senior Minister
Rev. Erica Byrd—Associate Minister
Rev. Semsut Sa-t Beset—Associate Minister

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Forward by Dadisi Sanyika

Attached you will find the Valence Table for charting your observance and practice in the 100 day Whm Mes Tu process for the refinement of the 4 elements of the human constitution: Earth/physical, Water/emotional, Air/mental, Fire/intuitional and the development of the social institutions for the development of a society governed by Maat.

The goal for the 2nd phase is to continue your practices started in phase one with the addition of the examination, reflection, practice and hopefully memorization of the 10 virtues. Each day use one of the virtues as that day's affirmation. These are recommendations and each person has the choice to what degree they will observe and practice these disciplines.

The stone that the builder refused became the corner stone. Until the four elements of the human constitution are made true, the builder (Soul) will not be able to reflect itself through the vehicle or personality. As the stones are refined, vibratory rate elevated, they become the foundation stone or vehicle for the expression of the Higher Self. The glass darkly is made clear, High Fidelity is achieved.

We meet every once a week. We will go over group meditation, visualization, additional breathing techniques, Ki/chi exercises, questions and discussion about the various areas of discipline, participant feedback on their experiences, insights concerning different types of experiences one may encounter as they engage in deep meditation, contemplation, visualization, and purification.

TO KNOW, TO DARE, TO WILL TO KEEP SILENT TO KNOW

represents an intelligence illumined by study

TO DARE

represents an intrepidity, which nothing can check

TO WILL

represents a will that cannot be broken

TO KEEP SILENT

represents a prudence, which nothing can corrupt and nothing can intoxicate.

These Valence Tables are recommendations; each individual can 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 Twenty-One Days: Physical Purification

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 Twenty-One Days: Emotional Purification

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 Twenty-One: 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 Twenty –One Days: Intuitive Development

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 – Sixteen Days: Social Development

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.

Oo Hm-Mes Tu
"The Repetition of The Birth"
Spring Equinox 6259
The 47 Days of Spiritual Regeneration and Rebirth
1st 21 Days: Physical Purification

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Total
Positive Mental											
Attitude											
Exercise											
Breathing exercises											
Meditation											
Diet/Nutrition											
8 Glasses of Water											
Fresh Air											
Sunshine											
Rest & Relaxation											
Journaling											
Study											
Valence Total											

Valence Total - keep a daily record of how well you're able to maintain your daily disciplines. Place a check for each area that is completed each day. All areas completed equals 100%. This will help you stay focused and document your journey. You can give details in your Journal on issues, meditation, dreams, concerns, ideas, experiences, challenges, etc.

Oo Hm-Mes Tu
"The Repetition of the Birth"
Spring Equinox 6259
The 47 Days of Spiritual Regeneration and Rebirth
2nd Twenty-One Days: Emotional Purification

	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Total
Virtues	Steadfastness	Fidelity	Devotion	Fortitude	Temperance	Courage	Obedience	Prudence	Wisdom	Justice	
Positive Mental Attitude											
Exercise											
Breathing exercises											
Meditation											
Diet Nutrition											
8 Glasses of Water											
Fresh Air											
Sunshine											
Rest & Relaxation											
Journaling											
Valence Total											

Valence Total - keep a daily record of how well you were able to maintain your daily disciplines. Place a check for each area that is completed each day.

Oo Hm-Mes Tu
"The Repetition of the Birth"
Spring Equinox 6258
The 47 Days of Spiritual Regeneration and Rebirth
3rd Twenty-One Days - Mental Purification

	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Total
<i>Virtues</i>	<i>Seafastness</i>	<i>Fidelity</i>	<i>Devotion</i>	<i>Fortitude</i>	<i>Temperance</i>	<i>Courage</i>	<i>Obedience</i>	<i>Prudence</i>	<i>Wisdom</i>	<i>Justice</i>	
E xercise											
B reathing exercises											
M editation											
D iet/											
N utrition											
8 Glasses of Water											
F resh Air											
S unshine											
R est & R elaxation											
J ournaling											
V alence T otal											

Valence Total - keep a daily record of how well you were able to maintain your daily disciplines. Place a check for each area that is completed each day. The key idea is every thought that you think attracts a like response back to you. Every time you think a negative thought, consciously nullify it by saying to yourself that "I nullify that thought". Be conscious of the two aspects of yourself, the thinker and the permanent witness. Have the permanent witness monitor your thoughts to nullify any negative thoughts. Continue your other physical and emotional disciplines.

Oo Hm-Mes Tu

“The Repetition of the Birth”

Spring Equinox 6259

The 47 Days of Spiritual Regeneration and Rebirth

4th Twenty-One Days - Intuitive Development

	Day 31	Day 32	Day 33	Day 34	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40	Total
Virtues	Steadfastness	Fidelity	Devotion	Fortitude	Temperance	Courage	Obedience	Prudence	Wisdom	Justice	
Chakras	Root/Red	Sacral Orange	Solar Plexus	Heart/Green	Throat Blue	Brow Indigo	Crown Violet	Union of all seven	Union of all seven	Union of all	
Thought Control											
Exercise											
Breathing exercises											
Meditation											
Diet/Nutrition											
8 Glasses of Water											
Fresh Air											
Sunshine											
Rest & Relaxation											
Journaling											
Valence Total											

Valence Total - keep a daily record of how well you're able to maintain your daily disciplines. Place a check for each area that is completed each day. Each day in your meditations reflect on the key ideas, visualize or wear the color, intone the sound for that chakra of the day. The last 3 days reflect on the opening of the 7 chakras, the 7 seals, the 7 states of consciousness, as you inhale visualize the corresponding color radiating from that chakra and contemplate the key ideas. In the end, visualize all 7 active and vibrant and intone the 7 sounds. If you are so moved.

Oo Hm Mes Tu
"The Repetition of the Birth"
Spring Equinox 6259
The 47 Days of Spiritual Regeneration and Rebirth Physical Purification
(Last Sixteen Days)

	Day 41	Day 42	Day 43	Day 44	Day 45	Day 46	Day 47	Total
Positive Mental Attitude								
Exercise								
Breathing Exercise								
Meditation								
Diet/Nutrition								
8 Glasses of Water								
Fresh Air								
Sunshine								
Rest & Relaxation								
Journaling								
Study								
Valence Total								

Valence Total - keep a daily record of how well you were able to maintain your daily disciplines. Place a check for each area that is completed each day. All areas completed equals 100%. This will help you stay focused and document your journey. You can give details in your Journal on issues, meditation, dreams concerns, ideas, experiences, challenges, etc.

10 Virtues for Successful Living

1. Steadfastness: Discrimination, the ability to distinguish between the real and the unreal. Readiness or preparation for initiation.
2. Fidelity: Creating a spiritual life, the Summum Bonum or Greatest Good in Maat.
3. Devotion: Dedication to a purpose or goal giving meaning to your life.
4. Fortitude: Freedom from resentment under the experience of persecution and wrong. Victory over self.
5. Temperance: Control of your actions and the passionate nature.
6. Courage: The character not to allow fear or adversity to turn you away from your goal.
7. 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.
8. Prudence: Evidence of having a mission and the insight that befits the faculty of Seership. Intelligence or Understanding.
9. Wisdom: Control of Thought in accord with Maat.
10. Justice: Unswerving righteousness of thought and action - The ability to distinguish between right and wrong.