

**I Desire Spiritual Renewal for Myself, KRST Unity Center
Afrakan Spiritual Science, The Village, The Nation and The
World.**

**I Proclaim 100 Days of WHm Mes Tu manifesting as MDW
NFR "Good Speech".**

"Good Speech Is As Good Speech Does"

1. The establishment of Every Sunday in my heart / mind /
actions as: WHm Mes Tu and this First 100 Days of the Spiritual
Renaissance, For WHm Mes Tu Observances.

2. Prayer: Conscious attunement of my heart/mind with Spirit /
Ancestors in this 100-Day Spiritual Season.

3. Meditation: Consistent meditation for spiritual empowerment
in this 100-Day Spiritual Season.

4. Spiritual Renewal Actions in this First 100 Days of the
Spiritual Renaissance: Study, Contemplation & Service.

5. Commit my Time, Talent & Treasure in this First 100 Days of
the Spiritual Renaissance.

6. Keep a Journal of my Thoughts & Actions During the WHm
Mes Tu observances.

7. Spiritual Fasting During WHm Mes Tu: Consciously releasing
negativity. Proclaim "Mdw Nfr".

8. Physical Fasting During WHm Mes Tu: Actioning life principles
for spiritual empowerment.

I Proclaim this WHm Mes Tu, The First 100 Days of Spiritual
Renaissance, Through The Power of NTR In Me This 29th Day Of
March 2020 (6260) AFK

Signed _____



"Whm Mes Tu"

**The First 100 Days Of
The Era Of The Renaissance**

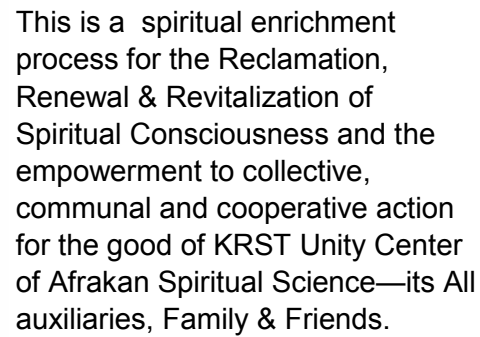
6260

Sunday, March 29, 2020

**KRST Unity Center of Afrakan Spiritual Science
7825 South Western Avenue, LA, CA 90047**

323-759-7567





Validity or Effect, To Restore Consciousness, Restore From An Inactive State, To Renew Spiritually, To Give New Life, To Regenerate.

This pronouncement was necessary because the people had begun to drift away from the principles of Truth. The Pharaoh's primary responsibility was to exemplify MAAT (Truth, Justice, Righteousness, Harmony, Balance and Unity). Amenemhat, understanding the law of Mind Action knew that unless his consciousness and the consciousness of the people were firmly grounded in Truth, the nation would decline.

WHm Mes Tu, the articulation of Good Speech has the model for 2000 years... Whenever the nation drifted toward mediocrity, the call for renewal is pronounced.

A stylized, dark blue and gold Egyptian Eye of Horus symbol. The symbol features a large, almond-shaped eye with a dark blue iris and pupil, outlined in gold. Above the eye is a curved, wing-like shape, also outlined in gold. Below the eye is a long, curved line that ends in a small, circular, gold-colored dot. The entire symbol is set against a light yellow background.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

We do not pray to NTR as something separate from us, but from Its sacred presence within, our very essence. NTR is good all the time. The purpose for prayer is for us to come into conscious acceptance of the all-good nature and reality of NTR. Prayer does not change things for us, it changes us for things by changing our minds about the things. We acknowledge the presence of NTR within us, and in every situation and give thanks for perfect outcomes.

1. BECOME STILL: Acknowledge and realize the presence of **NTR** and announce your intention of opening yourself to the presence of **NTR**. Even if our prayer is for a specific thing, the underlying need is to feel oneness, and to sense the comfort, guidance and healing which rise up from Spirit within yourself.

2. ASK: Confidently make your desires known of the One Power, One Presence, All Good, Mother/Father/Spirit/All That Is (Whatever you call **NTR**) **Within You**.

3. AFFIRM: That what you have asked will be done through you. Spirit can only do for you what it can do through you.

4. GIVE THANKS IN ADVANCE: Move forward in your life as if your prayer has been answered.

Suggested Guidelines for Meditation: Meditation's essential purpose is the realization of union or oneness with NTR. It is a turning from the tumultuous outer world to drink of the deep reservoir of unlimited Spirit within and the returning with a sense of oneness to the outer world. It is a listening to the still small voice within. It is therefore a very personal experience and cannot be measured by someone else's experience as to what is supposed to happen or be experienced.

Let us speak good speech and declare WHm Mes Tu for our lives: Where two or more are gathered agreeing upon anything, there I am in the midst of them. Take your position, stand still and see the victory of the lord [law] on your behalf. It is the heart [mind] which causes every completed concept to come forth, and it is the tongue which announces what the heart [mind] thinks. Thus all the NTRs [forces, powers] are formed... Indeed all the divine order comes into being through what the heart [mind] thinks and the tongue commands. Ancient Kemetian Scripture from The Book Of Coming Forth by Day.

Members, Associates, Friends, and Greater Community for a 100 Days of Renaissance.

Let us consciously search for, use and apply Good Speech and focus upon fulfilling our mission and purpose: "To provide a loving and supportive atmosphere for personal and spiritual growth for all people to learn how to apply the KRST principles to Master our lives. " As we do so, our lives will be a shining beacon for all those who are feeling the stirring of Spirit and desire to actively participate in the spiritual awakening of our community and the world.

Our personal commitment must be to live the example of WHm Mes Tu as Amenemhat did. I invite you to join in a conscious communion of Unity in this process for the rebirth and revitalization of UNITY in our community. To do so we must focus our consciousness, our thought word and deed (Good Speech) upon our spiritual growth and our desire to serve NTR through serving all of life.

We can only fulfill our destiny, our responsibility for empowering our community from strength within our own spiritual selves. That can only come about as the result of the work we do to consciously be in oneness with NTR (NTR).

WHm Mes Tu is for the Spiritual resurrection of Community Unity that we may serve as a beacon of Truth for the building of a spiritually based Society, through the teaching of African Centered Spiritual Principles.

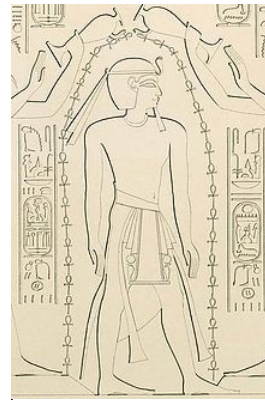
Our community is crying out for a knowing of ourselves as spiritual beings and the truth that we are created for mastering life's ups and downs through the practical application of spiritual principles. "Unity" is the answer. Unity of Spirit; of Heart, of Mind, of Purpose In the Revitalization and Practice, in our day to day lives of AfrakanSpiritual Science.

WHm Mes Tu offers us a spiritual tool and some methods of spiritual empowerment to assist us on our consciousness raising journey toward oneness with NTR, by which we will empower ourselves, our center, our village, our nation and the world.



The following steps will help you in your celebration of WHm Mes Tu:

- Establish a weekly commitment to act on the principles of Khepera (action, transformation, rebirth) in my heart/mind as WHm Mes Tu Day and Celebrate this first 100 Days beginning March 29, 2020 through July 07, 2020 For WHm Mes Tu Observances.
- **Prayer:** Conscious attunement of our heart/mind in this First 100 Days of the Spiritual Renaissance with the All Good, One Presence, One Power Spirit/NTR. We realize our perfect connection with Spirit/NTR. We frame our thoughts and speak our desire for the highest and best for spiritual unfolding.
- **Meditation:** Meditate daily for spiritual empowerment in these 100 days.
- **Spiritual Season:** Lovingly give attention to the spiritual empowerment of Unity and all of our Brothers and Sisters everywhere. During WHm Mes Tu Day, Let us gather together, in consciousness at 6:30 PM, wherever we establish as our place of meditation, for a inner generated meditation processes for the spiritual regeneration of consciousness for all of us.
- **Spiritual Renewal Activity:** In this First 100 Days of the Spiritual Renaissance, commit to at least one hour daily of conscious participation in an activity for spiritual renewal; formal classes; reading spiritually centered books, sharing truth principles, visiting hospitals, nursing homes, volunteering, being of service to one another.
- **Commitment of Time, Talent and Treasure** for the spiritual renewal of consciousness: Each of us has gifts to give and all giving returns to the giver multiplied. During WHm Mes Tu Day: in your prayer and meditation, affirm your desire and gently ask Spirit's direction for how you can best serve through the gift of your Time, Talent and Treasure for the rebirth and revitalization of spiritual consciousness in your life, in the dynamic life of The KRST Center, The Village and any of your organizations.
- Keep a Journal of my Thoughts & Actions During this First 100 Days of the Spiritual Renaissance of WHm Mes Tu Observance. Journaling is a powerful Spiritual tool that will help you to focus upon your



commitments. After prayerful consideration, write your desire for how you intend to observe WHm Mes Tu. Remember, you design your program. (Note) Stretch a little! Journal your preparation process, your thoughts, feelings, experiences, successes, where you may have missed the mark. (This is your private journal). You will begin to see a pattern of growth and unfoldment that will astound you! (Note) Wednesday Gathering.

- **Spiritual Fasting:** During WHm Mes Tu Day; Commit to the conscious activity of fasting from negative thinking, negative emotions, and negative states of consciousness. This spiritually empowering process will help you to "cleanse the temple" in preparation for your personal spiritual renewal and for your joining in consciousness for the regeneration and renewal of The KRST Center, The Village & The Nation.
- **Physical Fasting During WHm Mes Tu Day:** Our purpose is to use this self-discipline activity to assist us to focus on our spiritual processes of renewal, regeneration and the uplifting of our consciousness. The physical resting of our body's system will also bring wonderful attendant benefits. Make your commitment based upon your individuals prayerful choices and requirements: Here are some possibilities and choices or you can create your own program; a. Liquids only, b. Meatless/Sugarless c. 24 hour period d. Sun up to sundown. Fast 1 meal or 2.

We are asking for your personal commitment and the involvement of all The Village, individuals, auxiliaries, organizations, who share our consciousness for the uplifting of Spirit and the realization of our oneness with NTR and all of life. Through our joining our consciousness in oneness (UNITY) we are recreating ourselves, and our Community in order to better serve as NTR's instruments for the unfolding of Its good on earth, as it is in heaven. **And So It Is!**

Suggested Guidelines for Affirmative Prayer:

Prayer is any conscious attempt to experience, and realize our oneness with NTR. It is opening ourselves to the power of NTR to move and act through us. "The Kingdom of NTR (consciousness), is within." As our awareness of the inner presence of NTR expands, we experience ourselves as centered in NTR, and perceive things from the divinity within.