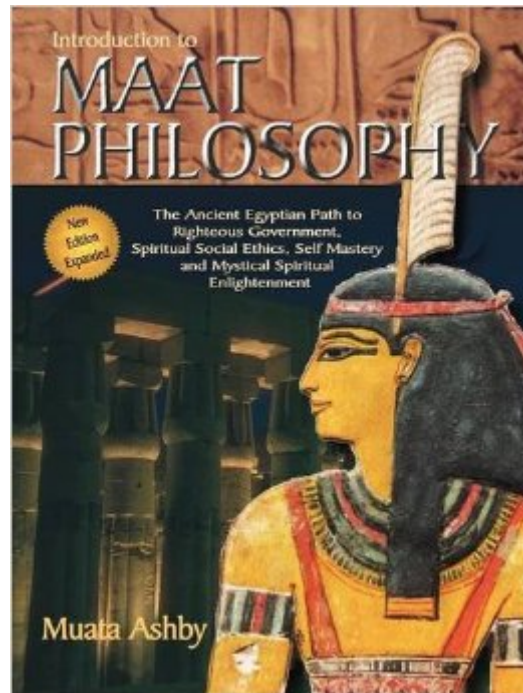


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# Introduction To Maat Philosophy (Spiritual Enlightenment Through The Path Of Virtue)



## Synopsis

Spiritual Enlightenment Through the Path of Virtue Known as Karma Yoga in India, the teachings of MAAT for living virtuously and with orderly wisdom are explained and the student is to begin practicing the precepts of Maat in daily life so as to promote the process of purification of the heart in preparation for the judgment of the soul. This judgment will be understood not as an event that will occur at the time of death but as an event that occurs continuously, at every moment in the life of the individual. The student will learn how to become allied with the forces of the Higher Self and to thereby begin cleansing the mind (heart) of impurities so as to attain a higher vision of reality.

## Book Information

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## Customer Reviews

If you are searching for a new God, this is NOT your book. It is a very helpful guide to understand the egyptian way of thinking, and also the behavioral and enlighment principles of such an espiritual culture; it also goe trough a spiritual exploration (NOT religiosity) about the individual of our times.It is a proposal NOT to change culture or religion, but of what we need to have avirtuos and rightful life, from the very inner of our being; proposes to impulse good and discard evil. It is a very good help to meditate in what we usually do, from the stand point of personal improvement.

I bought this book at a very crucial time in my life. That is, a very crucial time \*spiritually\*... i was struggling with many unanswered questions, and failing to cope with fears/disappointments and guilt.....Though these are problems that most of us work through for our entire lives, Dr. Ashby's

book spread light and hope upon the many things that can burden and weigh down the human soul. He uses an Ancient Egyptian approach to spiritual matters, though I will not say for sure that he sticks ENTIRELY to it. He does incorporate other teachings into his work. But his love for the Neteru is apparent. This is definitely on my top 10 of favorite books....

Although of some the context seems to be a bit repetitive I have thoroughly enjoyed reading this book. Would recommend to anyone looking to understand Maat better or looking to find and know oneself.

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Dr. Ashby is a learned man, but he does himself and his readers a grave disservice with his books about Ma'at and "Egyptian yoga". As an attempt to fuse Buddhist/Indian spiritual philosophy and the wisdom found in Ancient Egyptian writings the books would be interesting, but instead Ashby has taken Egyptian funerary & wisdom texts and altered them to serve as a veneer to present teachings belonging to a completely foreign culture. His interpretation of Ancient Egyptian culture/spirituality is very unorthodox, and his conclusions do not hold up under scrutiny. As examples: Ashby states that the Ancient Egyptians practiced a form of yoga dating back five thousand years, and that the role of AE priests was to teach this yogic system to the people. In close to twenty years of studying Ancient Egypt I have never encountered anything to support that claim. Indeed, in AE the temples were literally considered the homes of gods, and the priests' title "hem-netjer" translates as "servant of the god". Ashby presents pictures of supposed AE yogic poses (asanas), but in reality these are disparate images taken from unrelated funerary art: as far as I know, no AE treatise on yoga (or indeed any form of such discipline) exists. Ashby also liberally sprinkles his work with quotes attributed as "Ancient Egyptian proverbs" without identifying said proverbs' actual physical or literary source. These are only a few of many discrepancies that lead me to seriously question the author's knowledge of Ancient Egypt... and of Ma'at. Readers interested in Ashby's work would be better

served seeking out the teachings of the Buddha and/or a local certified yoga instructor.

But by no means in any way authoritative, Asbhy has written well over 20 books, and is to be counted as a well learned teacher. However, due to the lack of scientific evidence, quotes and sources his writing - in the end - amount to nothing more than HIS TAKE on the subjects he undertakes. Nevertheless, we love him for his effort and insight, and having attempted to finish this book I recommend it for those strong willed Afrikans who are pursuing alternative, superior forms of knowledge and enlightenment. Let it be a light on YOUR path, not your path itself. HTP.

This is a book of virtue in thought word and deed, I am thoroughly impressed with the teachings on Goddess MAAT in these writings. I recommend this book to anyone on the path to enlightenment.

Great read and introduction to the topic. Gives a great history lesson that has been lost or hidden for to long. A must read for anyone that has African roots.

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