

## Egyptian Yoga The Philosophy Of Enlightenment

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Maat philosophy was the basis of ancient Egyptian society and government as well as the heart of Ancient Egyptian myth and spirituality. Maat is at once a goddess a cosmic force and a living social doctrine which promotes social harmony and thereby paves the way for spiritual evolution in all levels of society.

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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.

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**Egyptian Yoga: The Philosophy of Enlightenment 2nd (second** ...  
The ancient Egyptian philosophical idea that the underlying nature of the universe is predicated on a discernable order that each individual person is obligated to strive for. According to Maat the true nature of everything is order, balance, harmony, justice and reciprocity.

**Kemetic Yoga: Resurrection of an African Legacy | Gaia**  
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".

**About - KEMETIC WORLD / EGYPTIAN YOGA**  
Egyptian Yoga is a guide to the practice of the highest spiritual philosophy which leads to absolute freedom from human misery and to immortality. It is well known by scholars that Egyptian philosophy is the bas An original, fully illustrated work, including hieroglyphs, detailing the meaning of the Egyptian mysteries, tantric yoga, psycho-spiritual and physical exercises.

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