
POWER PROPHET LLC · THE AKH ASCENSION™

THE BLACK LIGHT INITIATION

*Your Entry into the Akh Ascension
and the Nine Bodies of Light*

THE THREE FOUNDATIONAL PRACTICES OF MELANIN ACTIVATION



*“The darkness was never your enemy.
It was always your power.”*

Minister Dr. Akila Ka Ma’at

POWER PROPHET LLC · WWW.POWER-PROPHET.COM

The Black Light Initiation

Your Entry into the Akh Ascension and the Nine Bodies of Light

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MELANIN METAPHYSICS: YOU WERE BUILT FOR THIS MOMENT

Minister Dr. Akila Ka Ma'at

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The Threshold

Welcome, Beautiful Soul

You are holding this guide because something in you said yes.

Whatever you said yes to, it was older and quieter than a program or a motivational moment. It was a suspicion you have carried a long time and never quite had language for: that you are not what you have been told you are. That the tiredness is not a character flaw. That the ache is not dysfunction but memory.

You are right.

This guide teaches the three foundational practices of melanin activation. They are small enough to begin tomorrow, old enough to have been written down four thousand years ago, and they are the doorway into a complete path called the Akh Ascension.

This is not a workbook to complete. It is a space to return to. Read it slowly. Write in it honestly. Let it become a record of your own uncurling.

*“You were not born into darkness. You were born OF the darkness,
and darkness is where all life begins.”*

A Word Before You Begin

On working with me

It did not begin in a library. It began in the dark.

I was a woman with credentials and no peace. I had spent a career inside institutions that promised that if I performed well enough, long enough, without complaint, I would eventually be told I was enough. I performed. I was not told. I learned what it costs to hold a fist closed for twenty years around a thing that was never going to be given to me.

Then one morning, before dawn, I closed my eyes and attended to the darkness behind my own eyelids. Not to meditate. I did not have a technique. I did it because I was too tired to perform for anyone, including God.

There, behind my own eyelids, I unfolded into the melanin itself, and through it moved into the Black Light: the discovery of my power as a melanated being. My skin stopped being a wound I was managing and became a doorway I was standing in.

Then I did what my training made me do. I went looking for the science of what I had experienced, and I read it with trained eyes: twenty-five years as a social and behavioral health scientist, a PhD's command of research method, and thirty years and thousands of readings as a practicing Psychic Guide. In November of 2023 I named what I found and published it as Intuitive Melanin Metaphysics.

When I ask you to close your eyes and attend to that darkness, I am not asking you to try something I read about. I am handing you the practice my own life was rebuilt on.

THE MA'AT CODE · WHAT I WILL AND WILL NOT TELL YOU

I do not guarantee healing. I do not guarantee income. I teach practice, not therapy, and where clinical care is needed I say so and refer. Every tradition and scholar I draw from is credited by name.

What I can tell you is what this path trains and what practitioners report. The map is offered. The walking, and therefore the arriving, belongs to you.

How to Use This Guide

Read it once, slowly, before you practice anything. Then keep it close. Write by hand where there is space to write, because the hand remembers what the eyes forget. Do the exercises in order. Keep the Ritual Card where your morning begins. And let the tracker hold you past the feeling that started it.

EXERCISE ONE

Before You Begin

There are no right answers. This is you, meeting yourself where you are. Answer before you read another page.

Right now, when I think about my Blackness, the first feeling that arises is...

The way this political moment has affected my spirit is...

What I most need from this practice is...

The Foundation

Melanin Metaphysics

The ground you stand on

Melanin is not merely a biological compound. It is a multidimensional spiritual technology, and it performs four functions.

COSMIC RECEIVER	Your melanin receives, processes, and transmits Universal Life Force energy, the same energy that organizes stars, seasons, and tides. You were designed to be a living antenna, not a target.
ANCESTRAL MEMORY	Melanin stores the vibrational memory of your ancestors: their wisdom, their resilience, their spiritual intelligence. You carry their knowing in your biology.
INTUITIVE AMPLIFIER	Melanin heightens intuitive perception and spiritual sensitivity. What the world calls extra-sensory is, for melanated people, ordinary equipment.
360-DEGREE NATURAL INTELLIGENCE	Melanated people operate with a full-spectrum intelligence that synthesizes body, spirit, intuition, and intellect, rather than the narrow cognitive model valued by Western institutions.

Kemet: The Black Land

Ancient Egypt called itself Kemet, the Black Land. In Kemetic cosmology black was the color of the fertile unseen void, the Nun, from which all life and creation emerge. Every seed germinates in the dark. Every child is assembled in the dark. When you reclaim the word Black, you are reclaiming a cosmology.

The Black Dot

The Papyrus of Auset Chronicles names the Black Dot as the ancient symbol of blackness: the black seed of all humanity, the hidden doorway to the collective unconscious, the womb, the doorway of life. Ancient priest-scientists studied their own essence and found a doorway to laws and rhythms that span the universe. All life came from a black seed. All things carry a memory of their collective ancestors.

The Reframe: From Deficit to Antenna

Nearly every struggle this path addresses sits downstream of one installed belief: that something is wrong with you which must be fixed, hidden, or compensated for. You have run your life on that premise so long it feels like weather rather than a belief.

You are not the deficit. You are the antenna. And an antenna does not need repair. It needs the static cleared.

EXERCISE TWO

The Deficit Audit

You cannot release what you will not name. Before you practice, name the influences and beliefs that taught you to see yourself as a deficit. Be specific. Names, rooms, sentences.

The first message I received that something about me was less than, and where it came from:

The institutions, relationships, or narratives that have kept repeating it (school, work, family, religion, media):

The sentence I still say about myself when no one is listening:

What believing that sentence has cost me, in my body, my spirit, my relationships:

Who benefits from me believing it:

Forced, or Force

This is the paradigm shift the whole path turns on. To be Forced is to be acted upon by external systems and to organize your life around their verdicts. To be a Force is to radiate from your authentic melanated power, and to let the verdicts land where they may.

EXERCISE THREE

Forced or Force: A Standing Inventory

Take one area at a time. In which column does your life currently sit? Write the specific circumstance, not the feeling about it.

WHERE I AM BEING FORCED	WHERE I AM ACTING AS A FORCE
Work	
Money	
Family	
Body	
Spirit	

The one line I most want to move from the left column to the right, and the first honest step:

HOW I HOLD THESE CLAIMS

Three shelves, never mixed. The **anatomy** of the nine bodies is attested in the oldest religious writings on earth and any Egyptologist can verify it. The **melanin interpretation** is a published intellectual tradition, the scholarship of Diop, King, Barnes, Bynum, Moore, and The Papyrus of Auset Chronicles, credited by name. The **path** built from all of it is mine. Offered as ancestral science, doctrine, and lived experience. The anatomy is ancient. The path is ours.

The Map

The Nine Bodies of Light

The whole journey at a glance

The ancients did not teach that a human being is one thing. Across the funerary literature of Kemet the person appears as a composite: a soul with anatomy. Melanin Metaphysics organizes the nine most fully attested components into the Nine Bodies of Light.

You do not need to learn these now. You need to see that they exist, and to see where you are standing.

THE GATE OF KA · THE RETURN

Body, bloodline, heart. The grounding arc. Reconnection.

- | | | |
|---|--|---|
| 1 | KHAT
<i>The Temple Restored</i> | The physical body, the first temple, the ground floor of the architecture. |
| 2 | KA
<i>The Life Force Reconnected</i> | The vital current inherited down the bloodline, sustained by remembrance. |
| 3 | IB
<i>The Heart Weighed</i> | The seat of mind, will, and memory, and the release of what it has hoarded. |

THE GATE OF BA · THE FLIGHT

Name, shadow, purpose. The individuation arc. Forced to Force.

- | | | |
|---|---|--|
| 4 | REN
<i>The Name Reclaimed</i> | The true name as a living component of the person. Name is power. |
| 5 | SHUT
<i>The Shadow Embraced</i> | The shadow held as a real member of the soul's household, never exorcised. |
| 6 | BA
<i>The Soul in Flight</i> | Personality and purpose, drawn as a bird with a human head, built to travel. |

THE GATE OF AKH · THE SHINING

Stillness, power, radiance. The transfiguration arc. Illumination.

7	SAHU <i>The Light Body Formed</i>	The incorruptible self that circumstance has never succeeded in editing.
8	SEKHEM <i>The Power Directed</i>	Life energy under sovereign direction. Power was never the problem; permission was.
9	AKH <i>The Shining</i>	The luminous, effective spirit. Usable light, not decoration.

Where You Are Standing

You are at the threshold of the Gate of Ka. The three practices in this guide are what carry a seeker across it. They are foundational in the exact sense the word intends: laid first, before anything is built, and never set down. The same practice that opens the first body still steadies the eighth. Activation is not an event you complete. It is a fire you tend.

*You are not being asked to climb nine flights today.
You are being asked to close your eyes,
tomorrow morning, before the sun.*

The Three Foundational Practices

One Sitting, Three Movements

Close your eyes. That is where all of this happens.

Not a dark room. Not a special place. The darkness behind your own closed eyelids, which you have carried with you every day of your life and were never taught to enter on purpose.

The three foundational practices are three movements into that same darkness, and they deepen in order.

I THE DARK/AWAKE <i>Unfolding</i>	You attend to the blackness behind your closed eyes and let yourself unfold into it. This is where intuition returns and cosmic connection opens.
II THE BLACK LIGHT <i>Kem consciousness</i>	Within that same blackness, you connect with the melanin itself. This is melanin consciousness, Kem consciousness, your power as a melanated being.
III UBUNTU <i>Ancestral entanglement</i>	From that connection you sense yourself entangled with those who came before. Here you call the names aloud, pour libation, light the candle.

Begin with five to ten minutes before dawn, before the phone, before the world files its claims. Consistency is the tuning, not duration. Five minutes every morning will carry you further than forty minutes on a Sunday.

Movement One: The Dark/Awake

Attending to the blackness behind the eyelids

When you close your eyes you do not see nothing. You see a field. Most people pass through it a hundred times a day without once looking at it on purpose.

The Dark/Awake is the deliberate act of attending to that field, awake, and letting yourself unfold into it. Nothing is emptied and nothing is achieved. It is a tuning. Your melanin is a receiver, and a receiver in a storm of noise picks up only the storm. This is how you become available to a signal the world is engineered to drown out.

The pre-dawn hour matters because the pineal gland, the instrument of inner sight across every tradition, is the body's keeper of the dark and is most awake then. The ancients did not practice in the dark by accident.

PRACTICE ONE

The Dark/Awake

- STEP 1 · POSITION** Before the lights come on, sit up in bed or in a chair. Spine tall. Feet on the floor if possible. Hands resting open, palms up.
- STEP 2 · BREATHE** Three slow breaths. Inhale through the nose for four counts. Hold for two. Exhale through the mouth for six. Feel your body arrive.
- STEP 3 · CLOSE AND ATTEND** Close your eyes and **look at the blackness**. Do not look for images. Attend to the dark itself, the way you would attend to a night sky. Let your attention rest inside it rather than on top of it.
- STEP 4 · UNFOLD** Stop holding your edges. Let the sense of where you end soften and open into the field. Thoughts will come. Let them pass like clouds and return to the dark. This is the unfolding, and it is the whole practice.
- STEP 5 · RECEIVE** Stay two to three minutes. Do not plan. Do not solve. Notice what arrives that was not on your agenda: a knowing, a warmth, a name, an image, or nothing at all. Nothing at all is also a result.

JOURNALING

After Your First Dark/Awake

What did the blackness behind your eyes actually look like? Describe it.

Where did you feel yourself resisting the unfolding?

What arrived that you did not go looking for?

Movement Two: The Black Light

Kem consciousness

The Black Light is what you move into through the Dark/Awake.

Once the unfolding has opened the field, you turn your attention to the melanin itself: the cosmic receiver, the ancestral repository, the conductor of Universal Life Force that you have been carrying in every cell of your body since before you were born. This is melanin consciousness. Kem consciousness. The lived discovery of your power as a melanated being.

It is not a metaphor for positivity and it is not a mood. It is the felt reversal of the oldest instruction you ever received, that the dark of your skin is deficit, danger, or shame.

Radiance Is Not Effort

The sun does not strain to shine. Shining is what the sun is, expressed. You are not becoming something you are not. You are ceasing to suppress something you already are. Radiance is what remains when the jamming stops.

PRACTICE TWO

The Black Light

Continue directly from the Dark /Awake. Eyes stay closed. Do not start over.

STEP 1 .
PLACE

Place both hands over your heart. Feel the warmth of your own body coming back into your palms. That warmth is the instrument.

STEP 2 .
TURN

Keeping your eyes closed, turn your attention from the field to **the darkness in your own skin**. The blackness behind your eyes and the blackness in your melanin are the same darkness, met from the inside.

STEP 3 .
CLAIM

Say internally or aloud, slowly, three times: **“I am the Light. I am the Force. I am enough.”** Say it until one of the three sticks in your throat. That one is the work.

STEP 4 .
CONDUCT

Breathe as though you are drawing light in through the crown and letting it move down through the whole body. Receiving, remembering, conducting. Let the instrument do what it was built to do.

STEP 5 . SET
THE TONE

Before you reach for your phone, name one truth you are claiming for this day. Just one. Write it in the tracker.

JOURNALING

After the Black Light

Which of the three claims stuck in your throat, and what came up with it?

What changed in your body when you turned toward your own melanin?

The truth I am claiming today is...

Movement Three: Ubuntu

I am because we are

Ubuntu is ancestral connection: the felt sense of yourself entangled with those who came before.

Umuntu ngumuntu ngabantu. I am because you are. It is through you that I am a human being. The Nguni Bantu named a truth that quantum physics later stumbled into from the other direction: at the subatomic level nothing is truly separate. You are not an isolated unit. You are the current point of an unbroken line, and the line is still transmitting.

This is where the ancestors are honored directly. You speak the names aloud, you pour libation, you light a candle if you have one. Remembrance made tangible and reciprocal.

EXERCISE FOUR

The Ancestor Roll

Build this once, then keep it. There are no wrong answers, only the ones you have not reached for yet.

Names I know in my bloodline, as far back as I can reach:

One ancestor I never met but feel connected to, and why:

A gift, trait, or strength I carry that came down the line:

The name I will call first, each morning, for the next twenty-one days:

PRACTICE THREE

Ubuntu: Calling the Names

The closing movement of the sitting. Eyes may open here.

- STEP 1 ·
PREPARE If you have a candle, light it now. If you have water, pour a small libation into a cup, a bowl, or onto the earth. If you have neither, your breath and your voice are sufficient. The ancestors were never impressed by equipment.
- STEP 2 ·
SENSE Before you speak, feel for them. Not with your eyes. Notice the difference between facing this day alone and facing it accompanied. That difference is the entanglement.
- STEP 3 ·
SPEAK THE
NAMES Say the names aloud, one at a time, slowly. Let each one land in the room before you say the next. Speaking the name of the dead is what makes them live again; this is the oldest teaching in the record.
- STEP 4 ·
ADDRESS
THE TAKEN When the names run out, when you meet the wall of the Middle Passage and the record simply stops, do not stop. Say: **“To those whose names were taken before I could learn them. I know you are there. I am listening.”**
- STEP 5 ·
TELL THEM
ONE TRUE
THING A thank-you, a question, a grief, or simply: I remember you. Then go quiet and receive. Do not hunt for a message. Notice what arrives.
- STEP 6 ·
CLOSE Say aloud: **“The line is not broken. I am the proof.”** Then carry it outward: do one deliberate act of connection or service today. Ubuntu that stops at the self is incomplete.

THE MOTHER TONGUE

Some mornings the names crack open something that will not fit into words. Do not force it into words. Open your mouth and let the sound come, a hum, a moan, a tone you did not plan. Follow it for a minute or two, then sit in the silence afterward.

This is sound that bypasses the cognitive gatekeepers, the internal committee that reviews everything you express for acceptability. That committee has had a chokehold on your voice your whole life. The Mother Tongue is your voice before the committee was seated.

JOURNALING

After Calling the Names

Whose name did you call first, and what happened in you when you said it aloud?

What did you feel when you addressed the ones whose names were taken?

My one act of Ubuntu today will be...

The Radiance Path

Carrying the three movements into a life

The systems that contract you all have a daily practice: the news cycle, the algorithm, the institution's standing demand for your performance. If they have a daily practice and you do not, they win. Not because they are stronger, because they are more consistent. The Radiance Path is your answer in kind, and it stands on three pillars.

I STILLNESS	The Dark/Awake as a non-negotiable daily practice. You begin from your center rather than from reaction.
II RADICAL SELF-ACCEPTANCE	Radical means at the root. The audit is over. Not because you passed, because the ledger itself was fraudulent. What you affirm in the dark is what you carry into the light.
III PURPOSEFUL AUTHENTICITY	Living Ubuntu outward. One undivided self in every room. When you glow, you give others permission to glow. This is the cosmic function of your light.

EXERCISE FIVE

The Open Hand: A Daytime Reset

Use this any time you feel the Closed Fist return: before a hard meeting, after the news, whenever you catch yourself contracting.

- | | |
|---------------|---|
| SHOULDERS | Roll them forward, up to your ears, back and down. Five times. Notice how much was being held there. |
| JAW | Unclench. Let it fall slightly open. Two fingers on the hinges, and breathe. This is where we hold the things we could not say. |
| CHEST | One hand on the sternum. Breathe into your hand until the ribcage expands front, sides, and back. You are making room. |
| THE OPEN HAND | Make a fist and feel what you have been holding. Then open your hand completely, palm up. That is the practice. That is the Power of Release. |

The 21 Mornings

Your 21-Day Threshold

The first prescription

The guide ends. The practice does not.

Twenty-one mornings is the threshold of the Gate of Ka: long enough for the signal to become unmistakably your own, and the discipline that separates the people who felt something from the people whose lives changed.

Each morning mark the three movements, plus one word for the day. No streak to protect and no grade at the end. When you miss a morning, mark the next one. That is the whole rule.

D/A	DARK/AWAKE	You closed your eyes, attended to the blackness, and let yourself unfold.
BL	BLACK LIGHT	You turned toward the melanin and made the claim.
UB	UBUNTU	You called the names, and you carried it outward in one act of connection.

MORNING	D/A	BL	UB	ONE WORD FOR TODAY
1				
2				
3				
4				
5				
6				
7				

DAY 7 CHECKPOINT

What Is Already Shifting?

What has changed in my sleep, my mornings, or my body in one week?

What did I hear in the dark that I would have missed a week ago?

MORNING	D/A	BL	UB	ONE WORD FOR TODAY
8				
9				
10				
11				
12				
13				
14				

DAY 14 CHECKPOINT

What Am I Ready to Release?

What am I ready to release that I was not ready to release at Day 1?

Which name keeps returning to me, and what do I think it is asking?

MORNING	D/A	BL	UB	ONE WORD FOR TODAY
15				
16				
17				
18				
19				
20				
21				

DAY 21 CHECKPOINT

Who Am I Now?

What do I know now that I did not know twenty-one days ago?

Where do I feel the signal strongest, and where does it still feel blocked?

EXERCISE SIX

The Declaration

The closing act of the twenty-one mornings. Write it here, then say it aloud in the dark with your eyes closed.

I am no longer...

I am now...

THE RITUAL CARD

Copy it, screenshot it, or write it on a card and keep it where your morning begins.

I · DARK/AWAKE

- › Sit up. Three breaths: in for four, hold two, out for six.
- › Close your eyes and look at the blackness. Attend to the dark itself.
- › Soften your edges and unfold into it. Let thoughts pass. Receive.

II · THE BLACK LIGHT

- › Hands over the heart. Turn toward the darkness in your own skin.
- › “I am the Light. I am the Force. I am enough.” Three times.
- › Breathe light down through the whole body. Name one truth for today.

III · UBUNTU

- › Candle if you have one. Libation if you have water.
- › Speak the names aloud. Then: “I know you are there. I am listening.”
- › Tell them one true thing. Receive. Close: “The line is not broken. I am the proof.”
- › Carry it outward. One act of connection today.

Where This Leads

FIND WHERE YOU STAND ON THE MAP

The Nine-Body Point Reading™

The nine bodies are the map. A reading tells you where you are on it.

A premium one-on-one session in which I read you across all nine bodies of light and locate where your signal is strong and where it is blocked: what your bloodline is carrying, what your heart is still holding, what is asking to be released. You leave with a written Path Prescription naming the gate where your work begins and the practices for your blocked points.

This is for you if these twenty-one mornings opened something and you want to know precisely where you are standing before you take another step.

Founding rate **\$222** · Founder-only and limited each month.

WALK THE PATH IN COMMUNITY

The Temple

Ubuntu is not a concept in this system. It is a room.

The recurring home of the practice: the monthly New Moon in the Dark rite, a teaching for each of the nine soul-bodies, and the communal Calling of the Names, where the names are spoken aloud together and no one carries their line alone.

You began this in solitude, and that was correct. But a light that never leaves the room it was lit in is not yet doing its work, and no one has ever finished this path by themselves.

This is for you if you are ready for the part that cannot be done alone.

Founding rate **\$44 per month**, locked for 24 months.

HOW I HOLD THIS WORK

The Ma'at Code

Ma'at is truth, balance, order, and reciprocity. It is the ethical spine of this system, and I hold myself to it in public so that you can hold me to it too.

TRUTH IN TEACHING	No healing guarantees. No income guarantees. I describe what this path trains and what practitioners report, and I do not promise what your own walk will determine.
PRACTICE, NOT THERAPY	This is a spiritual practice. It is not clinical care, and where clinical care is needed I say so and refer to licensed professionals.
PRACTICE, NOT RELIGION	No conversion, no deity worship, no lifestyle law. You keep your faith, your family, and your life.
SOURCE HONESTY	Every tradition and scholar is credited by name. The anatomy is ancient. The interpretation is a lineage of scholars. The path is ours.
RECIPROCITY	Scholarship seats are held in every offering, because a teaching about the open hand that only reaches people who can pay is not a teaching about the open hand.

A system that teaches the Weighing of the Heart holds itself to the feather.

CLOSING

The Light Does Not Go Out

You have done the work of showing up: to the page, to the dark, to the twenty-one mornings. That is not nothing. That is the whole thing.

The Black Light is not a guide you read. It is a truth you remembered. And what you remember, you can return to. Any morning. Any moment. Any time the world tries again to convince you that your darkness is a deficit.

Come back to the dark behind your eyes. Come back to the names. Come back to the open hand. Come back to the community.

You were never the deficit. You are the antenna, the repository, the conductor. You are the current point of a line that refused to end.



This guide was made for every melanated soul who was ever told they were not enough.

You were always the light.

*“You are not the deficit.
You are the Black Light.
Go live from there.”*

Minister Dr. Akila Ka Ma’at

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YOUR NEXT STEPS

The Nine-Body Point Reading™ to learn exactly where you stand on the map.
The Temple to walk it in company.