

An Energy Healing Practice Guide



TEKH

The Power of Absorption

the tyet, the Knot of Auset, worn for her protection



Week 3 of 10 · The Lower Centers

Companion to Week 3 · The Second Center, Below the Navel

“You absorb more than you know.”

Minister Dr. Akila Ka Ma'at

www.power-prophet.com

Before You Begin

The second energy center sits below your navel, where Ancient Egypt placed the Khaibit, your sensual nature. Tekh holds the power of that center, named in the record as the power of absorption. Everything you take in enters through this station. A room, a feed, a commute, and the mood of whoever sat across from you all arrive here uninvited. What you absorb becomes what you make, which is why the same power also governs creation.

Auset guards this center in practice. The Book of the Dead calls for a tyet of red jasper laid on the body. That spell promises the power of Auset will protect the body and drive off anyone who would harm it. You need protection like that at a station that takes in everything. This practice puts red jasper below your navel and the tyet in your hand. Then you'll clear what you absorbed this week without choosing it.

How to use this guide: pair it with the livestreams. Each week of The Original Chakras runs a commentary, a teaching, and a practice on Power Prophet TV at youtube.com/@thepowerprophet. Watch all three to get the most out of what follows. Then read the guide slowly, once, before you practice. Keep it close after that. Run the Core Practice as often as it calls you. Fill the Rite by hand, because the hand remembers what the eyes forget. Copy the Ritual Card and keep it where your morning begins. Let the Tracker hold you to the practice past the feeling that started it.



The Core Practice

The Clearing

1. Choose a quiet space at the end of the day rather than the start. No phone. No screen.
2. Sit or lie down. Place the red jasper just below your navel. Hold the tyet in your right hand.
3. Take three slow breaths. Let your belly move instead of your chest.
4. Bring your attention below the navel. Ask and wait: what did I take in today that was never mine?
5. Name whatever surfaces out loud. One word is enough. Don't argue with it.
6. Breathe out hard through the mouth, once for each thing you named. Send it out of the body.
7. Speak the hekau, Ankh, Udja, Seneb, then rest one minute with your hand over the stone.

A note on your materials. The Book of the Dead specifies red jasper for the tyet, and surviving examples turn up in carnelian too. Red carried the color of blood and of Auset's protection. A small piece serves as well as a large one.

The Rite: The Absorption Inventory

Absorption runs all day without asking your permission. Most of what lands in your body arrived from somewhere else. Name what came in this week before you decide what to keep.

What I took in this week that I'd never have chosen:

The person, place, or feed that leaves the heaviest residue in me:

A feeling I've been carrying that started in someone else:

What I want to create with the energy this center holds:

One thing I can stop absorbing starting this week:

My filter: "From here forward I let in ..."

The Ritual Card

A pull-out for daily practice. Copy it, screenshot it, or write it on a card and keep it where your day begins.

The Clearing · Daily

- › End the day here. Red jasper below the navel.
- › Three breaths. Let the belly move, not the chest.
- › Ask it: what did I take in today that was never mine?
- › Name it out loud. Breathe it out hard, once each.
- › Close it: Ankh. Udja. Seneb.

The Integration Tracker

Seven Evenings of Clearing. Mark each night you empty what you absorbed.

1	2	3	4	5	6	7
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“Auset's protection was never passive. It drove off whatever had no business being there.”

Next week: below the breastbone, where your will lives and where the world taught you to stop reaching.

Walk Deeper

Know Exactly Where You Are on the Path

The Nine-Body Point Reading is a premium one-on-one session. Minister Dr. Akila Ka Ma'at reads you across all nine bodies of light and pinpoints where your signal runs strong and where it stalls. You leave with a written path prescription: the Gate your work begins at, the practices for your blocked points, and when your next step opens. Founding rate \$222, limited each month.

www.power-prophet.com/services

Practice in Community

The Temple holds this practice after the livestream ends. Each month you get a teaching, a practice guide, two live discussions with Minister Dr. Akila Ka Ma'at, and a live Chamber Reading. Membership runs \$44 a month.

www.power-prophet.com/groups

The Whole Path

The 2027 Akh Ascension Journey opens in January. You walk all Three Gates and all nine bodies of light across twelve months with a circle of women, with three live sessions a month. The full year costs \$528, the same as twelve months in The Temple. Applications close December 31.

www.power-prophet.com/2027AkhAscension

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