An Energy Healing Practice Guide



SEKHEM

The Divine Word

the sekhem scepter, waved over the offerings while the words are spoken

The Neter of this center: DJEHUTI, also known as Thoth, who gave people writing and speech

neter, the Ancient Egyptian word for a god, a divine principle at work in creation

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Week 6 of 10 · The Upper Centers

Companion to Week 6 · The Fifth Center, the Neck

"Speech is a force, not a report."

Minister Dr. Akila Ka Ma'at

www.power-prophet.com

Before You Begin

One Ancient Egyptian word, Sekhem, names three things at the fifth energy center. This center sits at your neck, just above the collarbone. Sekhem means power and might. Ancient Egypt placed the Sekhem, the body of power, at this point. The same word names the power that this center holds. Sekhem also names a flat, paddle-shaped scepter that Egyptian officials carried during offering rites. All three belong at the neck because your voice begins in your throat. Speech is the most direct way a person puts power to work in the world. That's why this week's practice has you speak out loud.

Djehuti, the neter of this center, is the Ancient Egyptian god of writing, speech, and sacred knowledge. Egyptians credited him with inventing writing. They gave him the title Lord of Medu Neter, which means lord of the words of the gods. Medu neter was the Ancient Egyptian name for their sacred script. The phrase also covered divine speech, the words a god speaks to bring something into being. In that understanding, a word does real work. It doesn't simply report on something that already happened. Djehuti governs this center because the neck is where your words take on sound. Each time you speak on purpose this week, you take part in the work Ancient Egypt gave to Djehuti.

Chapter 23 of the Book of the Dead, the spell for opening the mouth, shows Djehuti at work. Once the speaker's mouth opens, Djehuti arrives full and equipped with words of power. Ancient Egypt called those words hekau. Hekau are words a person speaks to make something happen. Your practice uses three of them: Ankh, Udja, and Seneb. Together they mean life, prosperity, and health. Egyptian scribes wrote these three words after the name of the king as a wish for his well-being. When you speak them, you make that same wish for yourself. The practice raises your volume with each round so your mouth opens wider every time, which repeats the opening that Chapter 23 describes.

The sekhem scepter shows how Ancient Egypt joined power and speech in a single act. An official who presented an offering held the scepter in the right hand. He waved it four or five times over the offerings while he recited the ritual words. Egyptians believed that saying the offering formula out loud supplied the dead with bread and beer. Scribes made a smaller offering before they wrote. Each one poured a few drops from the water bowl on the palette for Imhotep, the patron of scribes, whom later Egyptians joined with Djehuti. Your practice keeps both habits, with your hand at your neck and one drop of water before you speak.

Lapis lazuli is the stone for this center. Ancient Egypt called it khesbedj and reserved it for the gods, royalty, and the elite. Egyptian texts describe the gods with hair of real lapis lazuli. Craftsmen carved small amulets of Djehuti and of Ma'at from lapis, along with djed amulets. Museums in Boston, Brooklyn, London, and Cairo hold many of these pieces today. Egypt's viziers, the chief judges of the land, held the title priest of Ma'at. Late Period statues show them wearing her image on a pendant at the neck. When you hold lapis at your neck, you use the stone Egyptians carved into images of the god of speech and the goddess of truth.

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.

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The Core Practice

The Speaking

1. Choose a room where you can raise your voice without managing anyone's reaction. Set a small cup of water beside you.
2. Stand up. Standing changes the throat. Rest one hand flat against the base of your neck, with lapis in your palm if you have it.
3. Take three breaths, each one deeper than the last. Feel the air pass the place your hand covers.
4. Pour one drop of water onto the ground or into a dish for Djehuti, the way scribes did before they wrote. Then speak the hekau out loud, slowly, three times: Ankh (Life). Udja (Vitality). Seneb (Health).
5. Raise the volume with each round. Make the third one louder than feels comfortable.
6. Say one true sentence you've been swallowing. Out loud. Nobody else has to hear it.
7. Stand in the silence afterward for one full minute with your hand still at your throat.

A note on lapis. Hold lapis at your neck during the practice, or wear it there through the day. Real lapis shows deep blue with flecks of gold. A blue stone or bead works if you don't own lapis. Speak Ankh, Udja, Seneb over it once before you put it on. You can do the practice without it.

The Rite: The Swallowed Words

Every sentence you didn't say is still in your body. Most of them sit in the neck. Write them down where nobody will read them. See what comes loose.

The sentence I've most needed to say and haven't:

Who I'd have to say it to:

What people told me about how I sound:

A time I spoke up and it went well:

What my voice does when I'm afraid:

My word: "The next true thing I say out loud is …"

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 Speaking · Daily

- Stand. One hand flat at the base of the neck, with lapis if you have it.
- Three breaths, each one deeper than the last.
- One drop of water for Djehuti, then three rounds of Ankh, Udja, Seneb, louder each time.
- Say one true sentence out loud. Nobody else has to hear it.
- Stand in the silence a full minute after.

The Integration Tracker

Seven Days of Speaking. Mark each day you say one true thing out loud.

1	2	3	4	5	6	7

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"Priests waved the scepter while they spoke, because power and word did the work together."

Next week: between the eyebrows, where the eye Set tore got made whole again.

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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