

The 42 Affirmations to Maat



by Kenti Sesh Metu Degg Khet



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THE 42 AFFIRMATIONS TO MAAT

Affirmations which a righteous heart makes to the Neteru in the Hall of Maati,

Hotep, Great Netert, Lady of Justice! I have come to you, my lady, I have brought myself so that I may see your beauty, for I know you and I know your name, and I know the names of the forty-two Neteru of those who are with you in this Hall of Justice. Lady of Truth is your name. I have come to you, I have brought you truth, I have repelled falsehood for you.

1 En *semam* i *akh* *neteri*
I have not slaughtered the divine cattle.

15 En *per* a a
I am not a person of violence

29 En *feh* - a
I have not transgressed.

2 En *mehem* a *khet* *meken* er *segasu* i *Neter* *nut* a
I have not carried off the food of the children. I have not treated with contempt the Neteru of my city.

16 En *sent* - a
I have not caused grief

30 En *am* *ab* a
I have not eaten my heart.

3 En *nekhem* a *kenf* or *khu*
I have not carried away offerings from the Khu

17 En *sekha* a *hra* - a *her* *Medutu* *Maat*
I have not made deaf myself to the words of truth.

31 En *tch-rm* a
I have not made anyone to weep

4 En *khdi* *pauti* *Neteru*
I have not stolen the offerings to the Neteru

18 En *la* - a
I have not inflamed myself with rage

32 En *nek* - a *en* *nek* - a
I have not committed adultery

5 En *ari* *sagite*
I have not acted with arrogance

19 En *feh* a
I have not offended any one.

33 En *keni* a
I have not cursed

6 En *sonu* a *Neter*
I have not cursed Neter

20 En *ari* - a *horu*
I have not caused terror.

34 En *mehem* - a *ammet*
I have not carried off food.

7 En *qa* *kheru* a
I have not made arrogant my voice

21 En *djed* - a
I have not polluted myself.

35 En *djed* - a *gor*
I have not spoken lies

8 En *rehan* a *her* *Mu*
I have not polluted the water

22 En *neka* *hemut* *ta*
I have not slept with the wife of a man

36 En *ta* - a *khet* *Neter*
I have not despoiled the things of Ntr

9 En *ari* a *sent* *suton*
I have not made curses of the King

23 En *neka* *ha* *sat*
I have not splot with the husband of a woman

37 En *khob* - a
I have not diminished my obligations

10 En *luti* a *en* *ari* a *bin*
I have not harmed, nor have I done evil

24 En *sekun* - a *es* *herkhet*
I have not been angry without just cause.

38 En *hdi* *debt*
I have not defrauded the offerings

11 En *asha* *Kheru* a *her* *medutu*
I have not multiplied my voice upon words

25 En *shem* *re* - a
I have not set my mouth in motion against any body

39 En *smam* - a *romu*
I have not stain any body

12 En *rehan* a *her* *es*
I have not polluted the air

26 En *metmet* - a
I have not been an eavesdropper

40 En *tau* - a
I have not robbed

13 En *asta* *ab* a
I have not judged hastily

27 En *suu* - a *henbet*
I have not desolated the ploughed lands.

41 En *suu* a
I have not despoiled

14 En *khennu* a
I have not stirred up strife

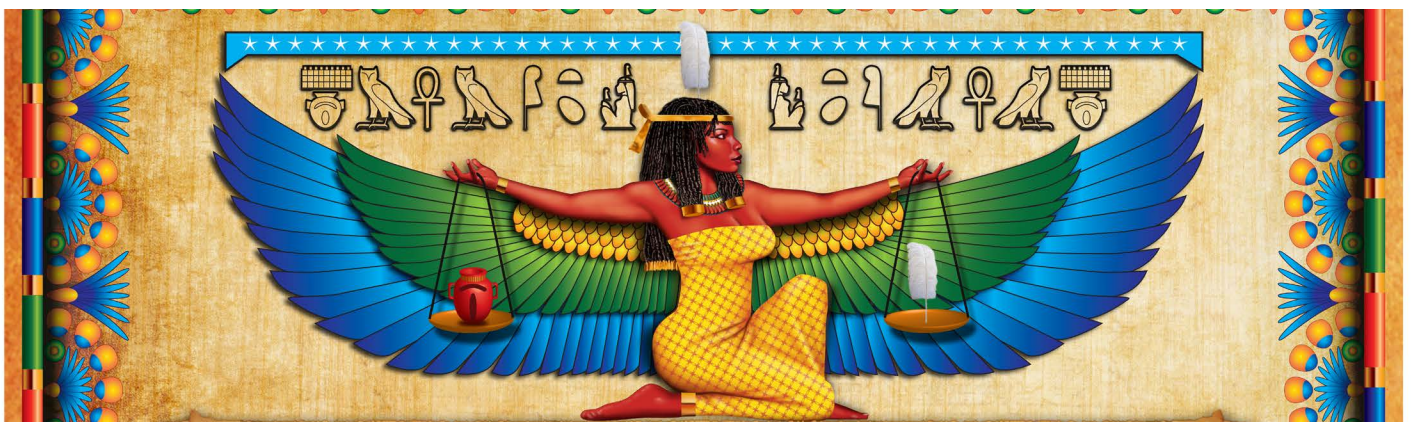
28 En *ari* *hennut* - a
I have not acted deceitfully

42 En *ari* a *isfet*
I have not done wrong

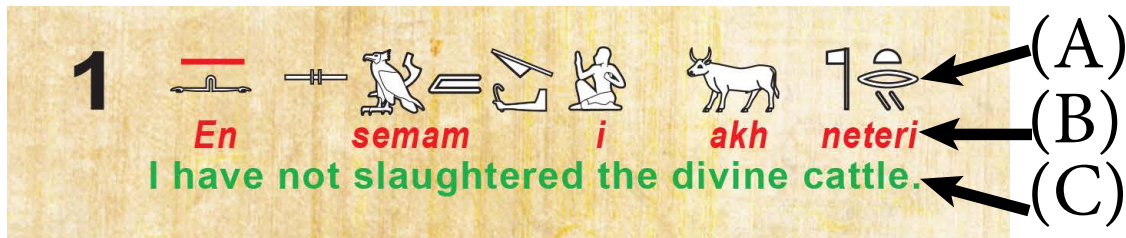
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31. I have not made anyone cry.
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33. I have not afflicted anyone.
34. I have not carried off food.
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38. I have not defrauded the offerings.
39. I have not slain a man or woman.
40. I have not robbed.
41. I have not despoiled.
42. I have not done wrong.

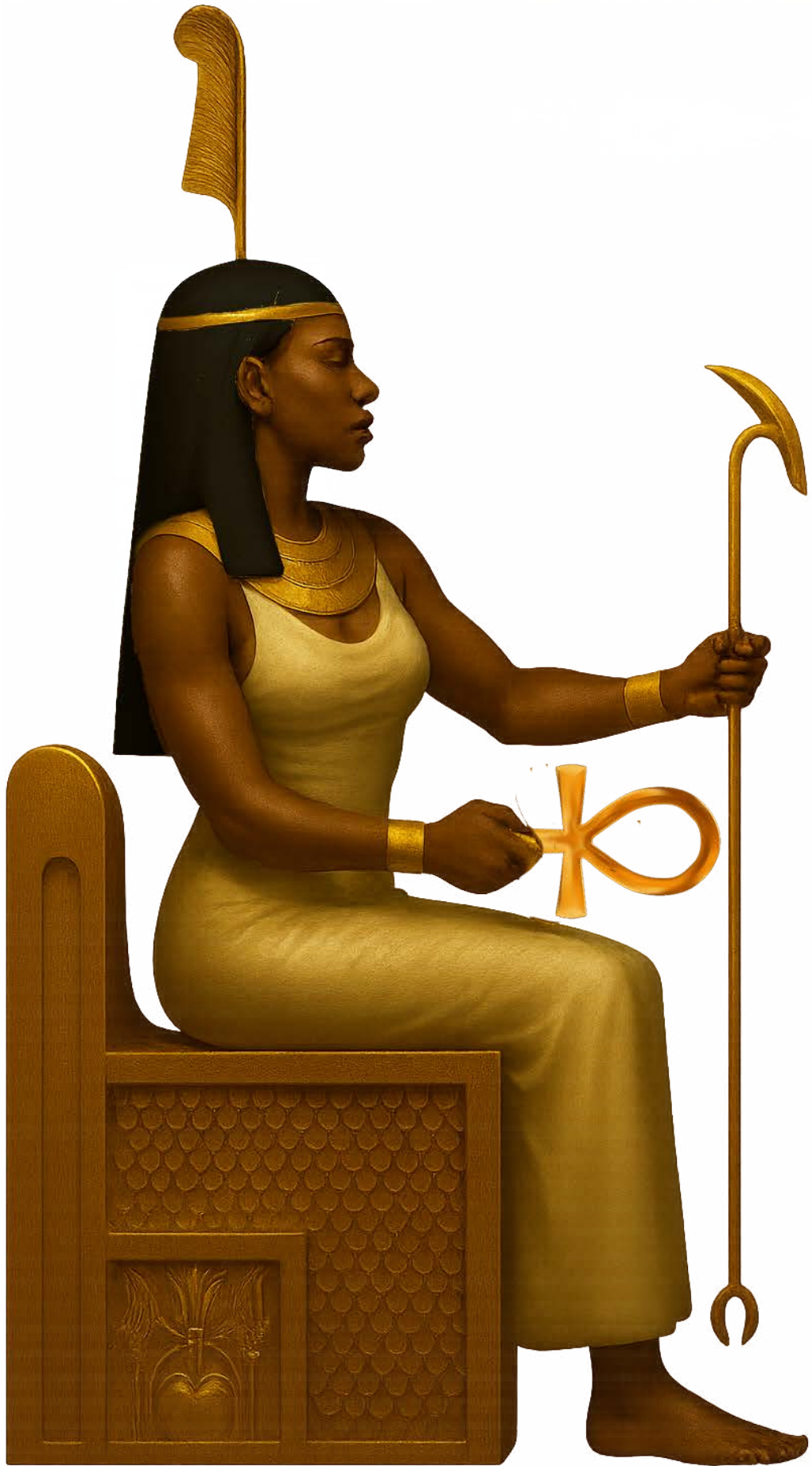


To get your Affirmation poster Click Here



Each Affirmation has 3 rows

- (A) The Medu Netjer (Hieroglyphs) in Black and White
- (B) The literal Translation in RED
- (C) The English Translation In GREEN



Preface

Imagine if life was like playing on a basketball team. To win, everyone has to play fair, follow the rules, and work together. If even one person cheats, fouls too much, or doesn't respect the game, the whole team suffers.

That's kind of what Ma'at is about.

A long time ago in Ancient Egypt (Kemet), people believed in Ma'at—the goddess of truth, justice, balance, and order. Ma'at wasn't just a goddess, though. She was also a way of living. Following Ma'at meant being honest, fair, kind, respectful, and making choices that kept life in balance.

The 42 Affirmations to Ma'at are like a list of life-rules or promises. They aren't about being perfect, but about reminding yourself to live in a way that helps you, your friends, your family, and the world around you. Each one is simple, but powerful—like “I have not lied” or “I have not hurt others.”

When you read these affirmations, think of them as guideposts. They can help you build good habits, stay true to your values, and walk through life with confidence and peace of mind. Living by Ma'at means you can feel proud of yourself, because you know you're doing what's right—even when no one is watching.

So as you go through these 42 affirmations, imagine you are learning the “playbook of life.” Practice them like drills, carry them into your daily choices, and let them remind you that being truthful, kind, and fair is the real win.



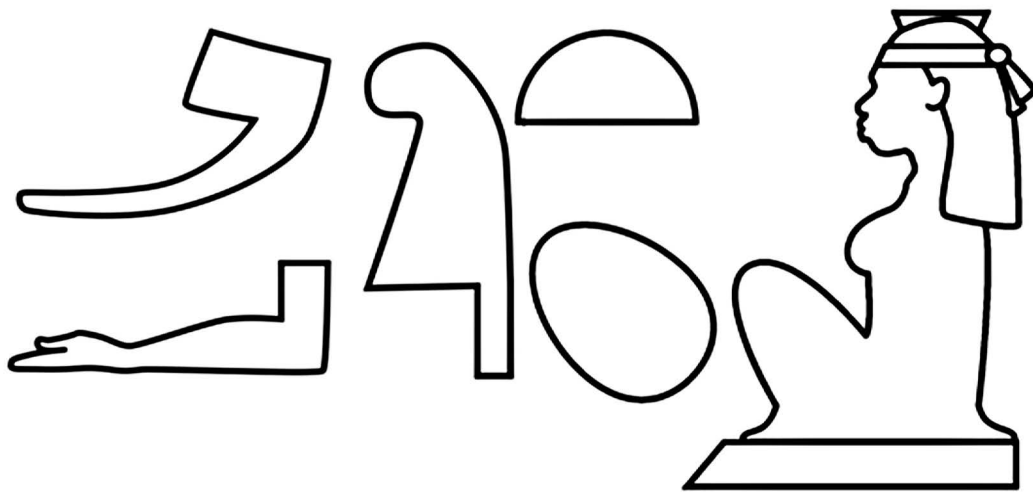
Introduction

Have you ever had a teacher, parent, or coach tell you to “do the right thing”? Sometimes that’s easy, like holding the door open for someone. Other times, it’s harder, like telling the truth when you know you might get in trouble.

A long time ago, in Ancient Egypt (called Kemet), people believed that life worked best when everyone lived by something called Ma’at. Ma’at means truth, justice, balance, and harmony. Think of it like the invisible rules that keep the world fair—kind of like gravity keeps us on the ground.

The 42 Affirmations to Ma’at are promises people made to themselves and to the universe. Each one is like saying, “This is how I choose to live.” They remind us not to lie, steal, or hurt others. They encourage us to be kind, fair, and respectful.

These affirmations aren’t just old history. They still matter today. They can guide you in school, with friends, at home, and even when you’re by yourself. They help you stay true to who you really are and who you want to become.



Maat

A Short Story Example

One day, Jordan was taking a math test. He glanced over and saw the answers on his friend's paper.

For a moment, he thought about copying them. Nobody would know, right?

Then he remembered one of the affirmations of Ma'at: "I have not stolen." Copying someone else's work would be like stealing their effort. Jordan took a deep breath and decided to trust himself. He finished the test on his own.

Later, when the teacher handed back the tests, Jordan didn't get a perfect score—but he felt proud. He knew he had been honest. That pride was worth more than any grade.

That's what living Ma'at is like. Every choice—big or small—is a chance to follow truth, balance, and fairness. And the more you practice, the stronger your character becomes.



In “The 42 Affirmations of Maat: Ancient Wisdom for Modern Life,”

I invite you to explore the ancient principles of Maat, the Kemetic Netert of truth, justice, and harmony.

Through these 42 affirmations, I offer a practical guide for applying these principles to your daily life, helping you to navigate the complexities of modern life with grace and integrity.

Each affirmation is accompanied by a brief explanation of its meaning and practical tips for incorporating it into your daily routine.

Whether you are seeking to cultivate greater self-awareness, deepen your connection to the natural world, or improve your relationships with others, these affirmations offer a powerful tool for transformation and growth.

Drawing on my extensive research into ancient Kemetic culture and spirituality, as well as my own personal experiences, I offer a unique perspective on how these ancient teachings can be applied in a modern context.

With “The 42 Affirmations of Maat,” you will discover a wealth of wisdom and insight that can help you to live a more fulfilling and purposeful life.

Khenti Sesh Metu Degg Khet

1



En



semam



i



akh



neteri

I have not slaughtered the divine cattle.



MAAT

1st Affirmation:

I have not slaughtered the cattle
of the divine.

*This means: I have not disrespected what
is sacred.*

Long ago, cattle were seen as special and holy because they gave food, strength, and life.

They were often connected with blessings, abundance, and even the spirits.

To “slaughter the cattle of the divine” doesn’t just mean hurting animals—it’s a symbol for taking something that should be treated with respect and using it in a selfish or greedy way.

So this affirmation is really about honoring what is sacred and not misusing it for your own gain.

It teaches us to be humble, respectful, and grateful for the gifts of life, nature, and the divine.

2



En nekhem a khen f nekhen en seqasat i Neter nut a

I have not carried off the food of the children, I have not treated with contempt the Neteru of my city.



2nd Affirmation:

I have not taken food from a child.

This means:

I have not taken away what someone small, weak, or vulnerable really needs to live and grow.

A child needs food, care, and love to be healthy.

If someone takes that away, they are being unfair and cruel because the child cannot protect themselves.

This affirmation teaches us to protect and care for those who can't take care of themselves, like children, the poor, or the sick.

It reminds us to be kind, generous, and to make sure everyone has what they need to survive and thrive.

3



En



nekhem a



kenf



er



khu



I have not carried away offerings from the Khu



3rd Affirmation:

I have not carried away offerings from the Akhu (ancestors).

This means:

I have not taken away what was meant to honor and thank my ancestors.

The Akhu are our ancestors—the people who lived before us and gave us wisdom, traditions, and life itself.

Taking offerings meant for them is like stealing respect from those who came before us.

This affirmation reminds us to honor our elders and ancestors, to show gratitude for their sacrifices, and to remember that we are who we are because of them.

It teaches us not to be selfish or arrogant, but instead to stay humble, respectful, and willing to learn from the wisdom of the past.

4



En



khdj

pauti



Neteru

I have not stolen the offerings to the Neteru



4th Affirmation:

I have not cheated the Paut Neteru
(the divine powers of nature).

This means:

*I have not disrespected or harmed the forces of
nature that keep the world in balance.*

The Paut Neteru are like the guardians of life—the sun, the water, the earth, the air, and the spiritual powers that make everything work together.

To “defraud” them means to cheat or damage nature, like polluting the air, wasting water, or destroying the land for selfish reasons.

This affirmation teaches us to respect and protect the natural world, because when we harm nature, we are also hurting ourselves.

It reminds us to live in balance, to use resources wisely, and to be grateful for the gifts the earth gives us.

5



En

ari

a

saqitst

I have not acted with arrogance



5th Affirmation:

I have not stolen.

This means: *I have not taken what does not belong to me.*

Stealing isn't just about taking someone's stuff, it can also mean copying someone's homework and pretending it's yours, lying to get something you didn't earn, or taking credit for another person's ideas.

Stealing breaks trust and shows disrespect for others.

This affirmation teaches us to be honest and fair, to respect what belongs to others, and to live with integrity.

When we don't steal, people can trust us, and we show we value fairness over greed.

6

En senu a Neter

I have not cursed Neter



6th Affirmation:

I have not cursed Neter (the Divine).

This means:

I have not spoken badly or shown disrespect toward the Creator or the spiritual forces that guide life.

To curse Neter means to treat the sacred with anger or disrespect. Instead, we are called to show gratitude, humility, and honor for the divine powers that created and sustain the world.

This affirmation teaches us to respect the sacred, whether that means speaking kindly about the Creator, treating nature with care, or living in harmony with spiritual truth.

When we show respect and gratitude, we stay connected to the higher forces that give us life.

7



En



qa



kheru



a

I have not made arrogant my voice



7th Affirmation:

I have not spoken condescendingly.

This means:

I have not talked down to people or acted like I'm better than them.

Speaking condescendingly is when you use words or tone that make someone feel small, unimportant, or less smart than you.

It shows arrogance and disrespect.

This affirmation teaches us to speak with kindness and respect to everyone.

It reminds us that every person has value, and we should treat others the way we want to be treated—with dignity, empathy, and humility.

8



En re her Mu
I have not polluted the water



8th Affirmation:

I have not polluted the waters.

This means:

I have not dirtied or harmed the water that gives life to everyone.

Water is sacred because all living things—people, animals, and plants—depend on it.

Polluting the water means throwing trash, chemicals, or waste into rivers, lakes, or oceans, or using water carelessly without respect.

This affirmation teaches us to take care of the environment, especially the water.

It reminds us to keep nature clean, to protect the Earth's resources, and to live in a way that keeps the planet healthy for future generations.

9



En ari a senti suten

I have not made curses of the King



9th Affirmation:

I have not cursed the Nasut (leaders).

This means:

I have not spoken with hatred or disrespect toward those in leadership or authority.

The Nasut were the rulers and leaders who kept society organized.

To curse them means to show anger, rebellion, or disrespect instead of working together for order and peace.

This affirmation teaches us to respect leadership and community rules, even if we don't always agree.

It reminds us to be thoughtful in how we speak about those in charge, and to work for positive change through respect, cooperation, and fairness—not through insults or hate.

10



En



iuti



a



en



ari



a



bin

I have not harmed, nor have I done evil



10th Affirmation:

I have not done harm, I have not done evil.

This means:

I have not hurt others on purpose, and I have not chosen to do what I know is wrong.

Doing harm or evil means causing pain, being cruel, or acting unfairly.

Instead, we are called to live with kindness, compassion, and fairness toward all people and living things.

This affirmation teaches us to be mindful of our actions, to treat others with respect, and to take responsibility for how we affect the world.

Choosing kindness over harm helps keep balance and peace in our communities.

11



En



asha



Kheru a



her medutu

I have not multiplied my voice upon words



11th Affirmation:

I have not multiplied my words upon words.

This means:

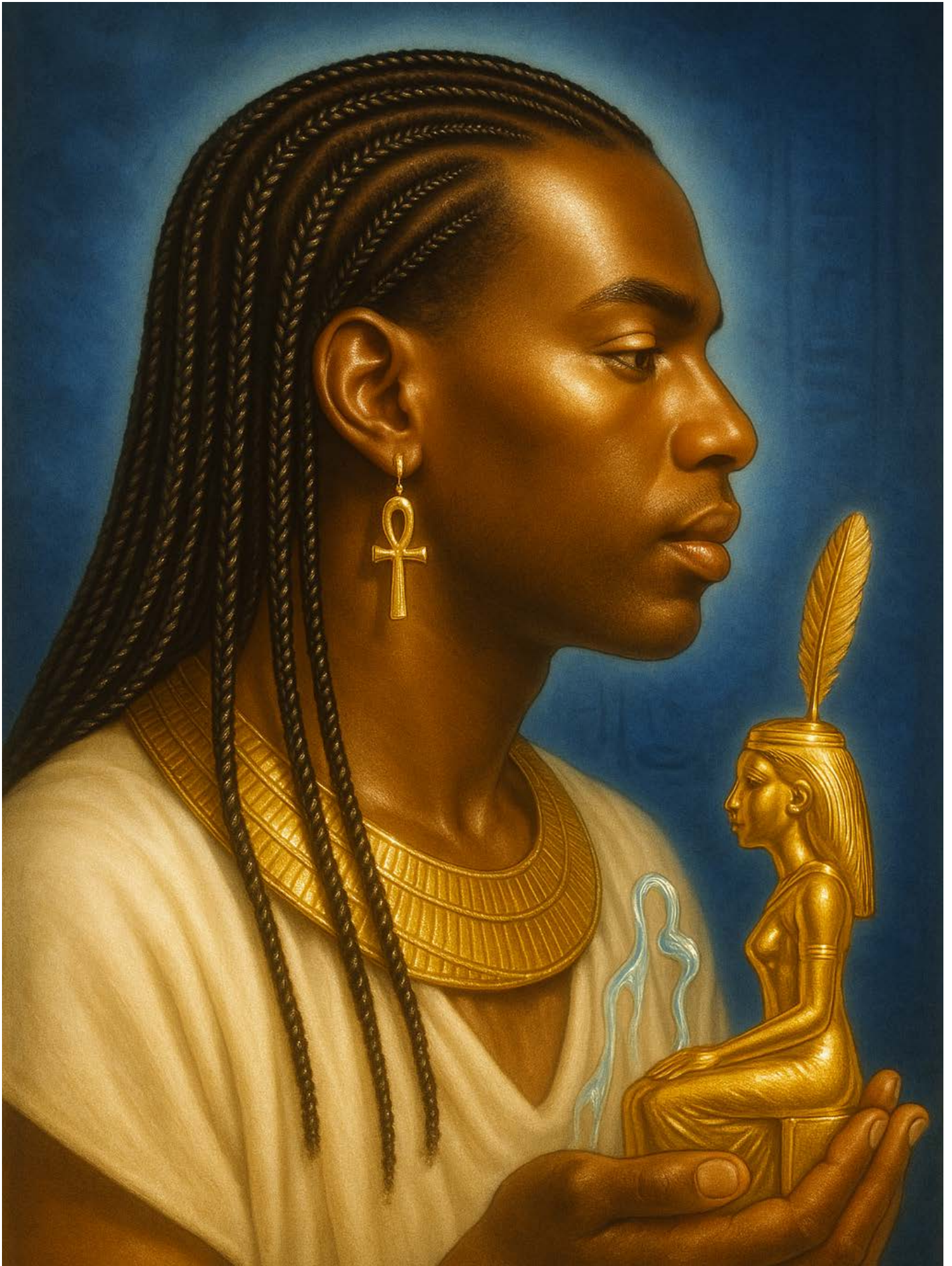
*I have not talked too much without
purpose.*

Sometimes people keep talking just to fill the air, brag, or repeat themselves, but words have power.

Talking too much without meaning can cause confusion or even hurt others.

This affirmation teaches us to **speak with purpose and honesty**, and to remember that listening is just as important as talking.

When we choose our words carefully, people can trust us and truly hear what we mean.



12th Affirmation:

I have not been an eavesdropper.

This means:

I have not secretly listened to other people's conversations or invaded their privacy.

Eavesdropping is when you listen in on something that isn't meant for you, like snooping on a friend's private talk.

It shows disrespect and can break trust.

This affirmation teaches us to **respect people's boundaries and privacy.**

Healthy relationships are built on trust, so instead of spying or gossiping, we should be honest, ask directly, and give others space when they need it.

13



En

asta

ab a

I Have not judged hastily



13th Affirmation:

I have not judged hastily.

This means:

I have not made quick or unfair judgments about people without really knowing them.

Judging too fast can cause us to misunderstand others or treat them unfairly.

Everyone has their own story, and we need to listen and understand before deciding what we think.

This affirmation teaches us to **be patient, open-minded, and fair.**

Instead of jumping to conclusions, we should take time to learn about people, respect differences, and practice empathy.

14



En

khennu

a

I have not stirred up strife



14th Affirmation:

I have not stirred up strife.

This means:

I have not started fights, spread drama, or caused problems between people.

Stirring up strife is when someone tries to make others argue, fight, or be divided on purpose.

It creates tension and makes peace harder to keep.

This affirmation teaches us to **be peacemakers, not troublemakers.**

Instead of causing drama, we should try to solve problems calmly, listen to each other, and bring people together.



15th Affirmation:

I have not acted disrespectfully.

This means:

I have not been rude, arrogant, or dismissive toward others.

Being disrespectful can look like ignoring adults, mocking someone, rolling your eyes, or not valuing people's feelings.

It shows a lack of care and humility.

This affirmation teaches us to treat everyone with respect and kindness.

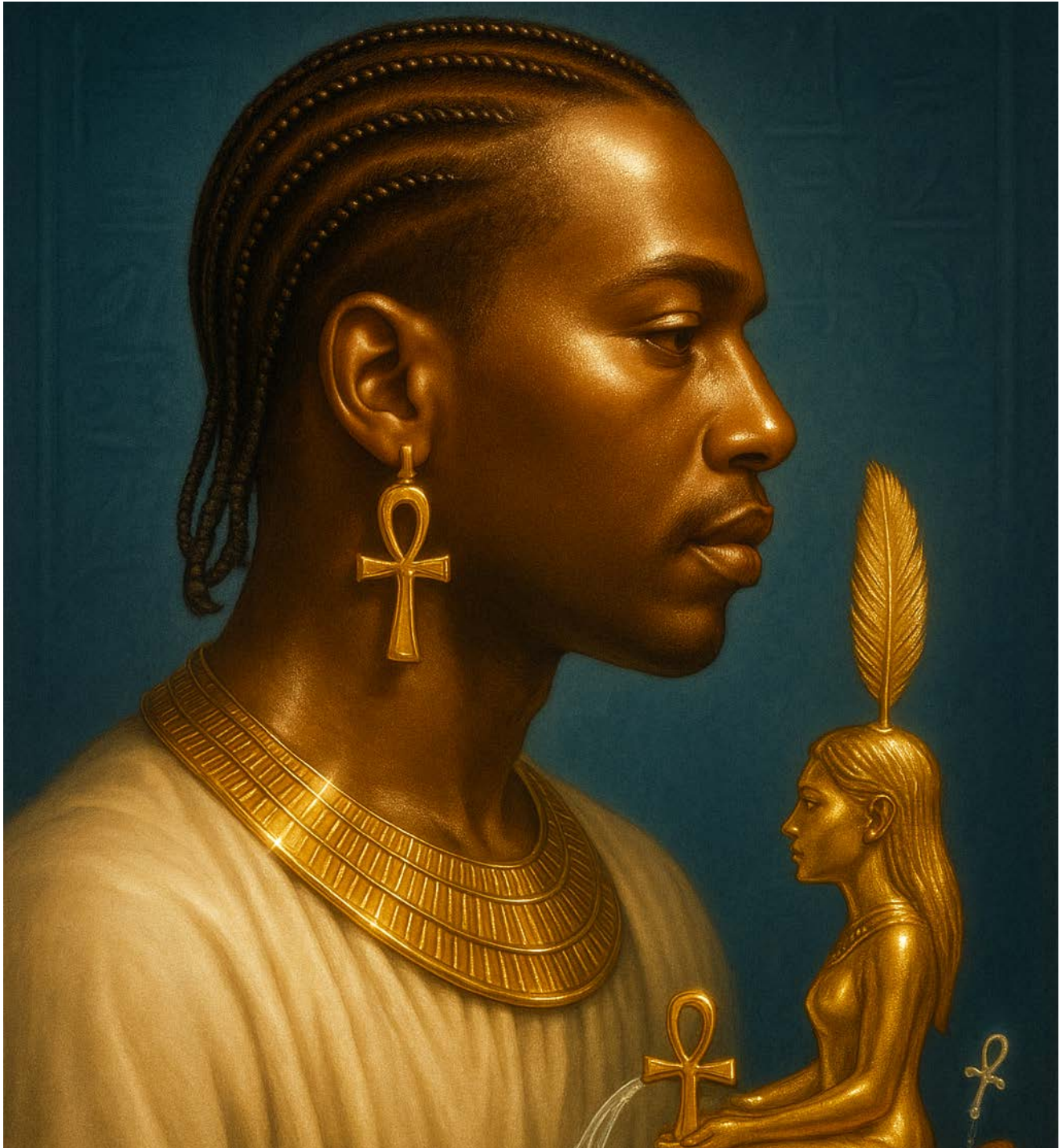
That means listening when others speak, appreciating their experiences, and being open to learning from them.

Respect builds stronger relationships and shows good character.

16



En *sent* *a*
I have not caused grief



16th Affirmation:

I have not caused grief.

This means:

I have not made others feel deep sadness, hurt, or pain.

Causing grief could mean saying something cruel, breaking someone's trust, or doing something that makes another person suffer.

This affirmation teaches us to **spread kindness instead of pain.**

We should try to comfort people, lift their spirits, and bring more joy and peace into the world.

Even small acts of kindness—like a smile, kind words, or helping a friend—can make a big difference.

17th Affirmation:

I have not made myself deaf to the words of
Ma'at.

This means:

I have not ignored truth, justice, or what is right.

Making yourself “deaf” to Ma'at means choosing not to listen to wisdom, fairness, or balance, even when you know better.

It's like ignoring your inner voice that tells you the difference between right and wrong.

This affirmation teaches us to **stay open to truth and fairness**, to listen when wisdom is offered, and to follow values that keep life balanced.

When we pay attention to Ma'at, we learn to make choices that bring harmony to ourselves and others.

18



En



ta - a

I have not inflamed myself with rage



18th Affirmation:

I have not inflamed myself with rage.

This means:

I have not let my anger take control of me.

Rage is when anger burns so hot that it takes over your words and actions.

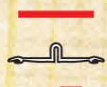
When that happens, people usually say or do things they regret.

This affirmation teaches us to **stay calm and in control of our emotions.**

Instead of exploding with anger, we can take a deep breath, walk away, or find a healthy way to cool down.

Choosing peace over rage helps us make better decisions and treat people with respect.

19



En



teh a

I have not offended any one.



19th Affirmation:

I have not committed an offense.

This means:

I have not broken rules of fairness or done something that disrespects or harms others.

An “offense” is when you cross a line you know is wrong—like lying, cheating, bullying, or breaking trust.

It’s not just about rules, but also about how we treat people.

This affirmation teaches us to **live with honesty, respect, and integrity.**

It reminds us to take responsibility for our actions, to treat others the way we want to be treated, and to make things right if we ever cause harm.

20



En *ari-a* *heru*

I have not caused terror.



20th Affirmation:

I have not terrorized anyone.

This means:

I have not scared, bullied, or hurt others to make them feel afraid.

Terrorizing is when someone uses fear, threats, or violence to control or harm others.

It causes pain, trauma, and unfairness.

This affirmation teaches us to **treat people with kindness and respect, not fear or cruelty.**

We should use our strength, voice, and actions to help others feel safe, supported, and valued, not the opposite.

21



En



dada-a



I have not polluted myself.



21st Affirmation:

I have not polluted myself.

This means:

I have not harmed my body, mind, or spirit with things that make me unhealthy or unbalanced.

Polluting yourself can mean eating or drinking things that damage your health, filling your mind with negativity, or treating yourself without respect.

It can also mean ignoring self-care and letting stress or bad habits take over.

This affirmation teaches us to **take care of ourselves inside and out**, through healthy choices, rest, positive thinking, and respect for the world around us.

When we keep ourselves clean and balanced, we can live with more peace, energy, and harmony.

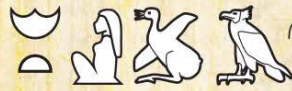
22



En



neka



hemut



ta

I have not slept with the wife of a man



22nd Affirmation:

I have not laid with another man's wife.

This means:

I have not disrespected someone else's relationship by breaking the trust between two people who are committed to each other.

This affirmation is about respecting boundaries and being loyal.

When people make a promise to love and be faithful to each other, it's important to honor that bond.

Crossing that line shows disrespect and can cause deep pain.

Even outside of marriage, this lesson reminds us to **be honest and trustworthy** in all relationships, whether with friends, family, or teammates.

Respecting others' commitments keeps relationships strong and fair.

23



En



neka



ha



sat

I have not slept with the husband of a woman



23rd Affirmation:

I have not laid with another woman's husband.

This means:

I have not disrespected someone else's relationship by breaking the trust between two people who are committed to each other.

This affirmation is about **respecting promises and boundaries.**

When two people make a commitment to each other, it's important not to interfere or betray that trust.

For middle school life, this also means:

Don't betray friendships, don't break promises, and don't cross boundaries that aren't yours to cross.

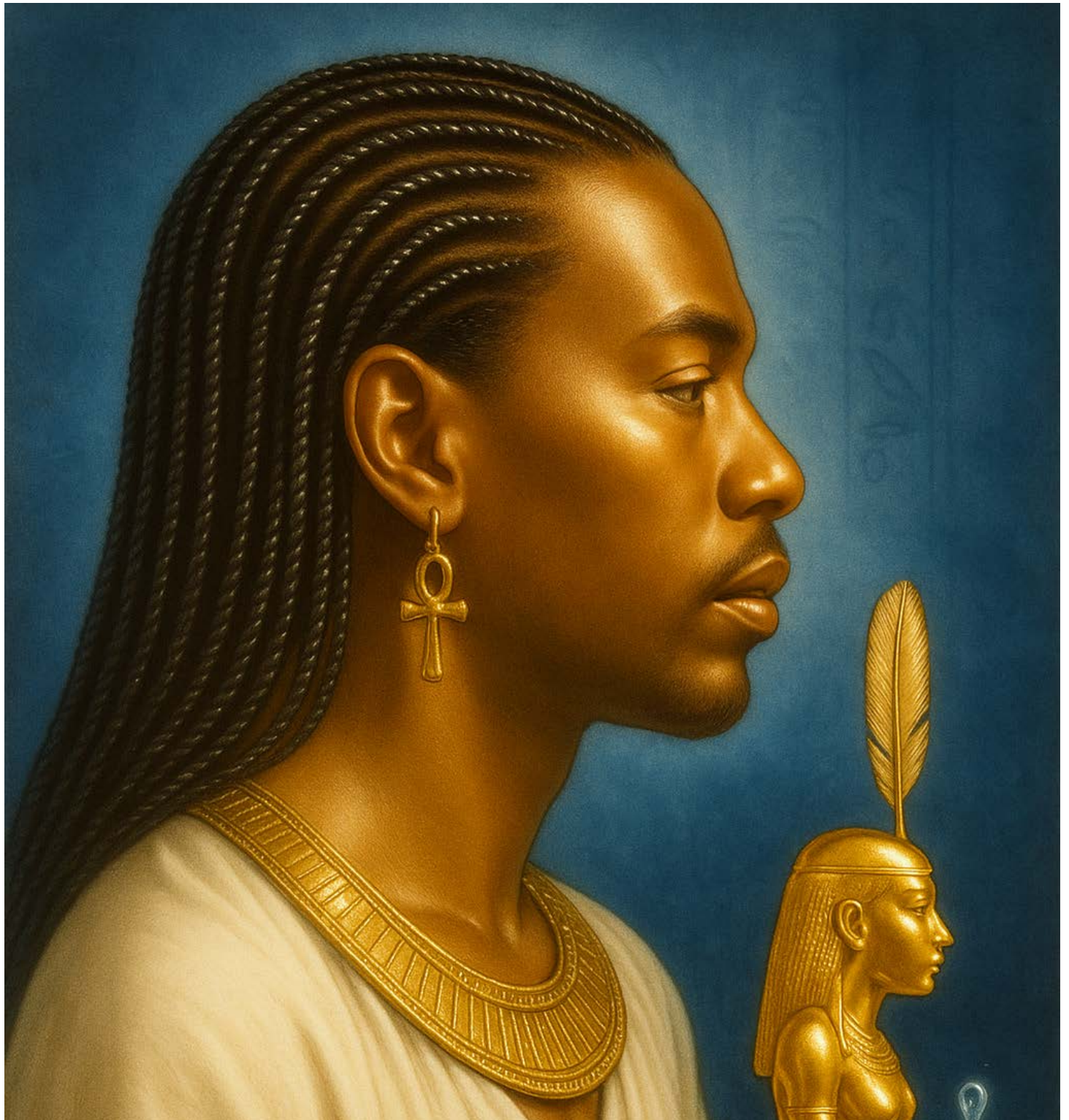
Respecting people's relationships—whether friendships, families, or teams—keeps trust strong and shows integrity.

24



En sekun-a es herkhet

I have not been angry without just cause.



24th Affirmation:

I have not raged without cause.

This means:

I have not gotten angry or blown up at people for no real reason.

Raging without cause is like being a storm—loud, wild, and destructive—when the situation doesn't even call for it.

Acting out of control only causes more harm and makes problems worse.

This affirmation teaches us to **control our emotions and think before we react.**

When we stay calm, patient, and wise, we handle challenges in a way that builds respect instead of breaking trust.

25



En



shem



re - a

I have not set my mouth in motion against any body



25th Affirmation:

I have not set my mouth in motion against any person.

This means:

I have not used my words to hurt, insult, or tear someone down.

Words are powerful—they can build people up or break them down.

Speaking against others with gossip, lies, or insults spreads negativity and causes harm.

This affirmation teaches us to **use words for kindness, truth, and encouragement.**

Instead of tearing people down, we should lift them up, speak respectfully, and choose words that bring peace and understanding.

26



En metmet - a
I have not been an eavesdropper



26th Affirmation:

I have not been an eavesdropper.

This means:

I have not secretly listened to conversations or snooped into things that weren't meant for me.

Eavesdropping breaks trust and disrespects people's privacy.

Everyone deserves personal space and the freedom to share only what they choose.

This affirmation teaches us to **respect other people's boundaries.**

Instead of spying or sneaking, we should build trust by being honest, asking directly, and allowing others to share when they're ready.

27



En



auau



- a



henbet

I have not desolated the ploughed lands.



27th Affirmation:

I have not ruined ploughed lands.

This means:

I have not destroyed things that were carefully prepared to grow and bring life.

Ploughed land is a field that farmers worked hard to prepare so crops can grow.

To ruin it means to waste their effort, harm the earth, and stop food from being produced.

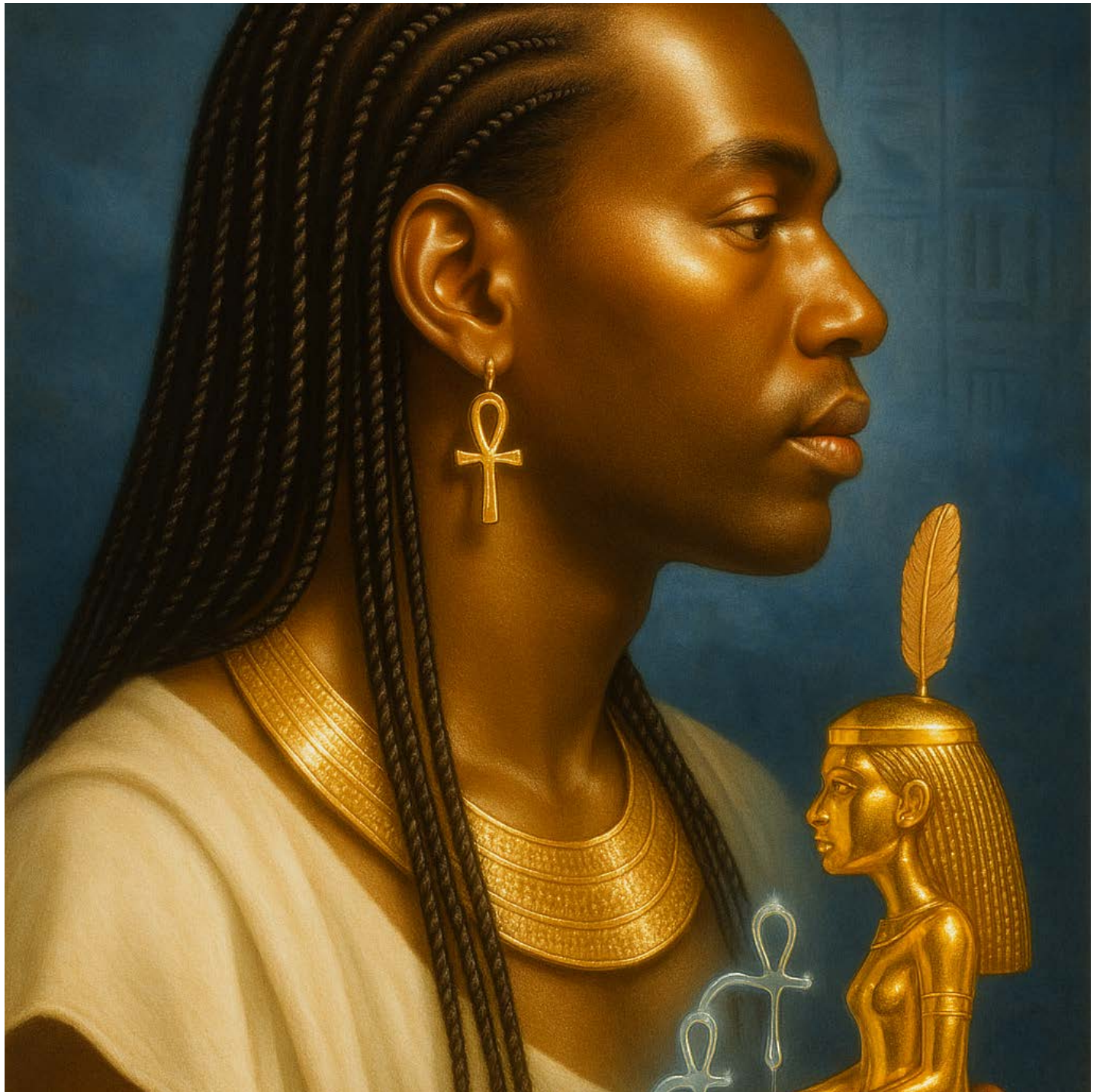
This affirmation teaches us to **respect people's hard work and care for the earth.**

Instead of destroying what others build or prepare, we should help things grow—whether it's crops, communities, or ideas.

28



En ari hennuit - a
I have not acted deceitfully



28th Affirmation:

I have not acted deceitfully.

This means:

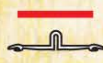
I have not lied, tricked, or pretended to be something I'm not in order to get what I want.

Deceit is like wearing a mask—hiding your true self or intentions to fool others. It breaks trust and can hurt people.

This affirmation teaches us to **be honest and real in our words and actions.**

When we act with truth and sincerity, we build stronger friendships, gain respect, and live with integrity.

29



En teh - a

I have not transgressed.



29th Affirmation:

I have not transgressed.

This means:

I have not crossed the line by breaking rules of fairness, respect, or what I know is right.

To “transgress” is like stepping over a boundary you know you shouldn’t cross, whether it’s lying, cheating, disobeying rules, or going against your values.

This affirmation teaches us to **respect boundaries and live with integrity.**

It reminds us to think before we act, stay true to what’s right, and take responsibility for the choices we make.

It reminds us to think before we act, to make choices that honor fairness and respect, and to stay true to the values that guide us—even when it’s difficult.

30



En *am* *ab a*
I have not eaten my heart.



30th Affirmation: I have not eaten my heart.

This means:

I have not filled myself with guilt, regret, or shame for doing wrong.

In ancient Kemet, the heart was believed to hold your thoughts, feelings, and conscience, the part of you that knows right from wrong.

If you “ate your heart,”

it meant you were carrying heavy guilt because you didn't live by truth and fairness.

This affirmation teaches us to **live in a way that keeps our conscience light and at peace.**

When we act with honesty, kindness, and integrity, we don't have to feel regret or shame. Instead, our hearts stay free, balanced, and ready to be measured against Ma'at's feather of truth.

31



En tch-rm a

I have not made anyone to weep



31st Affirmation:

I have not made anyone cry.

This means:

I have not hurt someone's feelings so badly that it brought them sadness or tears.

In ancient times, tears were seen as signs of deep pain or grief.

To “make someone cry” doesn’t just mean they shed tears, it means you caused emotional harm, shame, or hurt through your words or actions.

This affirmation teaches us to **treat people with kindness and compassion.**

That means avoiding gossip, insults, or unfair criticism, and being mindful of how our words and actions affect others.

Instead of causing pain, we should lift people up and bring comfort and joy.

32



En nek - a en nek - a
I have not committed adultery



32nd Affirmation:

I have not committed fornication.

This means:

I have not disrespected myself or others by acting in ways that are impure, careless, or against what is right.

In ancient times, this affirmation pointed to keeping both the body and spirit pure, like treating your inner self as a sacred temple.

Fornication here can be seen as any choice that disrespects yourself, your values, or another person.

This affirmation teaches us to **respect ourselves and others.**

It reminds us to live with integrity, self-control, and honor, making choices that keep us balanced, healthy, and free from guilt or shame.

33



En keni a
I have not cursed



33rd Affirmation:

I have not afflicted anyone.

This means:

I have not caused pain, suffering, or trouble for other people.

To “afflict” someone is to hurt them—whether through harsh words, unfair actions, or making their life harder.

Instead of being a burden, we are called to be a source of kindness, support, and encouragement.

This affirmation teaches us to **be gentle, compassionate, and helpful.**

It reminds us to think about how our actions affect others and to choose words and behaviors that bring comfort, peace, and positivity into the world.

34



En mehem - a ammet
I have not carried off food.



34th Affirmation:

I have not carried off food.

This means: I have not taken food—or anything—that does not belong to me.

“Carrying off food” is another way of saying stealing what others need.

It’s not just about food, it can also mean taking more than your fair share, being selfish, or keeping resources from others who need them too.

This affirmation teaches us to **be fair, honest, and respectful of what belongs to others.**

It reminds us to share, not hoard, and to make sure everyone gets what they need instead of thinking only of ourselves.

35



En djed - a ger

I have not spoken lies



35th Affirmation:

I have not spoken lies.

This means:

I have not told lies or twisted the truth.

Telling the truth is like a clean, clear river, pure and easy to see through.

But lies are like polluted water, muddy, dirty, and hard to trust. When we lie, we hide what's real and break trust with others.

This affirmation teaches us to **speak with honesty and clarity.**

Being truthful keeps our hearts clean and helps others trust our words.

Honesty builds strong friendships and respect, while lies only bring confusion and harm.

36



En ta - a



khet



Neter

I have not despoiled the things of Ntr



36th Affirmation:

I have not despoiled the things of Neter.

This means:

I have not stolen, damaged, or disrespected what is sacred and belongs to the divine.

The “things of Neter” are the objects, spaces, and traditions that honor the gods, goddesses, and spiritual world.

To despoil them means to treat them carelessly, use them for selfish reasons, or destroy what should be respected.

This affirmation teaches us to **show reverence for what is holy and meaningful.**

That includes respecting spiritual practices, sacred spaces, and cultural traditions.

When we honor these things with gratitude, we protect the wisdom and values that connect us to the divine and to our ancestors.

37



En



khebt - a

I have not diminished my obligations



37th Affirmation:

I have not diminished the offerings.

This means:

I have not taken away from or wasted what was meant to be given in honor and gratitude.

In ancient times, offerings were food, crops, or gifts given to the gods as thanks for life's blessings.

To “diminish the offerings” means to hold back, waste, or not give fully what is owed in gratitude.

This affirmation teaches us to **be thankful and generous with what we have.**

It reminds us not to waste our resources, talents, or opportunities, but to use them wisely and share them with others.

When we give with a full heart, we honor both the divine and the community around us.

38



En



hdj



debh

I have not defrauded the offerings



38th Affirmation:

I have not defrauded the offerings.

This means:

I have not cheated, tricked, or taken more than my fair share from what was meant to be given in honor and respect.

Offerings in ancient times were sacred gifts given to the gods as a sign of gratitude.

To “defraud the offerings” means to be dishonest, like sneaking extra for yourself, taking from what wasn’t yours, or disrespecting what was meant to be shared.

This affirmation teaches us to **be fair, honest, and respectful in all situations.**

It reminds us not to take advantage of people’s generosity or break their trust.

Living with integrity keeps balance and harmony in our relationships and in the world.

39



En smam - a remu
I have not slain any body



39th Affirmation:

I have not slain a man or woman.

This means:

I have not taken another person's life or destroyed their spirit.

In ancient times, this literally meant not killing someone.

But it also carries a deeper meaning: not crushing someone's inner light, dignity, or will to live.

Life is sacred, and every person has a divine spark inside them that deserves respect.

This affirmation teaches us to **protect life and honor the value of every person.**

It reminds us that harming one person also hurts their family, their community, and the balance of the world.

Choosing peace and respect keeps us in harmony with Ma'at, the principle of truth and justice.

40



En tau - a

I have not robbed



40th Affirmation:

I have not robbed.

This means:

I have not taken what doesn't belong to me, whether by force, trickery, or without permission.

Robbing isn't just about stealing someone's things, it can also mean taking credit for someone else's ideas, copying their work, or using up what was meant to be shared fairly.

To rob is to break trust and disturb the balance of fairness in the world.

This affirmation teaches us to **respect what belongs to others and to value honesty and fairness.**

Life is built on give-and-take, and when we honor that balance, we strengthen trust, relationships, and harmony in our communities.

41



En auau a

s.

I have not despoiled



41st Affirmation:

I have not despoiled.

This means:

I have not ruined, wasted, or destroyed what is valuable—whether it belongs to people, nature, or the world around me.

To “despoil” means to take away the goodness or beauty from something.

It could be harming the environment, destroying what others worked hard to build, or using up more than you need without care for others.

This affirmation teaches us to **live with respect, balance, and gratitude.**

It reminds us to protect the world, take only what we need, and act in ways that help both people and nature thrive.

By doing this, we live in harmony with Ma’at, truth, balance, and justice.

42



En

ari a

isfet

I have not done wrong



42nd Affirmation:

I have not done wrong.

This means:

*I have lived in truth, fairness, and kindness
without choosing to harm others or the
world around me.*

Doing wrong can mean lying, cheating, stealing, hurting others, or acting unfairly.

To “not do wrong” means choosing integrity, living in a way that is honest, respectful, and just.

It also means keeping your word, being compassionate, and making choices that bring balance instead of harm.

This affirmation teaches us to live by the principles of Ma’at—truth, justice, and order.

When we avoid wrongdoing and choose kindness, we create peace inside ourselves and in the world.

It allows us to look back on our actions with pride, knowing we’ve made a positive difference.

The 42 Affirmations To Ma'at

I have not disrespected what is sacred.

→ Respect holy and important things. They remind us of the divine.

I have not taken food from a child.

→ Kids need care and protection. Don't take what helps them grow.

I have not stolen offerings meant for the ancestors.

→ Gifts for those who came before us should be honored, not stolen.

I have not cheated the Neteru.

→ Always be honest with your faith and spiritual practices.

I have not stolen.

→ Taking what isn't yours breaks trust and fairness.

I have not spoken badly about the Creator.

→ Show respect when talking about the divine.

I have not spoken down to others.

→ Everyone deserves respect—don't act like you're better.

I have not made the waters dirty.

→ Water gives life. Keep it clean for everyone.

I have not cursed the leaders.

→ Even if you disagree, be respectful to those in charge.

I have not done harm or evil.

→ Choose kindness, not cruelty.

I have not spoken too many useless words.

→ Speak with purpose, not just noise. Words have power.

I have not spied on others.

→ Respect people's privacy.

I have not judged unfairly.

→ Be fair when deciding what's right or wrong.

I have not started fights.

→ Don't stir up trouble. Aim for peace.

I have not acted disrespectfully.

→ Show good manners to people and places.

I have not made others sad.

→ Be caring. Don't bring unnecessary pain to others.

I have not ignored the truth of Ma'at.

→ Listen to truth and fairness, even when it's hard.

I have not let anger control me.

→ Stay calm. Anger can make you hurt others.

I have not broken the law.

→ Follow the rules of right living.

I have not scared or bullied anyone.

→ Don't use fear to control people.

I have not made myself impure.

→ Keep your body and spirit clean.

I have not been with another man's wife.

→ Respect relationships and families.

I have not been with another woman's husband.

→ Don't cause harm to families by breaking trust.

I have not gotten angry for no reason.

→ Don't explode with rage over little things.

I have not spoken badly about others.

→ Gossip hurts people—don't spread it.

I have not spied on others.

→ Respect boundaries. (Yes, it's repeated for importance!)

I have not destroyed farmland.

→ Protect the Earth and what feeds people.

I have not tricked people.

→ Be honest. Don't fool or cheat others.

I have not crossed the line of what is right.

→ Stay within the path of fairness and truth.

I have not hurt myself with worry or hate.

→ Don't let anger or sadness eat you up inside.

I have not made anyone cry.

→ Be gentle—don't cause unnecessary hurt.

I have not acted in wrong sexual ways.

→ Respect yourself and others in relationships.

I have not hurt anyone.

→ Treat people kindly, not with harm.

I have not stolen food.

→ Don't take food that belongs to others.

I have not told lies.

→ Speak the truth. Lies cause pain.

I have not taken things that belong to the Creator.

→ Don't misuse sacred items or gifts of nature.

I have not taken away from what is offered.

→ Don't reduce or steal from offerings meant for the spirits.

I have not cheated the offerings.

→ Give honestly—don't pretend or take from what's holy.

I have not killed anyone.

→ Life is sacred. Respect it.

I have not robbed anyone.

→ Don't steal from people. It causes harm and mistrust.

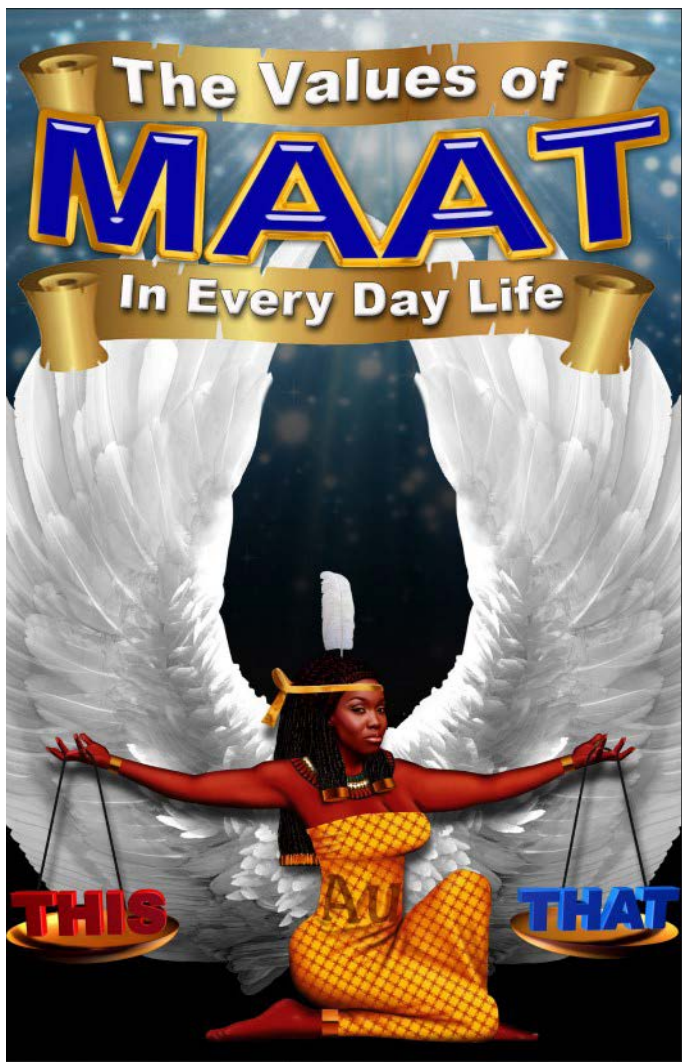
I have not destroyed what is not mine.

→ Leave other people's things safe and unharmed.

I have not done wrong.

→ Live a life of goodness, fairness, and truth.

Unlock The Values of Maat



Are you feeling out of alignment — like your actions, goals, and deeper values don't always match up? That inner conflict is exactly what the Ancients of Kemet warned against. Their answer was simple but profound: ****live by Maat**** — the principle of truth, balance, justice, and harmony.

****The Values of Maat**** is your guide to bringing that timeless wisdom into today's world. Inside, you'll discover:

- How to uncover your ****true values**** and align them with your daily choices
- Tools for creating balance in your relationships, career, and spiritual life
- The connection between ****values and fulfillment**** — why money, success, or even love feel empty without Maat
- Practical exercises for eliminating inner conflict and living with clarity, purpose, and peace

This isn't just philosophy — it's a ****step-by-step framework**** for transformation. From the affirmations of Maat to real-world applications, you'll learn how to restore order in your life, strengthen your spirit, and walk in harmony with the universe.

Whether you're a student of Kemetic wisdom, on a personal growth journey, or simply searching for inner peace, this eBook is your key to living a life of congruence, power, and authenticity.

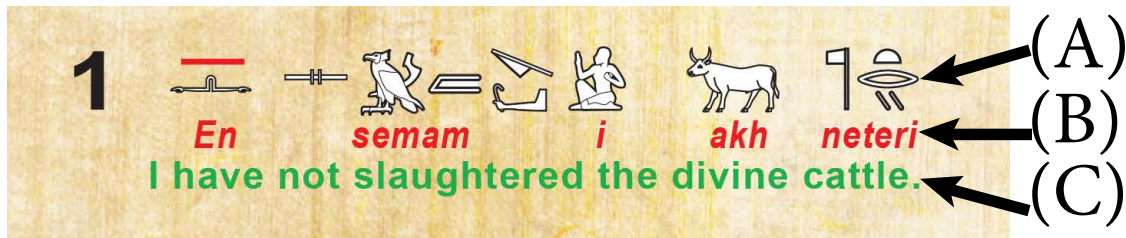
Don't just "learn" Maat — ****live it.****

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To get your Affirmation poster Click Here



Each Affirmation has 3 rows

- (A) The Medu Netjer (Hieroglyphs) in Black and White
- (B) The literal Translation in RED
- (C) The English Translation In GREEN

Kemetic Sacred Science

Course – Description

The **Kemetic Sacred Science Course** is a transformative journey into the wisdom of Ancient Kemet (Egypt), designed to reconnect you with the cosmic principles that governed the lives of our ancestors.

This course blends history, philosophy, astronomy, astrology, and spiritual practice into a living science for personal and collective growth.

At its heart, the course reveals the **Sacred Order of the Universe**—how the cycles of the heavens, the laws of Maat (truth, balance, justice), and the mysteries of the Neteru (divine principles) shape our daily lives.

You will learn how the ancients measured time through sun, moon, and star calendars, how they mapped cosmic energies into astrology, and how they encoded spiritual truths into myth, symbol, and ritual.

More than information, this is **initiation**: each lesson integrates meditation, visualization, and practical tools to awaken your higher faculties, align your life with natural law, and activate your purpose.

By the end of the course, you will:

- Understand the **cosmic laws of duality, cycles, and balance** that govern existence.
- Read and apply **Kemetic Astrology** to uncover soul patterns and destiny.
- Explore the **7 Levels of the Duat** as stages of consciousness and transformation.
- Recognize the interplay of **myth, science, and spirit** as one unified system.
- Gain tools to **heal ancestral patterns**, align with divine order, and embody sacred purpose.

This is not just history—it is a **living science of spirit, mind, and body**. Whether you are seeking knowledge, healing, or initiation into higher wisdom, the **Kemetic Sacred Science Course** is a map to remember who you are and why you came.

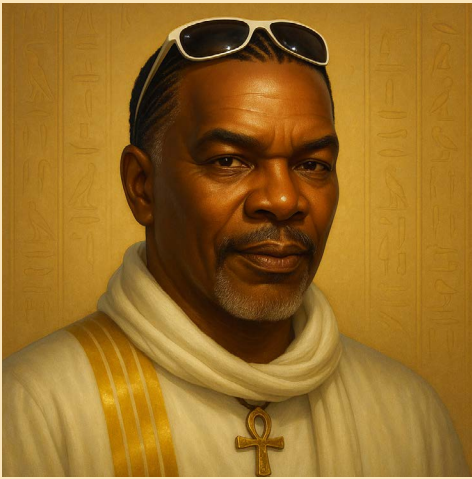
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Author Bio — Metu

****Metu**** is an artist, teacher, and keeper of the Kemetic Sacred Science.

Through his writings, courses, and visual creations, he carries forward the wisdom of the ancestors — blending ancient cosmology, astrology, and spiritual science with practical guidance for modern life.

His work invites readers to remember that time, nature, and spirit are one continuum, and that living by Ma'at is not just philosophy but a daily practice of balance and truth.

Known for his distinctive teaching style, part storyteller, part historian, part guide, Metu has dedicated his life to restoring the original story of humanity through calendars, sacred symbols, and the path of initiation.

His books, lectures, and art are not just knowledge — they are invitations to transformation.