

Fi pa ren shil pa Huhi

in the name of the creative force of will

Silent meditation

Meditation is as old as time it's self, the topic of meditation is nothing new it's an age old practice that as been practiced by many students, devotees of spiritual orders, as well as common people the world over. I myself learned of meditation after becoming an aspirant of the ancient & Mystic order of melchizedek some 12 years ago, during this time I was in search of deeper spiritual truths of which religion could not offer me Meditation at first may seem foreign to the beginner for most lack concentration, however after many trails and test if one masters object concentration this will open the door to meditation, and the hidden INNER REALM OF ONES inner being THE REALM OF THE NETERU linking one to higher

vibrational densities beyond that of this material realm for this is the beginning stage of walking the esoteric path looking to the god inside instead of looking for god outside ones self which is the exoteric approach, for proper meditation helps one to develop control over emotions, anger, desire, lust, egoism, hatred etc which are all attributes of the lower self v.s. the higher self which is developed thru meditative life style proper diet, chanting, prayer, fasting, exercise etc. What is silence? Silence is defined in websters online dictionary as 1: forbearance from speech or noise : [MUTENESS](#) Holy tablets chapter 7 Pa Gadush Lowahaat tablet 18 verse 56 Live in truth, enter silence, there is peace in silence. Meditation is defined as a discourse intended to express it's authors reflections or to guide others in contemplation, act or process of meditating. The authors reflections would be the universal mind of all ( Paut ) for the All is responsible for everything in existence

whether it's a positive force or negative force. Wrongly called good and evil amongst today's religions! How many forms of meditation are there? You have walking meditation, sitting meditation, meditation in a chair, healing meditation, meditation while having sex, etc, etc. What is the correct position for meditation? I-m-hotep position in figure 1.



## I-m-hotep position

What is object concentration? It is the act of focusing ones attention on an object, or ones work, this type of concentration allows one to focus the minds eye on whatever it's doing to study an object in great detail.

What is metaphysical concentration? Metaphysics is defined as a division of philosophy that is concerned with the fundamental nature of reality and being that includes ontology, cosmology, and often epistemology. 2. Ontology abstract philosophical studies : a study of whats outside objective experience.

What is concentration? the act or process of concentrating : the state of being concentrated ; *especially* : direction of

attention to a single object. If nothing special happens during meditation should one continue on? Meditation first off requires repetition so if no desired results happen please don't not stop but continue on, in due time thru hard work you will receive results and start to bear the fruits of your hard labor.



Lotus flower for object concentration

Paa Gadush Lowhaat ( The holy Tablets) chapter 7

*tablet 13 19x3 = 57*

*Lo! Concentration my child is the act or process of  
concentrating.*

*To concentrate is to focus, center, or to bring or direct ones  
mind toward a common center or objective. Concentration is a*

*very important principle, one that you should master, for the contrary to the belief, that the art of concentration is simple. Efficient concentration is not easily achieved. Your world, is the materialization of the thought forms of Divine intelligence it exist as vibrations. Author Dr. Malachi Z. York*

The sacred wisdom of Thehuti

The doctrine of vibration

Nothing rest; everything moves; everything vibrates. This is the key to manifestation, but beyond things is all without movement.



## Thehuti

The wisdom of egyptian mystic Amen Hotep

The Mystics speak in Hundred different ways, but if one is and the way is one, how could their meaning be other than one?

Whenever you find yourself, whether in worship or in ordinary life, contemplate nature \_ in what you eat from nature, what you drink from nature. And whom you marry from nature.

Always be aware that it is both the contemplated and the contemplator.

There are signs of a sound love of a Pa Neb The Master' lack of self will, pleasure in every event that happens by divine decree, and by seeing the perfection of the beloved in all things, resting content through all things, resting content thru  
All.

.....

The true lover finds the truth only if he or she is there  
own fuel, And like a candle, consumes oneself.

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You your self are your own obstacle – rise above  
yourself and your ego.



**Amun Hotep**



In the beginning your meditation sittings should be not more than 5 to 10 minutes for beginners, 15 – 30 minutes for more advance students, 60 minutes or more for those who have mastered the latter meditation sittings. Never become upset or angry! Due to frustrations from not being able to concentrate fully when you first start your meditation practices for you have to be patient, persistent in your efforts or you will fall to the wayside eventually. I fully recommend that you set aside a special place in your house or apartment for meditation, you can build a small shrine with a meditation mirror, prayer rug, white table cloth, brass candle holders, as well as incense holders to set the special mode of spiritual work about to be done to help you to come to know the inner being inside of the fleshy you which is a bacteria plaguing your spirit and soul.



How many times a day should one meditate? Once after you awaken in the morning, mid-day, before going to bed.

Where should one meditate? Ans: you can meditate outside if the weather is nice, if not meditation inside is also good just make sure the area is clean and free of the color red, which disturbs the flow of the green essence, make sure you have a meditation mat, zafu cushion, prayer rug, or a towel.

What type of incense should be burned? Any kind that you like! However Sudanese frankincense is best for meditation and spiritual work.

What are the benefits of meditation? Mind control, learning how to direct thoughts into the manifestation of desired goals, outcomes, lifes successes, relief of stress, tension, relief of depression, control of the ego, reduced fear of death extinction of name and form.

*What are some of the common mistakes made during meditation? A. Some of the most common mistakes are letting ones mind drift, thinking about mundane things while in meditaion such as your wife, husband, children, bills, job stress, an argument that you had with someone etc, for the most part you should let your self go and concentrate on being one with the kosmos from which all things came in existence or being nothing earthly should come to mind.*

*To which deity does one focus on when in meditation? Since we are speaking of the Egyptian, tameri meditation the deity here would be huhi, huwa, or hu, in religious texts like the bible they refer to huhi as yhwh if you reverse the letters you will see it spells out hwhy or huhi the Egyptian god known as the creative force of will, in al quran known to muslims & sufis as huwa.*

## Sūra 112: Ikh̄lāṣ, or Purity (of Faith)

### Section 1 (1-4)

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾

1. Qul huwa Allahu ahadun

1. Say: He is Allah, the One and Only;

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اللَّهُ الصَّمَدُ ②

2. Allahu alssamadu

2. Allah, the Eternal, Absolute;

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لَمْ يَلِدْ وَلَمْ يُولَدْ ③

3. Lam yalid walam yooladu

3. He begetteth not, nor is He begotten;

*Sacred Records of ATUM-RE Chapter 1 Pa Haadur The  
Coming*

*296. In Egypt Huhi, Which is Hu, Or Huwa was considered  
hthe personification of the utterance, with which the creator*

*Ptah, Tah who was regarded as creator of the physical world and deity of technology, did it's work.*

*297. Hu, Huhi, Huwa, was the utterance or tone, the vibration and pulsation of existence and that which comes to existence within the sacred breathe.*

*298. Those things made. That manifest within creation true growth. Huhi is that tone from which the Creator calls things into being, with Hika and Sia.*

*299. The original triad of Ptah, Hika, and Sia. Huhi is one of the creative forces of will that constantly accompanies Re, Ra the Sun deity, the source of life the provider of sustenance in this world, the eternal.*

*Holy Tablets Chapter 6 behaymaw the human beast tablet 14  
the secret*

*Verses 1-21 Authored by: Malachi Z. York*

*(19x9 = 171)*

*Lo! The best sounds before the ears of ANU, A'LYUN  
A'LYUN EL is*

*That you give thanks.*

*2. the worst of sounds that you will be called as individuals,  
Rulers of Rulers.*

*3. Once if you become one with him then you will be the  
successors in Taimat*

*4. but always remember ANU, A'LYUN A'LYUN EL, is the  
Ruler of Rulers.*

*5. be ever so watchful of the sounds in the Universe.*

*6. For the sacred sound is:*

*7. Yaa Hum, Yaa Hum, Yaa Aluhum, Entum atha Fi  
KULUWM.*

*8. Oh They O They oh Aluhum, you are in All.*

*9. Hu is the source, sometimes referred to as the supreme  
name and the most*

*Sacred of the sounds known only to those who accept Right  
Knowledge, Aum.*

*10. Sent by one of our servants Ahmad. It could be found in  
his scriptures El Qur'an,*

*'The Qur'aan'. A clear guidance for those who have faith*

*11. The three nearest thoughts to it for you are:*

*12. Huwa*

*13. Al Hayy*

*14. Al Qayuwm,*



*15. He is the powerful; he who is the life giver. Think on, he who is of the Annunagi; for there it is, before you referred to as,*

*16. El Dhaat*

*17. For this is your universe. The world of souls. The world of creation, The Enduring, The highest galactical heaven. The witness of the unseen world, the rational world, and then the 4 stages our chosen:*

*18. The present world physical, the realm of physical things; Naasuwt,*

*19. The world of the Aluhum Annunagi Malakuwt;*

*20. El Jabaruwt, the state of power,*

*21. And Laahuwt the state of Absorption.*

*Ques: What is EL DHAAT or ADH DHAAT? Ans: It is the essence which signifies that HE is what HE is, Whatever it be.*

*EL DHAAT or ADH DHAAT are the things which are feminine, whatever they be that existed from eternity. ADH DHAAT is possessed by DHUW Which is masculine, DHUW, HUWA, which is HE. HUWA is the presentation, and what is presented is the spirit ( Ka) from which comes the soul ( Ba) which is the spirit with personality I.” HUWA which is HU Arabic translated as HE and WA and of which Hu is the utterance of the Breathe, together HUWA means He and whatever else HUH I which is assisted by PTAH, HIKA, SIA.*

*Can you show us the correct way to perform askut istatlaat, silent meditation? Why yes provided below is a detailed meditation ritual which you should find very helpful in helping attune to your inner being, the inner world inside of you.*

## Silent meditation ritual

### *Meditation: Istatlaat*


*First off you want your meditation area clean smelling and fresh.*

*Designate a particular area in your home, apartment, for meditation,*

*You can also meditate outside on beautiful days. Your room your be free of*

*The color red this blocks the flow of the greenlight.*

*1. Okay now either sitting on the floor or in a chair make sure your shoulds are aligned and your back straight.*

2. Now chant hayy  nine times at the end of the seventh breath hold it

*Hayyy.*

3. Now take 9 deep breathes thru your nose, swing your head back & say Hayy on inhales swing your head down to your chest in exhales and say Huhi.



4. Now with your eyes half closed visualize pure greenlight flowing in starting with the tips of your toes, Visualize yourself

*siting at the center of the universe in enternal blackness  
endarkment of all floating on a lotus petal as al qubt the center  
for you are the center of you own universe that exist around  
you. now chant om, aum nine times after the 9<sup>th</sup> breathe,  
sit in silence .*

*5. lose yourself forget about the ego, I-ness, and become one  
with ( huhi ) saying to yourself in your minds eye, I am  
whole, I am perfection, I am healthy, I am perfection, I am  
loving, I am happy, I am healty, I am wealthy, I am apart of  
the universal all.*

*6. ascend closer to the center of the universe becoming on with  
the all Paa Faut do this meditation for 30 mins or longer at the  
meditations end slowly start to descend back and open your  
eyes becoming one with the physical plane of existence.*

*7. thank the all for your existence for this day as well as daily.*

*Affirmation of attraction*

- 1. Anuki kull – I am whole*
- 2. Anuki twmum – I am perfection*
- 3. Anuki gadurmul – I am powerful*
- 4. Anuki a'shug'aat – I am loving*
- 5. Anuki hathum – I am harmonious*
- 6. Anuki saudy – I am happy*
- 7. Anuki sahut – I am healthy*
- 8. Anuki mathur – I am wealthy*
- 9. Anuki fi paa kuwn faut – I am in the cosmic all*

*To be chanted 3 times daily upon rising, mid-day, and going to rest.*



*Neb asar abeksenabek re*

*Pure Nubian sufi publishers*

*Papayrus # 3627*

## Glossary of terms

Huhi – Egyptian deity the creative force of will

Huwa – he who is who he is, he and whatever else

Egypt- from greek egyptos meaning burnt faces

Tamare- heretic for land of re or ra the sun god

Sufi – Arabic from safa meaning pure

Neb – heretic lord and master

Aum- spread over prevail

Hayyu- Arabic the everliving 62<sup>nd</sup> attribute of huwa.

Paut – heretic for all everything that exist

Ka – heretic meaning for spirit

Ba- heretic meaning for soul



Ptah- heretic means oh opener

I-m-hotep – heretic means he who comes in peace

Hika – heretic means personification of magical powers.

Sia – heretic means incarnation of intuitive omniscience.

Atum-re – heretic means undifferentiated one

Asar- heretic means seer

Abeksenabek – heretic from abekh means the son who makes way.

Re or ra – heretic meaning the sun

Askut istatlaat- nuwaupik means silent meditation

Annunaqi – Sumerian those of anu sent to ki earth.

Neteru – heretic meaning for guardians or ancestors, elders.

Fi pa ren shil pa huhi – nuwaupik meaning by way of the creative force of will.

## Astral Projection exercise

Go to your bedroom and put on some soft Egyptian music. Now lay down and relax and with a gentle voice direct your body to be in tune with your inner being, relax your entire body. Now in your mind's eye say to yourself *bi pa ren shil huhi*, by way of creative force of will. Now imagine your Spirit Nafus rising out of your *ka* body float out and right up to the ceiling, while floating all the way up to the ceiling and back to your body again imagine sinking deeper and deeper down into a calm, serene, peaceful feeling. Again float up and out of your body (*ka*) up to your ceiling, and imagine you can turn around and look down at your body laying there- so still-so calm-so relaxed. Now as you look down and see your physical body, know that you are safe and protected by *Huwa*, You can hear the voice of the Master *Al-Khidr* guiding you, you are secure and comfortable. Now imagine in your mind's eye you are standing outside the door to your room. You are on the other side of the door- the door that leads from the outside, to the inside, where your physical body lies, so still calm, so relaxed. Gazing at the door- you notice every detail of this door, what is it made of? What is the color? What kind of handle? How big? Is there a

lock? Study the door in great detail. And know that all times you are protected by the guardians Paa Neteru, you are secure, safe, and comfortable. Now begin to move around your room. Look at the room, items contained in the room where you are with your etheric self. Look at your body laying in the bed, notice and study every detail of the room. And know at all times your are safe, secure, comfortable, and guarded by paa neteru. Take you hand and move it through a wall discovering that your etheric body can move thru walls, the floor, the ceiling, etc. now foat up to the ceiling up outside of your houce or aparment visiuализing yourself on a very warm summer shadow hour in nature. Look to the stars- listen to the sound of a gentale breeze- hear the flowers and plants talking to one another- sense the effect of the relaxation in your body- allow yourself to levitate up- into the sky ascending even higher and higher until you can feel your etheric self being drawn into outerspace with stars, comets, spirials of greenlight, purple violet light going higher and higher pause for 9 minutes. Now it's time for you to return to physical body. Becoming aware of certain sensations in the physical body feel yourself whizzing and whirling every so quickly and smoothly back to your

physical body and know that you are safe and guarded by  
neteru. Now feel your etheric body drawing back into your  
physical body, relax awaken open your eyes and count to nine.

The mystic path

