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Maat Philosophy – KEMETIC WORLD / EGYPTIANYOGA

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UDJA-WELCOME to the Kemetic World Egyptian Yoga website. Dr. Muata Ashby and Dr. Dja Ashby. Here you will find useful articles, music and videos to enhance your journey of self-discovery. Below you will find recent posts and articles.

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The ancient Egyptian philosophical idea that the underlying nature of the universe is predicated on a discernable order that each individual person is obligated to strive for. According to Maat the true nature of everything is order, balance, harmony, justice and reciprocity.

Kemetic Yoga: Resurrection of an African Legacy | Gaia

Sebai Dr. Ashby began his research into the spiritual philosophy of Ancient Africa (Egypt) and India and noticed correlations in the culture and arts of the two countries. This was the catalyst for a successful book series on the subject called “ Egyptian Yoga ” .

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