

MONTH 3

YOUR GUIDE TO LIFE WITH RIGHT MEASURE



The Ma'at Axis System™

WORK-STUDY COMPANION

WEEK 1

ATRIUM PROGRAM GUIDE



The Ma'at Axis System™



THIS PROGRAM GUIDE BELONGS TO:

“THE WORK BEHIND THE AWARENESS”

This Companion Workbook is designed to work in direct alignment with your weekly lessons within the Atrium. It is not a replacement for the teachings. It is where the teachings are processed, examined, and made real.

Each week, you will:

- Watch the lesson in full
- Return here to engage the guided work
- Take time to reflect, write, and think without rush in

This process allows you to move from:

- Hearing → to Understanding
- Understanding → to Awareness
- Awareness → to Clarity

**THIS WILL SIT ALONGSIDE YOUR JOURNAL AND FUNCTION AS:
WHERE THE THINKING HAPPENS BEFORE THE RECORDING**

ATRIUM PROGRAM GUIDE



Purpose of the Work

This is not passive learning.

This Workbook is designed to:

- Slow you down
- Increase your level of observation
- Reveal patterns you may not have previously seen
- Prepare you for meaningful participation in the Integration Lab

III Before Each Integration Lab

You are expected to have:

- Completed the weekly Workbook sections
- Identified real-life examples and patterns
- Gained a level of clarity you can articulate

The Integration Lab is where:

- Your awareness is refined
- Your observations are challenged
- Your understanding becomes more precise

▲ Important Guidance

Although this program is self-paced, it is not designed to be rushed. Each week of work should be engaged over a minimum of 5 – 7 days.

This allows time to:

- Observe your life in real context
- Recognize patterns as they occur
- Process without avoidance or distortion

(Notes) IMPORTANT THINGS TO KEEP IN MIND THROUGHOUT THE YEAR

Non-Negotiable Principle

This is not about completing pages.

This is about:

- Developing the ability to see clearly and live in alignment with what you see

The depth of this work is not determined by how quickly you move...
But by how honestly you engage.

Ankh Ma'at - Aligned with Life in Right Measure

WEEK 1 — Structural Stability & Directed Power Menkhet-Djed & Sekhem-Sha in Application



SECTION 1 — CONCEPT ANCHOR

This week's work is focused on:

- Pillar 3 — Menkhet-Djed (Structure)
- Pillar 4 — Sekhem-Sha (Power)

Structure is what supports your life.

Power is what moves your life.

Menkhet-Djed establishes what can **hold**.

Sekhem-Sha determines what is **directed**.

Without Structure:

☞ nothing is sustained

Without Power:

☞ nothing is completed

You are not being asked this week to do more.

You are being asked to see:

- where your life is unsupported
- where your energy is not under your direction
- and how instability continues when both are not established

What You Should Understand Now

- Structure must exist before consistency is possible
- Power must be directed for execution to occur
- Effort without Structure leads to collapse
- Energy without direction leads to waste
- What you cannot sustain reveals a Structure issue
- What you cannot complete reveals a Power issue



WEEK 1 — Structural Stability & Directed Power

Menkhet-Djed & Sekhem-Sha in Application



SECTION 2 — GUIDED REFLECTION

If you find yourself saying "I just need to try harder," pause. That is where Structure is missing and Power is being misapplied.



TAKE YOUR TIME HERE. DO NOT RUSH YOUR ANSWERS.

❖ Reflection 1 - Structure (Menkhet-Djed)

- Where in my life am I relying on effort instead of system?
- What do I keep starting but cannot sustain?
- Where do I need motivation, pressure, or urgency just to function?
- What in my life currently has no structure beneath it?

❖ REFLECTION 2 - Structural Breakdown

- Where does my life collapse under pressure or inconsistency?
- What responsibilities or commitments are not supported by a clear system?
- Where am I expecting results from something that has nothing holding it?

❖ REFLECTION 3: Power (Sekhem-Sha)

- Where is my energy going each day?
- What am I giving attention to that does not deserve my power?
- What am I starting but not completing?
- Where am I reacting instead of directing?

❖ REFLECTION 4: Power Leakage

- Where do I lose control of my focus?
- Where do I delay action I already know I need to take?
- Where am I allowing distractions, interruptions, or emotions to redirect me?

❖ REFLECTION 5: Structure + Power Together

- Where do I have effort without support?
- Where do I have energy without direction?
- Where am I working hard—but nothing is stabilizing?
- Where am I now able to clearly see why things are not holding or completing?



WEEK 1 — Structural Stability & Directed Power Menkhet-Djed & Sekhem-Sha in Application



SECTION 3 — DOMAIN RECOGNITION EXERCISE

For each scenario below, determine:

- **Primary Domain (Structure or Power)**
- **Which Pillar is failing (Menkhet-Djed or Sekhem-Sha)**
- **Why**

Scenario 1 — Personal

A person creates plans and schedules, but does not follow them consistently. They feel clear at the start, but nothing holds after a few days.

Scenario 2 — Relational

Someone knows they need to set boundaries, but repeatedly avoids the conversation and allows the situation to continue.

Scenario 3 — Leadership

A leader communicates expectations clearly, but has no system for accountability or follow-through. The same issues repeat.

Scenario 4 — Personal / Professional

A person is constantly busy, working hard and staying active, but nothing meaningful is being completed.

Scenario 5 — Spiritual

A student receives clear guidance about what needs to change but delays taking action, waiting until the situation becomes more uncomfortable.



WEEK 1 — Structural Stability & Directed Power Menkhet-Djed & Sekhem-Sha in Application



SECTION 4 — AXIS APPLICATION EXERCISE

Choose one real-life situation from your own life this week.

Step 1 — What happened?

Describe it factually.

Step 2 — Identify Domain(s)

Step 3 — Misapplication

- What Domain did you apply?
- Was it correct?

Step 4 — Why

Step 5 — Correction

- What Domain should have been applied?

Step 6 — Outcome

- What would change immediately?

Clarity Statment

"I misapplied _____ by using _____, when the correct Domain required was _____."

WEEK 1 — Structural Stability & Directed Power Menkhet-Djed & Sekhem-Sha in Application



SECTION 5 — INTEGRATION LAB PREP

Come prepared:

- with one clear Structure breakdown (Menkhet-Djed)
- with one clear Power misdirection (Sekhem-Sha)
- with one situation where both are interacting
- with your explanation of why

You must be able to:

- identify the Domain
- identify the Pillar
- explain the failure point
- explain what correct application would require

Notes

**You are no longer just identifying misalignment.
You are now explaining how the system is failing.**



WEEK 1 — Structural Stability & Directed Power Menkhet-Djed & Sekhem-Sha in Application



SECTION 6 — EMBODIMENT DIRECTIVE

This is your work for the next 5–7 days.

Daily Structure Check (Menkhet-Djed)

- What system supported me today?
- Where did I rely on effort instead of structure?
- What did I attempt that had no support beneath it?

Daily Power Check (Sekhem-Sha)

- Where did my energy go today?
- What did I complete?
- Where did I lose control of my attention or action?

Daily Interaction Check

- Did I build something that can hold?
- Did I direct my energy intentionally?
- Where did I fail to do one or both?

End-of-Day Prompt

What was built today—and what was only attempted? Why?

Non-Negotiable Rule

Do not confuse:

- emotional certainty with Discernment
- temporary momentum with Rhythm
- overextension with discipline
- burnout with devotion
- volatility with movement
- repetition with alignment

Your responsibility this week is to:

- ☞ identify truth clearly ☞ speak with precision
- ☞ restore the cycle ☞ move in rhythm without collapse

Medu-Kheru restores truth in thought and speech.

Nefer-Res restores rhythm through sacred cycle

ANKH MA'AT

ALIGNED WITH LIFE IN RIGHT MEASURE

MONTH 3

YOUR GUIDE TO LIFE WITH RIGHT MEASURE



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WEEK 2

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WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application



SECTION 1 — CONCEPT ANCHOR

This week's work is focused on:

- Pillar 5 — Medu-Kheru
- Pillar 6 — Nefer-Res

Medu-Kheru governs:

☞ **Discernment**

Nefer-Res governs:

☞ **Rhythm**

Medu-Kheru asks:

☞ **Is this being identified correctly?**

Nefer-Res asks:

☞ **Can this be sustained without collapse?**

This week is not about doing more.

It is about seeing:

- where truth is being distorted
- where the wrong issue is being named
- where speech and thought are reinforcing misalignment
- where your pace is unsustainable
- where burnout, volatility, or overextension are being normalized
- where your life is not being governed by proper cycles

What You Should Understand Now

- Discernment is not opinion; it is correct identification
- Medu-Kheru requires thought and speech to be aligned with truth
- Misalignment continues when the issue is misidentified
- Rhythm is not intensity; it is life governed by cycles
- Nefer-Res restores sacred rhythm through sustainable movement
- Burnout is a sign that Rhythm is out of sacred order
- Volatility reveals unstable movement
- Overextension reveals movement outside of Right Measure



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application SECTION 2 — GUIDED REFLECTION



If you find yourself saying "I just need to try harder," pause.
That is where Structure is missing and Power is being misapplied.

TAKE YOUR TIME HERE. DO NOT RUSH YOUR ANSWERS.

❖ Reflection 1 : Discernment

- Where in my life am I repeatedly misidentifying the issue?
- Where am I calling a symptom the problem?
- Where have I been choosing comfort over correctness?
- Where am I speaking from reaction instead of truth?
- What situation have I renamed, justified, or softened instead of identifying clearly?

❖ REFLECTION 2: Medu-Kheru: Speech & Thought

- What language do I use that reinforces confusion?
- Where do my words distort what is actually happening?
- Where do I say "I don't know" when I actually do know?
- Where do I speak in a way that protects avoidance?
- Where does my thinking need to be consecrated back to truth?

❖ REFLECTION 3: Rhythm

- Where is my life moving in bursts instead of cycles?
- Where do I start with intensity and then collapse?
- What part of my life has no sustainable pace?
- Where am I forcing movement instead of respecting timing?
- Where do I confuse productivity with Rhythm?

❖ REFLECTION 4 : Nefer-Res: Burnout, Volatility & Overextension

- Where am I overextended?
- Where is burnout showing up as a repeated pattern?
- Where does my movement become unstable or volatile?
- Where do I push beyond Right Measure and call it discipline?
- Where does my life need restoration through rhythm?



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application SECTION 2 — GUIDED REFLECTION



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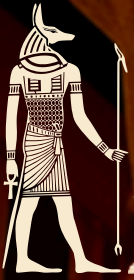
TAKE YOUR TIME HERE. DO NOT RUSH YOUR ANSWERS.

◆ Reflection 5 : Discernment + Rhythm Together

- Where do I correctly identify what needs to change, but fail to sustain the correction?
- Where do I sustain a pattern that is actually misaligned?
- What am I repeating that is reinforcing Isfet?
- What truth must be identified before my rhythm can be restored?
- What cycle must be corrected so alignment can hold?

If you find yourself defending your pace, justifying burnout, or explaining why you "had to" overextend—pause. That is where Nefer-Res is speaking.

If you find yourself confused by a pattern that has repeated several times—pause. That is where Medu-Kheru is speaking.



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefertiti — Resin Application



SECTION 3 — DOMAIN RECOGNITION EXERCISE

For each scenario below, determine:

- **Primary Domain**
- **Secondary Domain, if present**
- **Pillar involved**
- Whether the issue is:
 - distortion
 - burnout
 - volatility
 - overextension
 - misidentification
 - unstable rhythm

Then explain **why**.

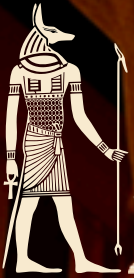
Scenario 1— Personal

A person says they are overwhelmed because they do not have enough time. However, when they review their day, they notice repeated distraction, avoidance, and scattered attention. They continue trying to “manage time better,” but the same issue keeps returning.

Identify:

- Primary Domain:
- Secondary Domain:
- Pillar:
- Failure Point:

Why:



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nephthys — Resin Application



SECTION 3 — DOMAIN RECOGNITION EXERCISE

Scenario 2 — Relational

Someone continues investing in a relationship that repeatedly shows signs of misalignment. They can see the pattern, but they keep explaining it away, hoping the person will change.

Identify:

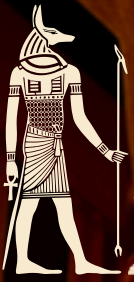
- Primary Domain:
- Secondary Domain:
- Pillar:
- Failure Point:
- Why:

Scenario 3 — Professional

A person works intensely for several days, completing a large amount of work, but then crashes and becomes unavailable, unproductive, and mentally exhausted for the next several days.

Identify:

- Primary Domain:
- Secondary Domain:
- Pillar:
- Failure Point:
- Why:



WEEK 2 — Discipline & Rhythm Stabilization Medu-Kheru & Nefertiti — Resin Application



SECTION 3 — DOMAIN RECOGNITION EXERCISE

Scenario 4 — Spiritual

A student practices intensely when spiritually inspired, but disappears from practice when life becomes busy or emotionally heavy. They continue restarting their practice instead of establishing a sustainable cycle.

Identify:

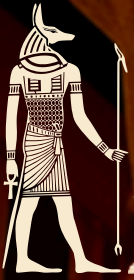
- Primary Domain:
- Secondary Domain:
- Pillar:
- Failure Point:
- Why:

Scenario 5 — Leadership

A leader keeps assigning key responsibilities to someone who has repeatedly failed to follow through. The leader has seen the pattern, but continues expecting a different result without changing the arrangement.

Identify:

- Primary Domain:
- Secondary Domain:
- Pillar:
- Failure Point:
- Why:



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefertiti — Resin Application



SECTION 3 — DOMAIN RECOGNITION EXERCISE

Scenario 6 — Personal / Axis Pattern

A person has a routine they follow consistently, but the routine is exhausting, misaligned, and does not support what they actually need. They are consistent, but the consistency is reinforcing the wrong outcome.

Identify:

- Primary Domain:
- Secondary Domain:
- Pillar:
- Failure Point:
- Why:



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application



SECTION 4 — AXIS APPLICATION EXERCISE

Choose one real-life situation from your own life this week.

This should be a situation where either:

- the issue was misidentified
- your speech or thought distorted the truth
- burnout appeared
- your rhythm became unstable
- overextension occurred
- you sustained something that was not aligned

Step 1 — What happened?

Describe the situation factually.

Do not explain it emotionally.

Step 2 — What did I call the issue?

Write what you originally believed the problem was.

Example:

- "I don't have enough time"
- "They made me feel this way"
- "I just need more discipline"
- "I'm tired because I have too much to do"

Step 3 — What was the actual issue?

- Identify whether the true issue was:
- Discernment
- Rhythm
- both
- Then explain why.



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application



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- burnout appeared
- your rhythm became unstable
- overextension occurred
- you sustained something that was not aligned

Step 5 — What was the failure point

Choose:

- Identify the clearest failure point:
- distortion
- misidentification
- verbal disorder
- burnout
- volatility
- overextension
- unsustainable pace
- inconsistent cycle
- repeating the wrong thing



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application



SECTION 4 — AXIS APPLICATION EXERCISE

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- your speech or thought distorted the truth
- burnout appeared
- your rhythm became unstable
- overextension occurred
- you sustained something that was not aligned

Step 6 — What would alignment require?

Answer clearly:

- What truth must be identified?
- What language must change?
- What cycle must be restored?
- What pace would be sustainable?
- What would prevent burnout or overextension?
- What must be repeated differently?

Step 7 — What would alignment require?

Describe the correct measure.

Not too much.

Not too little.

Correctly identified.

Sustainably applied.

Clarity Statement

Complete this:

"This situation revealed that I was misidentifying _____, and my rhythm was disrupted through _____. To restore alignment, I must identify _____ truthfully and sustain _____ in right measure."



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application



SECTION 5 — INTEGRATION LAB PREP

Come prepared **three examples**:

1. Medu-Kheru Example

Bring one real-life example where:
 you misidentified the issue
 your thought process distorted what was true
 your speech reinforced confusion
 or you chose comfort over correctness
 Be prepared to explain:

- what you originally thought the issue was
- what the issue actually was
- what truth was avoided or distorted
- what correct Discernment would require

2. Nefer-Res Example

Bring one real-life example where:

- burnout appeared
- volatility disrupted consistency
- overextension became normalized
- or your rhythm could not sustain what you began

Be prepared to explain:

- what cycle was operating
- where the rhythm broke
- what was unsustainable
- what restoration would require



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application

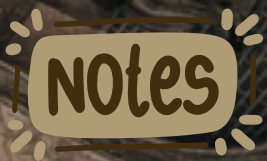
SECTION 5 — INTEGRATION LAB PREP



Lab Standard

You are not bringing a story.
You are bringing:

- 👉 Domain
- 👉 Pillar
- 👉 Pattern
- 👉 Cycle
- 👉 Correction



**You are no longer just identifying misalignment.
You are now explaining how the system is failing.**



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application



SECTION 6 — EMBODIMENT DIRECTIVE



This is your work for the next 5–7 days.

You are tracking:

- ☞ truth
- ☞ speech
- ☞ interpretation
- ☞ rhythm
- ☞ cycles
- ☞ sustainability

Daily Discernment Check — Medu-Kheru

At the end of each day, ask:

- What did I interpret today?
- Was my interpretation accurate?
- Where did I mislabel the issue?
- Where did I speak from truth?
- Where did I speak from distortion?
- Where did I choose comfort over correctness?
- What did my language reinforce today?

Daily Rhythm Check — Nefer-Res

At the end of each day, ask:

- What cycle did I move through today?
- Did my pace restore me or deplete me?
- Where did I overextend?
- Where did burnout begin to show itself?
- Where did volatility replace stable movement?
- What did I sustain?
- Was what I sustained aligned?



WEEK 2 — Discernment & Rhythm Stabilization Medu-Kheru & Nefer-Res in Application



SECTION 6 — EMBODIMENT DIRECTIVE

This is your work for the next 5–7 days.

Daily Interaction Check

Ask:

- Did I identify the correct issue?
- Did I sustain the correct correction?
- Did I repeat something that restored alignment?
- Or did I repeat something that reinforced disorder?

Correction Awareness

Each day, identify:

- One truth I must name more clearly
- One phrase or thought I must stop using because it distorts clarity
- One cycle I must restore
- One place I must stop overextending
- One sustainable rhythm I must begin practicing

End-of-Day Prompt

What did I correctly identify... and what rhythm did I either restore or disrupt today?

Non-Negotiable Rule

Do not confuse:

- emotional certainty with Discernment
- temporary momentum with Rhythm
- overextension with discipline
- burnout with devotion
- volatility with movement
- repetition with alignment

Your responsibility this week is to:

- ☞ identify truth clearly
- ☞ speak with precision
- ☞ restore the cycle
- ☞ move in rhythm without collapse

**Medu-Kheru restores truth
in thought and speech.**

**Nefer-Res restores rhythm
through sacred cycle**

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