

MONTH 6

YOUR GUIDE TO LIFE WITH RIGHT MEASURE



The Ma'at Axis System™

WORK-STUDY COMPANION

WEEK ONE

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

WEEK 1 — LIVING WITHOUT THE PROGRAM



SECTION 1 — PERSONAL INVENTORY



WEEKLY ORIENTATION

This week focuses on the transition from external accountability to internal stewardship.

For six months the Ma'at Axis System™ has provided structure, guidance, lessons, reflection, and accountability.

Now you are being asked to examine something deeper:

👉 What remains when nobody is requiring it?

The purpose of this week's work is to evaluate where alignment has become integrated and where it still depends upon external support. This is not an exercise in criticism. It is an exercise in recognition. Because sovereignty begins when responsibility becomes internal.

Reflect honestly upon the following:

ACCOUNTABILITY

What behaviors currently require external accountability in order to be maintained?

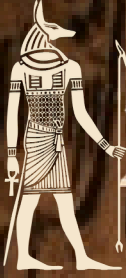
Examples:

- structure
- routines
- reflection
- discipline
- commitments
- emotional regulation

What behaviors continue consistently without reminders, deadlines, or supervision?

Where do you demonstrate self-governance most naturally?

Where do you still depend heavily upon external structure?



WEEK 1 — LIVING WITHOUT THE PROGRAM



SECTION 2 - DEPENDENCY VS SUPPORT



Reflect upon the difference between support and dependency in your own life.

JOURNAL REFLECTION

Describe a situation where support strengthened your growth.

What made it supportive rather than dependent?

Describe a situation where you became dependent upon external accountability.

How did that dependency affect your ability to sustain progress independently?

What areas of your life currently feel strongest when support is available?

What areas become unstable when support is removed?



WEEK 1 — LIVING WITHOUT THE PROGRAM



SECTION 3 — STEWARDSHIP EVALUATION

Review the following areas of life:

A person notices themselves becoming defensive during a conversation and consciously pauses before responding.

Health

Relationships

Emotional Regulation

Structure

Finances

Spiritual Practice

Personal Growth

For each area answer:

Am I merely aware of this area?

Or am I actively stewarding it?

What evidence supports your answer?

Which area demonstrates the strongest stewardship?

Which area requires greater participation from you?



WEEK 1 — LIVING WITHOUT THE PROGRAM

SECTION 4 — SELF-GOVERNANCE



RECOGNIZING SELF-GOVERNANCE

Throughout this week observe moments where you:

- correct yourself without being reminded
- honor commitments without external pressure
- maintain structure without supervision
- choose responsibility over avoidance

Journal Prompt

Describe three moments this week where self-governance was demonstrated.

What decision was made?

What behavior reflected leadership of self?

How did it differ from older patterns?



WEEK 1 — LIVING WITHOUT THE PROGRAM



SECTION 5 — THE PROGRAMMED SELF



VS

THE ALIGNED SELF

Reflect upon the following statements:

Programmed Self

"I'll do it when I feel like it."

"I'll start later."

"I need more motivation."

"I'll get serious next week."

Aligned Self

"This is required."

"I will address it now."

"I will maintain it regardless of mood."

"I am responsible for what I build."

Journal Reflection

Which voice appears most often during moments of resistance?

What situations trigger the Programmed Self most frequently?

How does the Aligned Self respond differently?

What evidence demonstrates growth in this area over the past six months?



WEEK 1 — LIVING WITHOUT THE PROGRAM



SECTION 6 — EMBODIMENT PRACTICE



For seven days track the following:

DAILY OBSERVATION

What did I maintain today without being reminded?

What correction did I make on my own?

Where did I demonstrate self-leadership?

Where did I avoid responsibility?

What required greater stewardship?

END OF WEEK OBSERVATION REVIEW

What patterns emerged?

What strengths became visible?

What vulnerabilities became visible?

What area requires continued attention moving forward?

🔱 WEEKLY INTEGRATION

Complete the following statement:

"Six months ago I depended upon _____."

"Today I am capable of _____."

"One area where I have become more sovereign is _____."

"One area that still requires strengthening is _____."

"What I am learning about stewardship is _____."

MONTH 6

YOUR GUIDE TO LIFE WITH RIGHT MEASURE



The Ma'at Axis System™

WORK-STUDY COMPANION

WEEK TWO

ATRIUM PROGRAM GUIDE



WEEK 2 —DRIFT BEFORE COLLAPSE

SECTION 1 — PERSONAL INVENTORY



WEEKLY ORIENTATION

This week focuses on one of the most important realities of alignment:

👉 Collapse is rarely the first problem.

Most instability begins long before consequences appear.

Relationships rarely collapse overnight.

Structure rarely disappears overnight.

Discipline rarely vanishes overnight.

Alignment rarely breaks overnight.

Something usually appears first:

👉 Drift.

The purpose of this week's work is to identify how drift appears in your life before it becomes collapse.

This is not about fear.

This is about awareness.

Because what is recognized early can be corrected early.

Reflect honestly upon the following:

PERSONAL DRIFT INVENTORY

Where Drift Usually Appears
In what area of life are you most likely to drift?

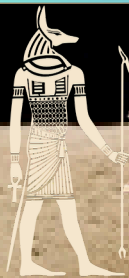
Examples:

- Structure
- Emotional Regulation
- Boundaries
- Relationships
- Health
- Finances
- Spiritual Practice
- Personal Responsibility

What patterns tend to weaken first?

What behaviors tend to become inconsistent first?

What warning signs usually appear before larger problems emerge?



WEEK 2 - DRIFT BEFORE COLLAPSE

SECTION 2 PERSONAL WARNING SIGNS



Every individual has indicators that appear before instability develops.

Your task this week is to identify yours.

JOURNAL REFLECTION

When you begin moving out of alignment, what changes first?

Do you:

- become reactive?
- procrastinate?
- isolate?
- stop reflecting?
- stop correcting?
- become inconsistent?
- rationalize behavior?
- avoid difficult conversations?

What signs have repeatedly appeared throughout your life?

Which signs do you usually ignore?

Which signs do you recognize quickly?



WEEK 2 - DRIFT BEFORE COLLAPSE



SECTION 3 — WHAT I TOLERATE



⚠️ SACRED PSYCHOLOGY TRUTH:

What is tolerated repeatedly eventually becomes normalized.

Journal Prompt

What behavior am I currently tolerating that I know requires correction?

How long has this pattern existed?

What justification do I typically use to explain it?

What is the actual cost of continuing to tolerate it?

If this pattern continues for another year, what will be the likely consequence?



WEEK 2 - DRIFT BEFORE COLLAPSE



SECTION 4 — EXCUSES, JUSTIFICATIONS & AVOIDANCE



**Drift often survives through explanation.
Not correction**

Reflect upon the following:

What excuse do I most frequently use when avoiding responsibility?

What area of life do I continually promise to address later?

Where am I waiting for motivation before taking action?

Where am I confusing preparation with avoidance?

Where am I waiting to "feel ready"?

What would happen if I acted before feeling ready?



WEEK 2 - DRIFT BEFORE COLLAPSE



SECTION 5 — COURSE CORRECTION



**The purpose of awareness is correction.
Not self-criticism.**

**Think about a recurring pattern that continues
appearing in your life.**

Answer the following:

What is the pattern?

What reinforces it?

What allows it to continue?

What correction is required?

What action could be taken immediately?

What has prevented that action from occurring
previously?



WEEK 2 - DRIFT BEFORE COLLAPSE

SECTION 6 — DRIFT PATTERN ANALYSIS



Choose one area of life where drift has appeared repeatedly.

CREATE A DRIFT PROFILE

THE PATTERN

What repeatedly happens?

THE TRIGGER

What usually initiates the drift?

THE JUSTIFICATION

What story do I tell myself?

THE CONSEQUENCE

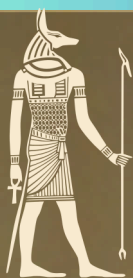
What eventually happens if the pattern continues?

THE CORRECTION

What intervention would stop the pattern early?

THE COMMITMENT

What will I begin observing moving forward?



WEEK 2 - DRIFT BEFORE COLLAPSE



EMBODIMENT PRACTICE



DAILY OBSERVATION TRACKING

For seven days track:

What did I postpone today?

What did I avoid today?

What did I justify today?

What required correction today?

What warning sign appeared today?

What action did I take to address it?

END OF WEEK OBSERVATIONS:

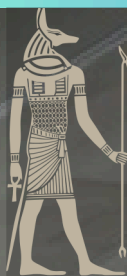
At the end of the week review your observations.

What patterns repeated?

What surprised you?

What drift indicators appear most consistently?

What corrections were most effective?



WEEK 2 - DRIFT BEFORE COLLAPSE



INTEGRATION & REFLECTION



WEEKLY INTEGRATION

Complete the following statement:

"The earliest sign of drift in my life is _____."

"The pattern I most frequently tolerate is _____."

"The excuse I most commonly use is _____."

"The correction I most need to apply is _____."

"What I learned about drift this week is _____."



CLOSING REFLECTION

Most people recognize collapse.

Few recognize drift.

Yet drift is where alignment is either strengthened or weakened.

This week is an opportunity to become familiar with your patterns before they become your consequences.

Because awareness applied early creates correction.
And correction applied early prevents collapse.

Ankh-Ma'at 

MONTH 6

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WEEK THREE



WEEK 3 — Sovereignty & Stewardship

SECTION 1 — STEWARDSHIP SELF - INVENTORY



🔱 WEEKLY ORIENTATION

This week shifts your attention toward one defining question:
Who governs your life?

Sovereignty is not measured by what you know.

It is measured by how consistently you lead yourself. Self-leadership is demonstrated through the decisions you make when responsibility is uncomfortable, correction is necessary, and no one else can make the choice for you.

This week's work is designed to help you evaluate where you are truly governing yourself—and where you may still be surrendering authority.

Reflect honestly upon the following:

In what area of your life are you currently the strongest steward?

Examples:

- Health
- Finances
- Relationships
- Spiritual Practice
- Personal Discipline
- Emotional Regulation
- Time
- Leadership

Where do you consistently maintain what is important?

Where do you notice neglect beginning to appear?

What area currently requires greater stewardship?



WEEK 3 —Sovereignty & Stewardship



SECTION 2 - WHERE I SURRENDER AUTHORITY

**Authority is rarely taken.
More often, it is surrendered.**

JOURNAL REFLECTION

REFLECT UPON THE FOLLOWING:

Where do I most frequently wait instead of deciding?

Where do I delay action because I hope circumstances will improve on their own?

Where have I allowed fear, comfort, or uncertainty to make decisions for me?

What responsibility have I knowingly postponed?

Where have I been waiting for motivation instead of choosing discipline?

WEEK 3 — Sovereignty & Stewardship



SECTION 3 — SELF-LEADERSHIP ASSESSMENT

⚠ SACRED PSYCHOLOGY TRUTH:

Self-leadership is measured through consistent participation—not occasional inspiration.

Complete the following:

One recent decision that demonstrated self-leadership was:

One decision I avoided making was:
What prevented me from acting?

Was the obstacle external...
or internal?

What would leading myself have looked like
instead?



WEEK 3 — Sovereignty & Stewardship



SECTION 4 — SELF- ABANDONMENT CHECK

Every act of self-abandonment weakens trust in the self.

Reflect honestly.

Where have I negotiated against what I already know is required?

What promise have I repeatedly made to myself but failed to honor?

What justification do I typically use?

How has this affected my confidence in myself?

What would honoring myself require now?



WEEK 3 — Sovereignty & Stewardship

SECTION 5 — RESPONSIBILITY VS BLAME



GROWTH BEGINS WHERE BLAME ENDS.

Reflect on a current challenge in your life.

Answer the following:

What part of this situation is outside of my control?

What part remains fully within my responsibility?

Where have I focused more attention on circumstances than participation?

What is one responsibility I can fully accept today?



WEEK 3 — Sovereignty & Stewardship

SECTION 6 — MY SOVEREIGNTY PROFILE



Create your personal Sovereignty Profile

THE RESPONSIBILITY

What area of life requires greater leadership?

THE RESISTANCE

What makes this difficult?

THE PATTERN

How have I typically responded?

THE COST

What has this pattern cost me?

THE CORRECTION

What new leadership behavior must replace it?

THE COMMITMENT

What will I begin practicing immediately?



WEEK 3 — Sovereignty & Stewardship



EMBODIMENT PRACTICE

DAILY REFLECTION

For the next seven days observe your relationship with self-leadership.

At the end of the week review your observations.

What patterns repeated?

What surprised you?

What drift indicators appear most consistently?

What corrections were most effective?

END OF WEEK OBSERVATIONS:

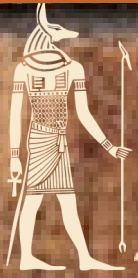
At the end of the week review your observations.

Where did leadership become easier?

Where did resistance repeatedly appear?

What responsibility have I been postponing?

What pattern am I now ready to interrupt?



WEEK 3 — Sovereignty & Stewardship



INTEGRATION & REFLECTION



🔱 WEEKLY INTEGRATION

Complete the following statement:

"My greatest opportunity for stewardship is _____."

"The area where I most frequently surrender authority is _____."

"The responsibility I have delayed is _____."

"The leadership quality I most need to strengthen is _____."

"What I learned about sovereignty this week is _____."

🔱 CLOSING REFLECTION

Knowledge alone does not establish sovereignty.

Leadership does.

Every decision either strengthens or weakens the trust you build with yourself.

This week invites you to recognize that self-leadership is not measured by perfection, but by your willingness to accept responsibility, make necessary corrections, and consistently steward the life you are creating.

The Axis is no longer something outside of you.

It is something you are learning to govern from within.

Ankh-Ma'at 🔱

MONTH 6

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COMPANION**

WEEK FOUR

ATRIUM PROGRAM GUIDE



WEEK 4 — ALIGNMENT CREATES CAPACITY



🔱 WEEKLY ORIENTATION

This week marks the completion of the Ma'at Axis System™ Immersion Program.

Over the past six months you have studied alignment.

You have learned the Domains.

You have learned the Pillars.

You have learned correction.

You have learned stewardship.

You have learned sovereignty.

Most importantly:

You have learned how to recognize yourself.

Not who you hoped you were.

Not who you feared you were.

But who you actually are.

This week is not focused on what remains broken.

This week is focused on what has been built.

Because before you can determine where you are going next...

you must first recognize how far you have come.

⚠️ Sacred Psychology Truth

Many people become so focused on growth that they never stop long enough to recognize transformation.

This week is your opportunity to do both.

Recognize what has changed.

And recognize what is now possible because it has.



WEEK 4 — ALIGNMENT CREATES CAPACITY

SECTION 1 — EVIDENCE OF TRANSFORMATION

Transformation is not measured through intention.
It is measured through evidence.

Reflect upon the person who entered this program.
Describe:

My Relationship With Myself Then

How did I think?
How did I respond to challenges?
How did I handle responsibility?
How did I handle correction?
How did I handle structure?

My Relationship With Myself Now

What has changed?
What has strengthened?
What has stabilized?
What has matured?

What evidence demonstrates that change?

What behaviors today would have been difficult six months ago?



WEEK 4 — ALIGNMENT CREATES CAPACITY



SECTION 2 - WHAT NO LONGER CONTROLS ME



One of the clearest indicators of growth is recognizing what has lost influence over your life.

Reflect honestly:

What patterns once controlled me?

Examples:

- avoidance
- inconsistency
- emotional reactivity
- procrastination
- self-abandonment
- people pleasing
- lack of boundaries
- disorganization
- fear of correction

Which of these patterns have weakened?

Which no longer govern your behavior?

How did that change occur?

What role did your participation play in that change?



WEEK 4 — ALIGNMENT CREATES CAPACITY

SECTION 3 — WHAT STILL REQUIRES MAINTENANCE



Growth does not eliminate responsibility.
Growth increases responsibility.

Reflect upon the following:
What area of alignment currently feels strongest?
Why?

What area still requires attention?
Why?

What Domain requires continued observation?

What Pillar requires continued reinforcement?

What pattern remains vulnerable to drift?

What maintenance practices support your continued stability?



WEEK 4 — ALIGNMENT CREATES CAPACITY

SECTION 4 — CAPACITY ALIGNMENT CREATED

This section may be the most important reflection within the entire program.

Before alignment became established:

What consumed most of your energy?

What instability repeatedly demanded attention?

What patterns required constant management?

Now reflect on today.

What energy is available now that was unavailable before?

What opportunities are now realistic?

What responsibilities are now sustainable?

What goals are now attainable?

What relationships have improved because alignment improved?

What decisions have become easier because alignment improved?

! Sacred Psychology Truth

Alignment does not merely remove instability.
It creates capacity.

Describe the capacity that has been created within your life.



WEEK 4 — ALIGNMENT CREATES CAPACITY



SECTION 5 — MY ALIGNED SELF

Throughout this program you have repeatedly encountered:

The Programmed Self.

And:

The Aligned Self.

Now it is time to describe your Aligned Self directly.

Without modesty.

Without exaggeration.

Without performance.

Simply observation.

Describe:

How does your Aligned Self think?

How does your Aligned Self make decisions?

How does your Aligned Self respond to discomfort?

How does your Aligned Self handle correction?

How does your Aligned Self maintain structure?

How does your Aligned Self interact with others?

How does your Aligned Self steward responsibility?

What evidence demonstrates that this version of you already exists?



WEEK 4 — ALIGNMENT CREATES CAPACITY

SECTION 6 — WHAT BECOMES POSSIBLE NOW?

Throughout this week observe.

DAILY REFLECTION

You have spent six months building a foundation.

The purpose of a foundation is not to admire it.

The purpose of a foundation is to build upon it.

Reflect deeply:

What am I now capable of building that I was not capable of sustaining six months ago?

What vision feels more realistic now?

What responsibility am I prepared to carry?

What contribution am I capable of making?

What area of life am I now prepared to develop more deeply?

What would become possible if I continued this work for another year?

For three years?

For five years?

What future version of myself is now visible that was not visible before?

END OF WEEK OBSERVATION

Look for:

- growth
- stability
- capacity
- responsibility
- opportunity
- possibility



WEEK 4 — ALIGNMENT CREATES CAPACITY



FINAL INTEGRATION & REFLECTION



WEEKLY INTEGRATION

Complete the following statements:

"Six months ago I was _____."

"Today I am _____."

"What changed most was _____."

"What I now trust myself to do is _____."

"What alignment has made possible is _____."

"The responsibility I now willingly accept is _____."

"The next level of my growth requires _____."

"What I have built is _____."



WEEK 4 — ALIGNMENT CREATES CAPACITY



FINAL INTEGRATION & REFLECTION

🔱 FINAL REFLECTION

The purpose of this program was never perfection.
The purpose was alignment.
Not alignment as an idea.
Alignment as a way of life.
Over the past six months you have learned how to
recognize yourself.
Correct yourself.
Lead yourself.
And steward yourself.
Now a new chapter begins.
Not because the work is finished.
Because the foundation has been established.
And foundations exist for one reason:
To support what comes next.

Ankh-Ma'at 🔱