

MONTH 2

YOUR GUIDE TO LIFE WITH RIGHT MEASURE



The Ma'at Axis System™

WORK-STUDY COMPANION

WEEK 1

ATRIUM PROGRAM GUIDE



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 — The Throne of the Heart (Kheru-Ab)



SECTION 1 — CONCEPT ANCHOR



Kheru-Ab is the enthronement of the Heart.

This week's work is focused on the restoration of internal authority through:

- **Domain 1 — Identity**
- **Domain 2 — Order**

Identity reveals who is governing your life.

Order reveals what that governance is producing.

You are not being asked this week to become perfect.

You are being asked to see:

- where authority is unstable
- where it has been abdicated
- and how that instability is already reflected in the order, or disorder, of your life

What You Should Understand Now

- Identity is proven by behavior, not intention
- Order reflects what is being maintained, not what is desired
- Abdication is a pattern, not a one-time event
- Disorder is evidence of what is not being governed



WEEK 1 — The Throne of the Heart (Kheru-Ab)



SECTION 2 - GUIDED REFLECTION



IF YOU FIND YOURSELF HESITATING, MINIMIZING, OR JUSTIFYING—PAUSE.
THAT IS WHERE THE REAL WORK IS..

TAKE YOUR TIME HERE. DO NOT RUSH THIS PROCESS.

❖ REFLECTION 1: IDENTITY

- Where in my life does my behavior contradict who I say I am?
- What standards do I claim but fail to maintain?
- Where do I shift depending on the environment, pressure, or people involved?

❖ REFLECTION 2: AUTHORITY

- Where have I delayed decisions I already knew were mine to make?
- Where have I looked outside myself for permission, clarity, or confirmation?
- What am I still blaming, avoiding, or depending on instead of governing?

❖ REFLECTION 3: ORDER

- Where is instability in my Identity showing up as visible disorder in my life?
- What part of my life would look different if my authority were fully established?
- What am I now able to see that I previously minimized?

❖ REFLECTION 4: TRUTH WITHOUT DISTORTION

- What in my life currently feels out of place, unmanaged, or unstable?
- Where am I overwhelmed because things are not arranged or maintained properly?
- What area of my outer life is clearly reflecting inner disorder?



WEEK 1 — The Throne of the Heart (Kheru-Ab)



SECTION 3 - DOMAIN RECOGNITION EXERCISE



For each scenario below, determine:

- Is this Identity?
- Is this Order?
- Is this both?
- Why?

Scenario 1 — Personal

A person says they are committed to peace, but their home, schedule, and habits are chaotic.

They feel exhausted and keep saying they need to "get it together."

Scenario 2 — Relational

Someone keeps staying silent in situations where they need to speak directly, then resents others for not respecting them.

Scenario 3 — Leadership

A leader overcommits, under-communicates, and lets deadlines slide, then feels burdened by everything they have to carry.

Scenario 4 — Spiritual

A student says alignment is important, but only engages spiritual practice when it feels emotionally convenient.

Scenario 5 — Personal

A person starts every self-improvement effort strongly, but abandons it the moment consistency becomes inconvenient.



WEEK 1 — The Throne of the Heart (Kheru-Ab)



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 — Which Domain is primary?

Identity, Order, or both?

Step 3 — Why?

Explain the reasoning clearly.

Step 4 — What was revealed?

What did this situation show you about your authority?

Step 5 — What would full alignment have looked like?

What would this have looked like if your Identity were established and your Order reflected it?

Clarity Statement

Complete this:

"This situation revealed that my authority is currently being governed by _____, and my life is reflecting that through

NOTES:

**CLARITY IS YOUR RESPONSIBILITY.
REFINEMENT HAPPENS IN THE LAB.**



WEEK 1 — The Throne of the Heart (Kheru-Ab)



SECTION 5 - INTEGRATION LAB PREP



Come prepared:

- with one Identity example
- with one Order example
- with one situation where the two are interacting
- with your explanation of why

Be ready to speak with observation, not emotion.

Important

You are not being asked to fix everything yet.
You are being asked to:

- **see clearly**
- **distinguish accurately**
- **and begin diagnosing your life structurally**

Clarity is your responsibility. Refinement happens in the Lab.

MONTH 2

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**WORK-STUDY
COMPANION**

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Ankh Ma'at - Aligned with Life in Right Measure



WEEK 2 — The Language of Self-Governance: Structure, Power & the Discipline of Directed Expression



SECTION 1 — CONCEPT ANCHOR



This week's work is focused on the relationship between

- **Domain 3 — Structure**
- **Domain 4 — Power**

Structure determines what supports your life.

Power determines how your energy is directed within what supports it.

Structure reveals whether your life has systems that can hold.

Power reveals whether your energy is being used with intention, boundaries, and follow-through.

You are not being asked this week to do more.

You are being asked to see:

- where there is no system beneath your effort
- where your energy is being scattered, leaked, or misdirected
- and how weak structure and weak power create instability, inconsistency, and unfinished results

What You Should Understand Now

- Structure is what makes consistency possible
- Power is what directs energy into action
- Effort without Structure creates collapse
- Power without direction creates waste
- What you repeatedly fail to sustain often reveals a Structure issue
- What you repeatedly fail to complete often reveals a Power issue



WEEK 2 — The Language of Self-Governance: Structure, Power & the Discipline of Directed Expression

SECTION 2 — GUIDED REFLECTION



If you find yourself explaining, excusing, or reaching for "I just need to try harder"—pause. That is where the real work is.

TAKE YOUR TIME HERE. DO NOT RUSH YOUR ANSWERS.

❖ REFLECTION 1: STRUCTURE

- Where in my life am I relying on effort instead of system?
- What in my life currently works only when I am "in the mood," "highly focused, or under pressure?"
- Where do I keep having to restart because nothing is actually built to hold?

❖ REFLECTION 2: INTERNAL ORGANIZATION

- Where do I feel scattered, fragmented, or inconsistent in how I move through my day?
- What responsibilities, habits, or practices do I not have a real structure for?
- Where am I expecting results from a life that has no system supporting them?

❖ REFLECTION 3: POWER

- Where is my energy going each day?
- What am I giving my attention to that does not deserve my power? Where am I starting but not following through?

❖ REFLECTION 4: TRUTH WITHOUT DISTORTION

- Where do I allow distractions, urgency, or other people's needs to override what I know is mine to do?
- Where am I leaking power through inconsistency, indecision, or lack of boundaries?
- What am I now able to see about the difference between being active and being directed?



WEEK 2 — The Language of Self-Governance: Structure, Power & the Discipline of Directed Expression



SECTION 2—GUIDED REFLECTION cont'd



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❖ REFLECTION 5: STRUCTURE & POWER TOGETHER

- Where in my life do I have desire without support?
- Where do I have effort without direction?
- Where is weak Structure making me rely on force?
- Where is weak Power causing my systems to go unused?





WEEK 2 — The Language of Self-Governance: Structure, Power & the Discipline of Directed Expression



SECTION 3 — DOMAIN RECOGNITION EXERCISE



For each scenario below, determine:

- Is this Structure?
- Is this Power?
- Is this both?
- Why?

Scenario 1 — Personal

A person says they want to live with more peace and discipline, but every day begins differently. They wake up without a routine, move from task to task, and let the day be decided by mood, messages, and whatever feels most urgent.

Scenario 2 — Relational

Someone keeps staying silent in situations where they need to speak directly, then resents others for not respecting them.

Scenario 3 — Leadership

A business owner creates plans, writes goals, and maps out deliverables, but their week is consumed by emails, distractions, and reacting to whatever is in front of them. At the end of the week, almost none of the important work is complete.

Scenario 4 — Spiritual

A student says spiritual development matters deeply, yet their practices happen randomly. There is no set rhythm, no structure for review, and no clear pathway of accountability. They keep saying they are committed, but their practice depends on feeling inspired.

Scenario 5 — Personal

A person has systems written down in notebooks and planners, but never follows them for more than a few days. They keep rebuilding their system instead of using one long enough for it to become supportive.



WEEK 2 — The Language of Self-Governance: Structure, Power & the Discipline of Directed Expression



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 — Which Domain is primary?

Structure, Power, or both?

Step 3 — Why?

Explain the reasoning clearly.

Step 4 — What was revealed?

What system, support, boundary, or direction was absent?

Step 5 — What would full alignment have looked like?

What did this situation show you about how you currently organize your life and direct your energy?

Step 6 — What would full alignment have looked like?

What would this have looked like if your Structure were supportive and your Power were directed?

Clarity Statement

Complete this:

"This situation revealed that my life is currently unsupported by _____, and my power is being directed toward _____ instead of _____."

NOTES:



WEEK 2 — The Language of Self-Governance: Structure, Power & the Discipline of Directed Expression

SECTION 5 — INTEGRATION LAB PREP



Come prepared:

- with one clear Structure example
- with one clear Power example
- with one situation where the two are interacting
- with your explanation of why
- Be ready to speak with observation, not emotion.

Important

You are not being asked to solve everything yet.

You are being asked to:

- see where support is missing
- identify where energy is being misused
- distinguish between what is a system problem and what is a power problem
- and begin diagnosing your life with precision

Clarity is your responsibility. Refinement happens in the Lab.



WEEK 2 — The Language of Self-Governance: Structure, Power & the Discipline of Directed Expression



SECTION 6 — EMBODIMENT DIRECTIVE



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

Daily Structure Check

~~At the end of each day, ask:~~

- What system supported me today?
- Where did I move without structure?
- What had no support beneath it?
- What in my life is still depending on force instead of design?

Daily Power Check

- What system supported me today?
- Where did I move without structure?
- What had no support beneath it?
- What in my life is still depending on force instead of design?

End-of-Day Prompt

What did I intend to do—and what did I actually do? What does that reveal?

Non-Negotiable Rule

Do not confuse movement with progress.

Do not confuse effort with alignment.

Your responsibility this week is to:

recognize where your life lacks support and where your energy is not under your direction.

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ALIGNED WITH LIFE IN RIGHT MEASURE

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Ankh Ma'at - Aligned with Life in Right Measure



WEEK 3 — Establishing the House (Per-Ma'at)

Rhythm, Discernment & Purpose in Right Measure



SECTION 1 — CONCEPT ANCHOR



This week's work is focused on:

- **Domain 5 — Rhythm**
- **Domain 6 — Discernment**
- **Domain 7 — Purpose**

Per-Ma'at is the establishment of the House.
This means your life is no longer being lived randomly.

It is being lived through:

- sustained patterns (Rhythm)
- accurate judgment (Discernment)
- clear direction (Purpose)

Rhythm determines whether your life can be maintained.
Discernment determines whether your decisions are correct.

Purpose determines whether your life is going anywhere meaningful.

You are not being asked this week to do more.

You are being asked to see:

- where your life is inconsistent or unsustainable
- where your decisions are inaccurate or reactive
- where your effort is not connected to a clear direction

What You Should Understand Now

- Rhythm sustains what is built
- Discernment determines what is correct
- Purpose directs what everything is for
- Consistency without accuracy creates misalignment
- Accuracy without consistency produces no result
- Activity without purpose produces emptiness
- A life can be active, disciplined, and still misaligned



WEEK 3 — Establishing the House (Per-Ma'at)

Rhythm, Discernment & Purpose in Right Measure



SECTION 2—GUIDED REFLECTION



If you find yourself saying "at least I'm doing something," pause. That is where misalignment is being justified.

TAKE YOUR TIME HERE. DO NOT RUSH YOUR ANSWERS.

❖ REFLECTION 1: RHYTHM

- Where in my life do I move in bursts instead of sustained patterns?
- What do I start but consistently fail to maintain?
- Where is my pace either too intense or too inconsistent to hold?
- What keeps breaking in my life due to lack of rhythm?

❖ REFLECTION 2: DISCERNMENT

- Where have I made decisions based on comfort instead of correctness?
- What situations show that I knew what to do—but chose otherwise? Where am I repeatedly misjudging what is required?
- What patterns in my life reveal inaccurate decision-making?

❖ REFLECTION 3: PURPOSE

- What am I actually moving toward right now?
- What am I building through my current actions and commitments? Where am I active, but not directed?
- What feels disconnected from meaning or alignment?

❖ REFLECTION 4: COMBINED

- Where am I consistent, but not aligned?
- Where am I making decisions, but still ending up in the same place?
- Where am I active, yet unfulfilled or unclear?
- What am I now able to see about how I move, choose, and direct my life?



WEEK 3 — Establishing the House (Per-Ma'at) Rhythm, Discernment & Purpose in Right Measure



SECTION 3 — DOMAIN RECOGNITION EXERCISE



For each scenario below, determine:

- Primary Domain
- Secondary Domain (if present)
- Why

Scenario 1 — Personal

A person begins each week motivated and productive, but by midweek becomes inconsistent and stops following through.

Scenario 2 — Relational

Someone repeatedly ignores clear warning signs in situations and later says, "I should have known."

Scenario 3 — Leadership

A leader is consistent and active, but frequently changes direction, leaving the team unclear and unstable.

Scenario 4 — Spiritual

A student is disciplined in practice but feels disconnected and unsure if what they are doing is actually aligned.

Scenario 5 — Personal/Professional

A person is highly productive, but nothing they are doing feels meaningful or connected to a larger direction.



WEEK 3 — Establishing the House (Per-Ma'at) Rhythm, Discernment & Purpose in Right Measure



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 — Which Domain is primary?

Rhythm, Discernment, Purpose or Combination?

Step 3 — Why?

Explain clearly what makes this the correct Domain.

Step 4 — What was out of measure?

- inconsistency?
- poor judgment?
- lack of direction?

Step 5 — What would alignment require?

What would this look like if your Rhythm were stable, your Discernment accurate, and your Purpose clear?

Clarity Statment

"This situation revealed that I am currently moving with _____, deciding from _____, and directing myself toward _____."

WEEK 3 — Establishing the House (Per-Ma'at)

Rhythm, Discernment & Purpose in Right Measure



SECTION 5 — INTEGRATION LAB PREP

Come prepared:

- with one Rhythm breakdown
- with one Discernment breakdown
- with one Purpose misalignment
- with your explanation of why

You must be able to:

- identify the Domain
- explain the reasoning
- distinguish between similar Domains



Clarity is required. Guessing is not.

WEEK 3 — Establishing the House (Per-Ma'at)

Rhythm, Discernment & Purpose in Right Measure



SECTION 6 — EMBODIMENT DIRECTIVE

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

Daily Rhythm Check

- What pattern did I follow today?
- Was it sustainable?
- Where did I break consistency?

Daily Discernment Check

- What decisions did I make today?
- Were they correct—or convenient?
- Where did I ignore what I knew?

Daily Purpose Check

- What was I moving toward today?
- Did my actions reflect direction?
- Where was I active without alignment?

End-of-Day Prompt: Was I aligned today—or only active?

Non-Negotiable Rule

Do not confuse consistency with correctness.

Do not confuse movement with direction.

Your responsibility is to:

Recognize whether your life is being sustained correctly, chosen correctly, and directed correctly.

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WEEK 4 — Living in Right Measure

Domain Mastery & Assessment Readiness



SECTION 2—GUIDED REFLECTION



If you find yourself saying "at least I'm doing something," pause. That is where misalignment is being justified.

TAKE YOUR TIME HERE. DO NOT RUSH YOUR ANSWERS.

❖ REFLECTION 1: ACCURACY

- Where in my life have I been trying to fix something that keeps returning?
- What Domain have I been applying—and is it correct?

❖ REFLECTION 2: MISAPPLICATION

- Where have I applied effort instead of structure?
- Where have I used action instead of discernment?
- Where have I tried to control instead of correctly identify the issue?

❖ REFLECTION 3: OVERUSE / UNDERUSE

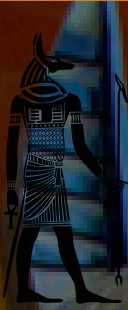
- Where do I rely too heavily on one Domain?
- Where am I avoiding the Domain that is actually required?

❖ REFLECTION 4: PRECISION

- Where am I now able to clearly identify misalignment without confusion?
- What patterns show repeated misdiagnosis?

❖ REFLECTION 5: READINESS

- Can I explain each Domain clearly?
- Can I distinguish them without overlap?
- Can I apply them without guessing?



WEEK 4 — Living in Right Measure

Domain Mastery & Assessment Readiness



SECTION 3 — DOMAIN RECOGNITION EXERCISE

For each scenario below, determine:

- **Primary Domain**
- **Secondary Domain (if present)**
- **Why**
- **What correct application would be**

Scenario 1 —

A person is overwhelmed and constantly trying to catch up but never stabilizes.

Scenario 2 —

A person knows what to do but delays action repeatedly.

Scenario 3 —

A person is consistent but feels misaligned and unclear.

Scenario 4 —

A person is structured but lacks follow-through.

Scenario 5 —

A person is active but has no clear direction.



WEEK 4 — Living in Right Measure

Domain Mastery & Assessment Readiness



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 4 — Living in Right Measure

Domain Mastery & Assessment Readiness



SECTION 5 — INTEGRATION LAB PREP



Come prepared:

- 3 real-life scenarios
- clear Domain identification
- full explanation
- correct application

You must be able to:

- distinguish all 7 Domains
- explain what each is and is not
- apply them accurately

Notes

Clarity is required. Guessing is not.

WEEK 4 — Living in Right Measure

Domain Mastery & Assessment Readiness

SECTION 6 — EMBODIMENT DIRECTIVE

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

Daily Domain Check

- What Domain was required today?
- Did I apply it correctly?

Daily Accuracy Check

- Where did I misdiagnose the issue?
- Where did I apply the wrong Domain?

Daily Proportion Check

- Did I overuse or underuse a Domain?

End-of-Day Prompt: Did I apply with accuracy—or react from habit?

Non-Negotiable Rule

Do not rely on effort.

Do not rely on habit.

Your responsibility is to:

Apply the correct Domain with precision, consistently.

ANKH MA'AT

ALIGNED WITH LIFE IN RIGHT MEASURE