

MONTH 4

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



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 — Foundation of Identity, Order, Structure & Rhythm



SECTION 1 — CONCEPT ANCHOR

This week focuses on the foundational Pillars that create stability throughout the Axis.

Kheru-Ab Menkhet-Djed
Per-Ma'at Nefer-Res

These Pillars govern:

- Identity
- Order
- Structure
- Rhythm

Together they establish:

- internal authority
- environmental order
- repeatable execution
- sustainable patterns

What You Should Understand

By the end of this week you should understand:

- how Identity appears when established
- how Order appears when established
- how Structure appears when established
- how Rhythm appears when established

You should also recognize:

- what collapse looks like
- how instability becomes visible
- how behavior reveals Pillar function

Sacred Psychology Focus

This week introduces the question:

☞ What does alignment look like behaviorally?

You are no longer studying the Pillars as concepts.

You are learning how to recognize them through:

- behavior
- habits
- decisions
- routines
- environment
- nervous system patterns

Foundational Truth

When these four Pillars stabilize:

- chaos decreases
- stress reduces
- consistency improves
- confidence increases
- sleep stabilizes
- alignment becomes sustainable

These Pillars create the foundation upon which every other Pillar depends.



WEEK 1 —Foundation of Identity, Order, Structure & Rhythm

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.

Reflect honestly.

Do not answer according to intention.

Reflection 1 : Identity

Answer according to evidence.

- What currently governs my decisions?
- Where do I still seek approval before acting?
- Where do I hesitate because I do not trust my own authority?
- What behaviors demonstrate self-trust?
- What behaviors demonstrate self-doubt?

Reflection 2 : Order

Observe your environment.

- What areas of my life feel organized?
- What areas feel chaotic?
- What repeatedly creates overwhelm?
- What environments support alignment?
- What environments reinforce instability?

Reflection 3 — Structure

Consider your daily execution.

- What systems currently support my life?
- Where am I relying on motivation?
- What commitments are inconsistent?
- What structures reduce stress?
- What structures are missing?



WEEK 1 —Foundation of Identity, Order, Structure & Rhythm

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 4 : Rhythm

Observe your patterns.

- What healthy behaviors are repeatable?
- What patterns regularly collapse?
- Where does burnout appear?
- What cycles support stability?
- What cycles reinforce exhaustion?

Reflection 5 : Sacred Psychology Observation

This week ask yourself:

- ☞ What is my behavior revealing?
Not:
- ☞ What do I intend?
Behavior reveals Pillar function.



WEEK 1 — Foundation of Identity, Order, Structure & Rhythm



SECTION 3 — PILLAR RECOGNITION EXERCISE

For each scenario identify:

- **Primary Pillar**
- **Domain involved**
- **Supporting Pillar**
- **Established or Collapsed**
- **Why**

Scenario 1

A person continually changes direction based upon who they are around.
They seek reassurance before making decisions.
They struggle to maintain boundaries

Scenario 2

A person feels overwhelmed daily.
Their environment is cluttered.
Tasks accumulate faster than they are completed.
They constantly feel behind

Scenario 3

A person creates new plans every week.
None are maintained.
Progress remains inconsistent despite effort.

Scenario 4

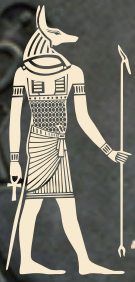
A person works intensely for several days.
Then becomes exhausted and disengages completely.
This cycle repeats monthly.

Scenario 5

A person demonstrates:

- clear decisions
- organized priorities
- reliable routines
- sustainable consistency

Identify the Pillars operating strongly.



WEEK 2 — Foundation of Identity, Order, Structure & Rhythm



SECTION 4 — AXIS APPLICATION EXERCISE



Choose one area of your life currently experiencing instability.

Examples:

- finances
- relationships
- health
- spiritual practice
- business
- career
- home environment

Step 1 — Describe the situation.

Use facts.

Not emotions.

Step 2 — Identify

Primary Domain

- Primary Pillar

Step 3 — What was the actual issue?

Determine:

Established

or

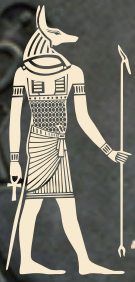
Collapsed

Why?

Provide behavioral evidence.

Step 4 — What behaviors are reinforcing the instability?

List them specifically.



WEEK 2 — Foundation of Identity, Order, Structure & Rhythm



SECTION 4 — AXIS APPLICATION EXERCISE



Choose one area of your life currently experiencing instability.

Examples:

- finances
- relationships
- health
- spiritual practice
- business
- career
- home environment

Step 5 — What would alignment require?

Identify:

- one correction
- one structure
- one behavior
- one repeatable action

Step 6 — What was the actual issue?

How would life improve if this Pillar stabilized?

Explain thoroughly.



WEEK 2 — Foundation of Identity, Order, Structure & Rhythm



SECTION 5 — INTEGRATION LAB PREP

Come prepared with one real-life example for each Pillar.

Kheru-Ab

Bring an example where:

- Identity was established

OR

- Identity collapsed

Be prepared to explain:

- how you recognized it
- what behavior revealed it

Per-Ma'at

Bring an example where:

- Order supported alignment

OR

- Disorder reinforced instability

Menkhet-Djed

Bring an example where:

- Structure stabilized progress

OR

- Lack of Structure created inconsistency

Nefer-Res

Bring an example where:

- Rhythm supported sustainability

OR

- Burnout revealed instability

Full Foundation Diagnosis

Bring one situation from your life that demonstrates interaction between multiple Pillars.

Be prepared to explain:

- Pillars involved
- Domains involved
- behavioral evidence
- required correction



Notes

This is a reproduction of an ancient Egyptian wall painting, likely from the tomb of Nebamun. The scene depicts a banquet or a moment of domestic life. A large, seated male figure, presumably the deceased, is the central focus, wearing a long kilt and a broad collar. He is surrounded by family members, including women in long dresses and children. The background is filled with various food items, including birds, fish, and other delicacies, suggesting a wealthy lifestyle. The entire scene is framed by hieroglyphs and a decorative border of lotus flowers. The painting is set against a dark background, with the figures and food items rendered in a lighter, more detailed style.



WEEK 2 — Foundation of Identity, Order, Structure & Rhythm



SECTION 6 — EMBODIMENT DIRECTIVE



For the next seven days observe:

You are tracking:

- ☞ Identity.
- ☞ Order.
- ☞ Structure.
- ☞ Rhythm.

Daily Observation Questions

Who governed my decisions today?
 What in my environment reflected
 Order? What system supported my
 execution? What pattern sustained
 my alignment?

Daily Pillar Tracking

At the end of each day record:

Kheru-Ab

Established or Collapsed?
 Evidence?

Per-Ma'at

Established or Collapsed?
 Evidence?

Menkhet-Djed

Established or Collapsed?
 Evidence?

Nefer-Res

Established or Collapsed?
 Evidence?



**WEEK 2 — Foundation of Identity, Order,
Structure & Rhythm**



SECTION 6 — EMBODIMENT DIRECTIVE

End-of-Day Reflection

Where did I observe stability?

Where did observe collapse?

Which Pillar appears strongest?

Which Pillar requires correction?

What behavior most clearly revealed the answer?



CLARITY STATEMENT

Complete daily:

"Today I observed _____ functioning through my behavior. The strongest evidence was _____. Alignment would require _____. The Pillar most needing correction is _____ because _____."

MONTH 4

YOUR GUIDE TO LIFE WITH RIGHT MEASURE



The Ma'at Axis System™

**WORK-STUDY
COMPANION**

WEEK TWO

ATRIUM PROGRAM GUIDE



The Ma'at Axis System™



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WEEK 2— Foundation of Power, Containment, Discernment & Shadow



SECTION 1— CONCEPT ANCHOR

This week focuses on the foundational Pillars that create stability throughout the Axis.

Sekhem-Sha
S a-Menkh

Medu-Kheru
Anpu-Khenti

Sacred Psychology Focus

This week asks:

☞ What am I repeatedly reinforcing?

Power is observed through boundaries.

Containment is observed through conservation.

Discernment is observed through interpretation.

Shadow is observed through avoidance.

The goal is not to judge behavior.

The goal is to recognize what behavior is revealing.

The Protected Axis

Week 1 established the foundation.

Week 2 protects it.

Because alignment cannot be sustained if:

- Power leaks
- Energy is depleted
- Truth is distorted
- Shadow is avoided

This week examines the Pillars that determine whether alignment is protected or undermined.

Foundational Truth

Many people believe their problem is lack of Power.

Often the real issue is:

- leakage
- avoidance
- distortion
- lack of containment

This week teaches you how to identify the difference.

What You Should Understand

By the end of this week you should understand:

- how Power appears behaviorally
- how energy leakage becomes visible
- how Discernment fails
- how Shadow avoidance operates
- how misalignment becomes normalized

You should also recognize:

- where your energy goes
- what is depleting you
- what you are avoiding
- what patterns continue because they remain unchallenged



WEEK 2 — Foundation of Power, Containment, Discernment & Shadow



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 : Power

Observe where your energy is going.

- What consistently drains me?
- Where do I struggle to maintain boundaries?
- What situations create unnecessary emotional expenditure?
- Where do I give energy without intention?
- Where is my Power strongest?

Reflection 2 : Containment

Observe your conservation patterns.

- What activities restore me?
- What activities deplete me?
- Where am I overcommitted?
- Where do I regularly exceed my capacity?
- What would stronger containment require?

Reflection 3 — Discernment

Observe your interpretation.

- What recurring problem am I currently facing?
- Have I correctly identified the root issue?
- What assumptions might be inaccurate?
- What truths am I resisting?
- What pattern have I repeatedly misidentified?



WEEK 2 - Foundation of Identity, Order, Structure & Rhythm

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 4 : Shadow

Observe avoidance.

- What conversation am I avoiding?
- What decision am I postponing?
- What truth feels uncomfortable?
- What ending am I resisting?
- What would happen if I faced it directly?

Reflection 5 : Sacred Psychology Observation

This week ask:

☞ What am I reinforcing?

Not:

☞ What am I intending?

Repeated reinforcement reveals Pillar function.



WEEK 2 — Foundation of Identity, Order, Structure & Rhythm



SECTION 3 — PILLAR RECOGNITION EXERCISE



For each scenario identify:

- **Primary Pillar**
- **Supporting Pillar**
- **Domain involved**
- **Established or Collapsed**
- **Behavioral evidence**

Scenario 1

A person says yes to every request.
They constantly feel exhausted.
Resentment is increasing.
They rarely prioritize themselves.

Scenario 2

A person continually commits to projects, responsibilities, and obligations that exceed their available time and energy.
Burnout occurs regularly.

Scenario 3

A person repeatedly blames circumstances for a problem.
Yet their own choices continue contributing to it.

Scenario 4

A person knows a relationship has become unhealthy.
They recognize it.
They discuss it often.
Yet take no action.

Scenario 5

A person demonstrates:

- strong boundaries
- accurate interpretation
- disciplined responses
- willingness to confront difficult truths

Identify the Pillars functioning strongly.



WEEK 2 — Foundation of Power, Containment, Discernment & Shadow



SECTION 4 — AXIS APPLICATION EXERCISE



Choose one area of your life currently experiencing instability.

- Examples:
- procrastination
 - conflict
 - emotional reactivity
 - exhaustion
 - avoidance
 - indecision

Step 1 — Describe the challenge objectively.

Avoid emotional language.

Use facts.

Step 2 — Identify

Primary Domain

- Primary Pillar

Step 3 — What was the actual issue?

Determine:

Established

or

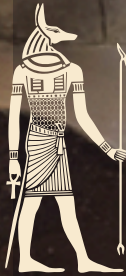
Collapsed

What evidence supports your conclusion?

Step 4 — Identify

What behavior continues reinforcing the problem?

Be specific.



WEEK 2 — Foundation of Power, Containment, Discernment & Shadow



SECTION 5 — INTEGRATION LAB PREP



Come prepared with one real-life example for each Pillar.

Sekhem-Sha

Bring an example where:

- Power was directed effectively
- OR

- Power leaked unnecessarily

Be prepared to explain:

- how you recognized it
- what behavior revealed it

Sa-Menkh

Bring an example where:

- energy was conserved
- OR
- depletion occurred

Explain:

- what created the outcome
- what containment would require

Medu-Kheru

Bring an example where:

- a situation was interpreted correctly
- OR

- misidentification created problems

Explain:

- symptom
- root issue
- correction

Full Foundation Diagnosis

Bring one real-life example involving multiple Pillars.

Be prepared to explain:

- Pillars involved
- Domains involved
- behavioral evidence
- reinforcement pattern
- required correction

Anpu Khenti

Bring an example where:

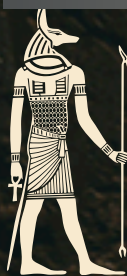
- a truth was confronted

OR

- avoidance persisted

Explain:

- what was being avoided
- why
- what crossing the threshold would require



WEEK 2 — Foundation of Power, Containment, Discernment & Shadow



SECTION 6 — EMBODIMENT DIRECTIVE



For the next seven days observe:

- ☞ Power
- ☞ Containment.
- ☞ Discernment.
- ☞ Shadow.

Daily Observation Questions

Where did my energy go today?
 What should have been preserved?
 What did I interpret accurately?
 What truth did I avoid?

Daily Pillar Tracking

Sekhem-Sha

Established or Collapsed?
 Evidence?

Sa-Menkh

Established or Collapsed?
 Evidence?

Medu-Kheru

Established or Collapsed?
 Evidence?

Anpu-Khenti

Established or Collapsed?
 Evidence?

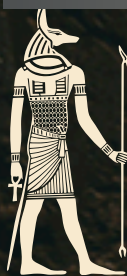


WHAT THIS WEEK PRODUCES

By the end of Week 2:

- ✓ Power becomes more intentional
- ✓ Energy leakage becomes recognizable
- ✓ Boundaries become clearer
- ✓ Misidentification decreases
- ✓ Truth becomes easier to recognize
- ✓ Avoidance becomes harder to justify
- ✓ Shadow patterns become visible
- ✓ Correction becomes more actionable
- ✓ Alignment becomes more honest
- ✓ The Axis becomes more protected

Ankh-Ma'at ☞



WEEK 2 —Foundation of Power, Containment, Discernment & Shadow



SECTION 6 — EMBODIMENT DIRECTIVE



End-of-Day Reflection

Where did I observe Power?
Where did I observe leakage?
What truth became clearer today?
What threshold requires attention?
Which Pillar appears strongest?
Which Pillar requires correction?
What behavior most clearly
revealed the answer?



CLARITY STATEMENT

Complete daily:

"Today I observed _____ functioning
through my behavior. The strongest
evidence was _____. The pattern
being reinforced was _____. The
correction required is _____. The
Pillar most needing stabilization is
_____ because _____."