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## Metu neter ra un nefer amen pdf

This article contains a list of general references, but it remains largely unverified because it lacks sufficient corresponding inline citations. Please help improve this article by introducing more accurate quotes. (February 2008) (Learn how and when to delete this template message) Ra Un Nefer Amen( born Rogelio Alcides Straughn, January 6, 1944) is the founder of the Ausar Auset Society, a pan-African spiritual organization dedicated to providing Afrocentric-based spiritual training to people of African descent. [1] Early life Ra Un Nefer Amen was born in the Central American country of Panama. Amen attended Panama's Conservatory of Music when he was six years old. He arrived in the United States on May 30, 1960, to continue his formal musical education and graduated from Brooklyn High School for Boys in Brooklyn, New York in 1961. After graduating, Amen continued his formal education at Juilliard Prep (Pre-College Division) and Mannes College of Music. [2] Spiritual work Originally trained as a concert pianist, composer, and music theoretician, Amen passed on occasions in the music industry to devote time to the spiritual education and uplift of African people. To achieve this goal, he has written and published several books on the subject of ancient Egyptian philosophy and spiritual culture, notably Metu Neter (Vols. 1-7) and Metu Neter Oracle. One of Ra Un Nefer Amen's early works, Meditation Techniques by the Cabalists, Vedantins and Taoists provides specific teaching for student initiates. Instructions are given for moral laws (pg. 16) or mind-body laws required to return to a proper way of life, i.e. a way of life not deviated (see cases of man) or based on unnatural conditioning. Adherence to these laws will produce in praktikeran an agreement of the Soul, Will and consciousness (the three principles constituting an exact knowledge of the Self). Returning to a proper way of life is a prerequisite bridge to be crossed through methods that include maintaining a proper diet. R.A. Straughn (as he called himself at the time of the book's publication in the late 1970s) pointed out, for example, that most people eat a diet seriously low in fresh fruits (page 20). Included is a specific regiment for Hatha Yoga techniques including postures asanas and breathing exercises Pranayama including, specifically, a technique called Dhumo Breathing used to clean the energy channels of the subtle body (see Nadis). The book describes the three states of consciousness from Yoga science that were perhaps first documented in Patañjali's Yoga Sutra's: Dhyāna, Dhāraāā, and Samadhi. Emphasis is placed on the ability to control these states of consciousness, and thus avoid sowing into one's consciousness, the seeds of thoughts that enter without the operation of will (only to cause un-shown thoughts to return again later and thus increase the likelihood of producing action and an additional binding on even conditioning). The book also includes an introduction to the Chinese I Ching Oracle—a method of Divination to provide answers to questions about a path. The book warns practitioners not to use the I Ching incorrectly, and only ask questions that the student has done everything to answer before being submitted to the I Ching (abuse of the I Ching will lead to answers that can't understand, seem meaningless, or offer no value). Ra Un Nefer Amen currently leads an international[3] following as Shekhem your Shekhem (High Priest and King) of the Ausar Auset Society, headquartered in Brooklyn, New York. Cultural Relations In 1984 he was selected by Ashanti King of Agogo, Nana Kwame Akuoko Sarpong, to host the first Durbar (royal reception) for an African king ever held outside of Africa. Thus, in October 1985 the Shekhem your Shekhem Ra Un Nefer Amen hosted Durbar for Asantehene Otumfuo Nana Opoku Ware II. In November 1985, Amen, along with fifty-four AAS members, participated on the 50th anniversary of the restoration of the Ashanti Confederacy, at the invitation of asantehene in Kumasi, Ghana, West Africa where he was enstooled as an Omanehene by Ashanti on November 15, 1985. During this visit Amen was also presented Epon Pall officially establishing an alliance between the Kingship of Ashanti and the kingship of the Ausar Auset Society. He was granted the position of Paramount King under the title Odeneho (King King). In addition, Amen was enstooled by Nana Kwame Akuoko Sarpong as co-ruler of Agogo State in Ghana on November 18, 1985. In his role as a cultural liaison between African Americans and the National Ghana's House of Chiefs, Shekhem din Shekhem, along with the Ghanaian community in the United States has sponsored Durbars for several other kings in Africa, including Togbi Adelatza V, a king of Ewe; Nii Aumgi V, a king of Ga; Nana Adodankwa III, King of Okuapemman, and others. In 1986, Ra Un Nefer Amen received a formal reception from President Jerry Rawlings of Ghana as an official guest for the inauguration of the Nkrumah Mausoleum Memorial in Accra, Ghana. In 1991, Amen was the official guest of Oni in the Yoruba Empire ife, Oba Okunade Sijuađe Olubuse II in Nigeria, where he was the sole African-American dignitary to the first Ile Ife reconstruction project. He was also received by the Emir of Kano, His Royal Majesty Alhaji Ado Bayero. 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