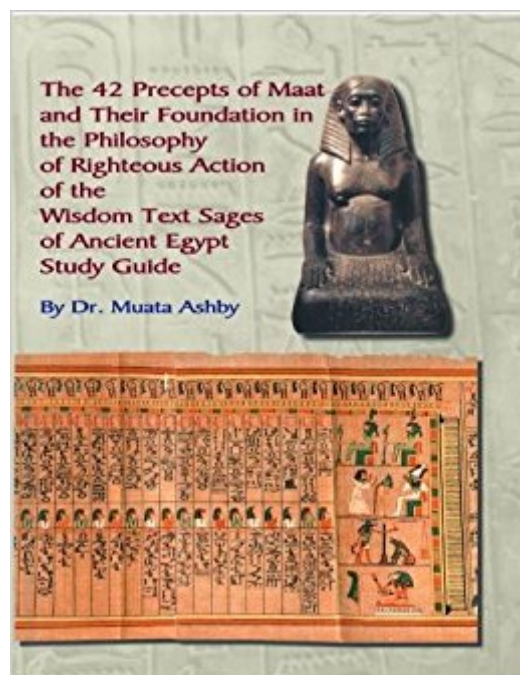




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# The 42 Precepts Of Maat And Their Foundation In The Philosophy Of Righteous Action Of The Wisdom Text Sages Of Ancient Egypt



## Synopsis

This manual is designed for use with the 1998 Maat Philosophy Class conducted by Dr. Muata Ashby. This is a detailed study of Maat Philosophy. It contains a compilation of the 42 laws or precepts of Maat and the corresponding principles which they represent along with the teachings of the ancient Egyptian Sages relating to each. Maat philosophy was the basis of Ancient Egyptian society and government as well as the heart of Ancient Egyptian myth and spirituality. Maat is at once a goddess, a cosmic force and a living social doctrine, which promotes social harmony and thereby paves the way for spiritual evolution in all levels of society.

## Book Information

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## Customer Reviews

So much retained great information... So grateful I got this book.

HOTEP

i like this book.

Great

in response to weftwise's review, Buddhism, along with all the major religions of the modern world (Christianity, Judaism, Islam), originates in Africa, particularly from Ancient Egypt. One must be careful to distort African history without any contextual or historical foundation on the matter. See

Ashby's "The Ancient Egyptian Buddha: The Ancient Egyptian Origins of Buddhism." and please do your own research. be conscious of how you critique a text before erroneously rating it. Hotep.

If you are just lookin for a list, get it from the internet. This book is related with the historical context, goes to the medular on each principle and even compare them with teaching on the Bible. It is not only a theory book or confesional one, it is useful for anyone who wants lo learn more about these ancient and important principles for life. Of course also promotes the egiptian yoga, wich is not a must, if you are searching on this old wisdom.

Dr. Ashby is a learned man, but he does himself and his readers a grave disservice with his books about Ma'at and "Egyptian yoga". As an attempt to fuse Buddhist/Indian spiritual philosophy and the wisdom found in Ancient Egyptian writings the books would be interesting, but instead Ashby has taken Egyptian funerary & wisdom texts and altered them to serve as a veneer to present teachings belonging to a completely foreign culture. His interpretation of Ancient Egyptian culture/spirituality is very unorthodox, and his conclusions do not hold up under scrutiny. As examples: Ashby states that the Ancient Egyptians practiced a form of yoga dating back five thousand years, and that the role of AE priests was to teach this yogic system to the people. In close to twenty years of studying Ancient Egypt I have never encountered anything to support that claim. Indeed, in AE the temples were literally considered the homes of gods, and the priests' title "hem-netjer" translates as "servant of the god". Ashby presents pictures of supposed AE yogic poses (asanas), but in reality these are disparate images taken from unrelated funerary art: as far as I know, no AE treatise on yoga (or indeed any form of such discipline) exists. Ashby also liberally sprinkles his work with quotes attributed as "Ancient Egyptian proverbs" without identifying said proverbs' actual physical or literary source. These are only a few of many discrepancies that lead me to seriously question the author's knowledge of Ancient Egypt... and of Ma'at. Readers interested in Ashby's work would be better served seeking out the teachings of the Buddha and/or a local certified yoga instructor.

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