

YOGA

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HAPPY NEW YEAR
2026

SADHVI SARASWATI

**HOLLYWOOD TO
THE HIMALAYAS**

YOGIC ROOTS

of **TKV
DESIKACHAR**

**YOGA BEHIND
BARS**

**MEDIC TO
mystic**

SAKEEM MAT

**FROM STUDIO
TO SCIENCE**

WITH ROLA



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08



SHEKEM MAAT

AWAKENING THE DIVINE FEMININE

Words: Caroline Shola Arewa



A powerful shift is taking place all over the world. Despite chaos, war and instability, something is unfolding. The masculine, martial, fire energy of the Solar Plexus is slowly being dismantled, giving way to, a collective awakening of the Divine Feminine. We are entering the Loving, nurturing energy of the heart. More and more people are being called to restore truth, harmony, balance, compassion and love. We are heralding in a new paradigm. A quiet revolution is taking place. An emergence of heart centred ways of living, are on the rise.

Maat the winged Ancient Egyptian Goddess, is the principle of *Balance, Harmony, Order, Justice, Reciprocity, Truth and Love*. She resides in the heart chakra; embodying the compassionate qualities our world needs right now. Maat is Love.

And Shekem Maat, is a new healing system, that bridges the ancient Kemetic (Egyptian) wisdom, with our modern search for holistic healing, balanced living and inner peace. It centres the heart, love and energy of Maat. This is a system of *Love, Magic and Healing*. It promises to heal the heartbreak many of us suffer, either personally or collectively. It is difficult to live in our world, at the moment, and not feel this collective heartbreak. So many painful things going on. Shekem Maat acts as a healing balm for the heart and a route back to the balance and harmony of Maat.

As the founder of Shekem Maat, I identified two main paths to support our wellbeing. I call them *Blissipline* and *Beditation*. Together these wisdom paths are like the yin and yang of spiritual practice. *Blissipline* is the active practice and daily rituals, such as *Sema Tawi Kemetic* yoga practice, breathing exercises, journalling and *satsang*, being in supportive community with like-minded people. The other wisdom path is *Beditation*, a gentle contemplative practice, that centres deep rest. *Beditation* can



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be achieved through subtle release work, and somatic interventions such as *Energy Healing*, to align the body, balance the chakras and release trauma. There are sacred practices and activations to use quietly with yourself and a practitioner level, where we work with others to balance energy and create healing. Shekem Maat is a spiritual journey, a route back to physical wellness, emotional stability and divine equilibrium. A journey of nurturing your nature, and remembering your true self. It embraces *Love, Magic and Healing*, for ourselves and the world we live in.

The Rise of the Divine Feminine

The rise of the Divine Feminine is a calling for all humans, regardless of gender. We can all cultivate more feminine energy. It's the soft, slow, quiet power of nurture, compassion, creativity and ease. An energy that balances the stressful, fast, tough, goal oriented and action-driven masculine principle. For centuries, the scales have tipped too far toward power and control. Maat calls us to rebalance these forces, to realign our personal and collective energy with the rhythm



of cosmic harmony. Leaning towards the Divine Feminine, helps tip the scales back to a place of balance. We can all use the re-integration of slow, gentle, inner power.

As the world faces environmental, emotional, and spiritual crises, this calling to return to the Divine Feminine, the mother, becomes louder. Maat, is Ma, Mother, creative energy. The Goddess invites us to be gentle with ourselves, slow down, breathe deeply, rest, listen within and reconnect with the ancient wisdom encoded in our cells; in our mitochondrial DNA. This DNA links

us to an unbroken, primal feminine lineage. We can reset this powerful energy, and deep ancestral connection to the Cosmic Mother.

Shekem Maat: The Original Reiki

Shekem Maat is rooted in the timeless wisdom of Kemetic Healing Arts. Five essential pillars form its foundation. **Ritual, Rest, Release, Radiance, Rejuvenation.** It brings together somatic practices, breathwork, yoga postures, everyday rituals, energetic activations, elements of nature and powerful mythology associated with

the Triple Goddess. All this is woven into an integral system, making it accessible to practise even when schedules are hectic.

One of the gifts of Shekem Maat is that it uses the minimum amount of energy to create maximum results. Although, like other schools of yoga it encompasses a lot, it is easy to practice. The hand activations and gentle movements re-align and deepen your relationship with self, nature and the universe. The practices are designed to balance and elevate energy, restoring harmony across body, mind, and spirit.

Somatic work is at the heart of Shekem Maat, level one is 'Personal Bliss', practices that enhance your own spiritual practice. Level two is 'Sharing the Love', practitioner training, to provide new modalities for working with others. I refer to this aspect as *The Original Reiki*, as the treatments are based on the oldest recorded system of hands-on energy healing. Energetic restoration was practiced in the temples by Goddesses and Priestesses of ancient Kemet.

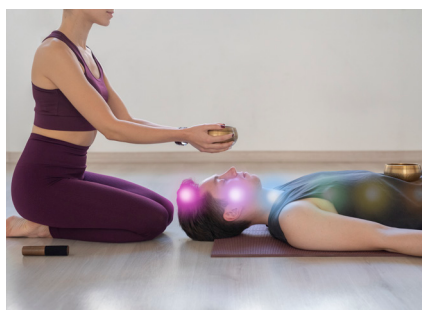


Divine Feminine Technology

Shekem Maat is powerful healing work that draws from *Kemetic Science, Temple Wisdom, and Divine Feminine Technology*. The rise of the Divine Feminine we are witnessing, embraces qualities like, peace, rest, safe touch and ease, as an antidote to the fast-paced world we live in. Shekem Maat embodies all these qualities and provides a gentle form of bodywork, that offers deep rest to re-calibrate your whole system. This way of working has the capacity to release long held trauma, without the use of words. Yoga teachers, coaches, therapists and healers are expanding their skills, to include the power of somatic work.

Sema Tawi: Union

Integral to Shekem Maat is *Sema Tawi*, the ancient Kemetic yoga system, depicted on temple walls, thousands of years ago. *Sema Tawi* means *Union of the Two Lands*. This symbolises not only the physical unification of Upper and Lower Kemet, but also union of the Higher and Lower Self. It is a practice that harmonises the energy within.



The postures, breathing techniques and meditative focus of *Sema Tawi* is designed to connect you spiritually with the Divine Order of Maat. Each movement is a prayer, an offering that unites your *Body Temple and Divine Spiritual Essence*, creating harmony. Integrating aspects of Shekem Maat deepens spiritual practice and awakens the Divine Feminine within. There is a deep relationship between the Kemetic yoga tradition and Classical Indian yoga. I explore this in detail in my book, *Opening to Spirit*.

A Vision that Transcends Time

Shekem Maat was founded in 2021, born from a Vision I received while visiting Egypt. I looked down at the worn stone floor of the temple. Imagine a place thousands of years old, where you walk in the footsteps of the Divine. I looked up, at the tall majestic columns, blackened with smoke, after centuries of fires and incense. I felt myself being transported back in time, to witness the temple, glorious as it had once been. Priests and Priestesses, conducting sacred gatherings, prayers and rituals. A temple rich with love, magic and healing. The dark temple

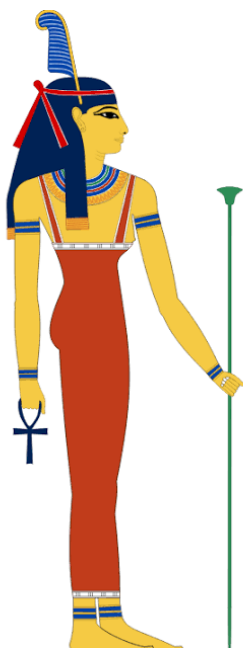


became illumined with Divine Light, providing a glimpse back in time, allowing me to remember the secrets of old. Such a powerful yet humbling experience. Since that moment, it has been my Divine Purpose, Mission and Honour to piece together Shekem Maat. An elegant Healing System, based on the vast body of Ancient Temple Wisdom. I'm tasked to make this knowledge available, to address our collective need for Balance, Harmony and Healing.

Living Maat Today

To embody Maat is to live in balance with self, others and nature. It means walking in truth, cultivating inner peace, and choosing love as a way of life. Through the teachings of Shekem Maat practitioners are guided to reconnect with the essence of who they truly are; divine beings of luminous energy. The practices serve, not only as personal healing, but also as a contribution to the restoration of global peace.

As more people answer the call of the Divine Feminine, Shekem Maat acts as a sacred bridge between ancient wisdom and our modern search for spiritual alignment.





Awaken the Goddess Within

Now is the time to connect with the divine. The Goddess Maat reminds us to, live in balance, walk in truth, and act with love.

On the desert sands of ancient Kemet, where majestic temples still rise, a profound energy called Shekem, can be felt. This energy carries the essence of balance, truth, and love. This sacred energy is personified by the Goddess Maat, the Divine Feminine principle of universal order. This ancient wisdom is awakened through Shekem Maat, an energy-based healing system born from a vision experienced within the temples of old.

Now more than ever we are called to reclaim Maat, to live in balance, justice and harmony, to walk the path of truth and love. In today's fast-paced, often chaotic world, this ancient wisdom offers us much needed transformation and solace.

Caroline Shola Arewa, the *Energy Doctor*, helps you get your Energy back and your Life on track! A leading figure in Spirituality and Wellness. Shola has delivered her award-winning Energy-based work internationally for over 3 decades. A psychologist, speaker and author of five books, including bestsellers *Opening to Spirit* and *Energy 4 Life*.

Shola trains and certifies Spiritual Coaches and offers individual Coaching/Mentoring to Energise and Empower. Shola's newest program is Shekem Maat Healing System, based on Egyptian Healing Arts. If you feel called to explore the profound energy and teachings of Shekem Maat. Visit shekemmaat.com



Download a free Divine Feminine Blueprint.
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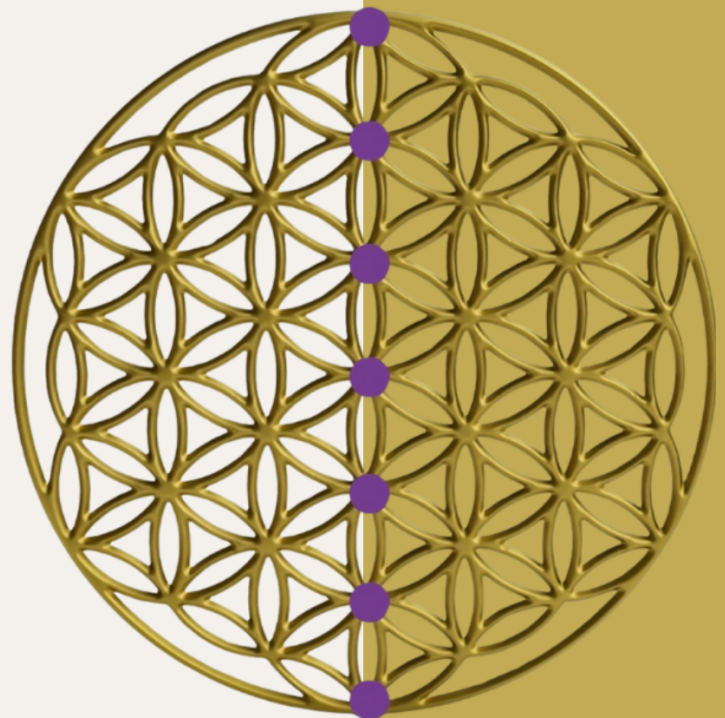
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