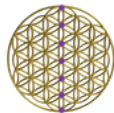


SHEKEM MAAT  
HEALING SYSTEM

# The True Meaning of Hotep

GATEWAY INTO  
DIVINE FEMININE  
TECHNOLOGY

CAROLINE SHOLA AREWA



# DO YOU LIKE TO GIVE AND RECEIVE GIFTS?

## Dua Neteru



## Di Ankh To Give Life



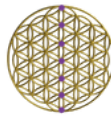
I love to give and receive gifts. I am sure we all do. it's a demonstration of love, value, caring and generosity. Gifts can be time, words, money, food, practical things, so many ways to gift.

If you're invited to someone's home for dinner, you probably bring a bottle of something to drink and maybe a sweet for dessert. If you have a home Altar, perhaps you put flowers and candles on it. On birthdays and other occasions, we like to bring gifts. The three Kings / Pharaohs attending the birth of Christ brought with them, Gold, Frankincense and Myrrh. This all originates in Ancient Egypt.

### Gifting is an Ancient Practise

In Ancient Kemetic tradition gifting is a fundamental principle. Hotep. This is a word many know and it means peace. You may not know it also means Offering. When we say **Hotep**, we are saying 'I offer you the Gift of Peace'. Hotep is the first word in a widely used offering formula from Kemet. ḥtp di nswt

THE GIVING OF LIFE WAS  
POPULAR IN ANCIENT EGYPT.  
THE ANKH SYMBOL OF LIFE  
WAS POURED OVER PEOPLE  
IN LIBATION. SPOKEN OVER  
PEOPLE IN PRAYER. OUR  
ANCESTORS VALUED LIFE.



## Embrace of Auset

### The Gift of Life

The giving of Life is very popular in Ancient Egypt. The Ankh symbol of Life is carried by prominent people. It is poured over people in libation. It is carried, and spoken over people. Our Ancestors really valued Life. The Ankh is seen everywhere in Kemet.

When we give especially to the Neter, Nature, the Gods and Goddesses, we create favour. That Divine Favour brings Blessings. There is a saying in Kemet.

**htp di nswt - An offering the King gives, to a God/dess that s/he may give blessings in return**

When we go to the temple and offer gifts, we can ask for blessings in return. When the God/desses are remembered they re-member us.

Over the years I have gifted programs and courses. **Shekem Maat** Level one Initiate has a focus on gifting. We build a beautiful Altar together and enjoy gifting each other. It's so powerful. The ancients left us a legacy of giving. They continue to give us Life and we can continue pouring life into each other. Gifts of time are precious, words are powerful and being mindful when the gift of food is needed. Or when we can release something we have loved. Bringing the gift of Peace to situations is another wonderful gift to share.

### Gifting was used in several ways

#### 1. To Placate the Gods

That way things will go in your favour, the elements will not consume you, your life will not be taken by disease, you will know happiness and bliss. Gifts were given to maintain Maat, the principle of Balance and Harmony.

#### 2. Given as thanks and appreciation

Officials in office, and officiates, priests, priestesses were gifted at celebrations and ceremonies to give thanks and recognition. Gifts might be food, jewellery, or other sacred or useful items. It's still done today. In Nigeria household items are often gifted to guests.

#### 3. A show of wealth and generosity

The ancients believed in the principles of trust and reciprocity. To give was also to receive. The joy, and immediate pleasure of giving. Plus, the recognition and trust that may also come with gifting. Gifting first, demonstrates Hotep. It shows that you come in Peace, with the intent to care and nurture.

Kings gifted the God/dess the promise of Maat daily. Their intention as ruler, was to maintain Maat/Balance. In return the Gods/Goddesses would Bless them.

It is Saturday afternoon I am sitting here in the sunshine, writing this offering, as a gift to you. A reminder to give generously, especially the gift of life. Take time, to uplift people, pour into them, so they are full. And be open to receive graciously, all the gifts and blessings bestowed on you.

### Blessings and Greetings

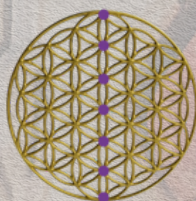
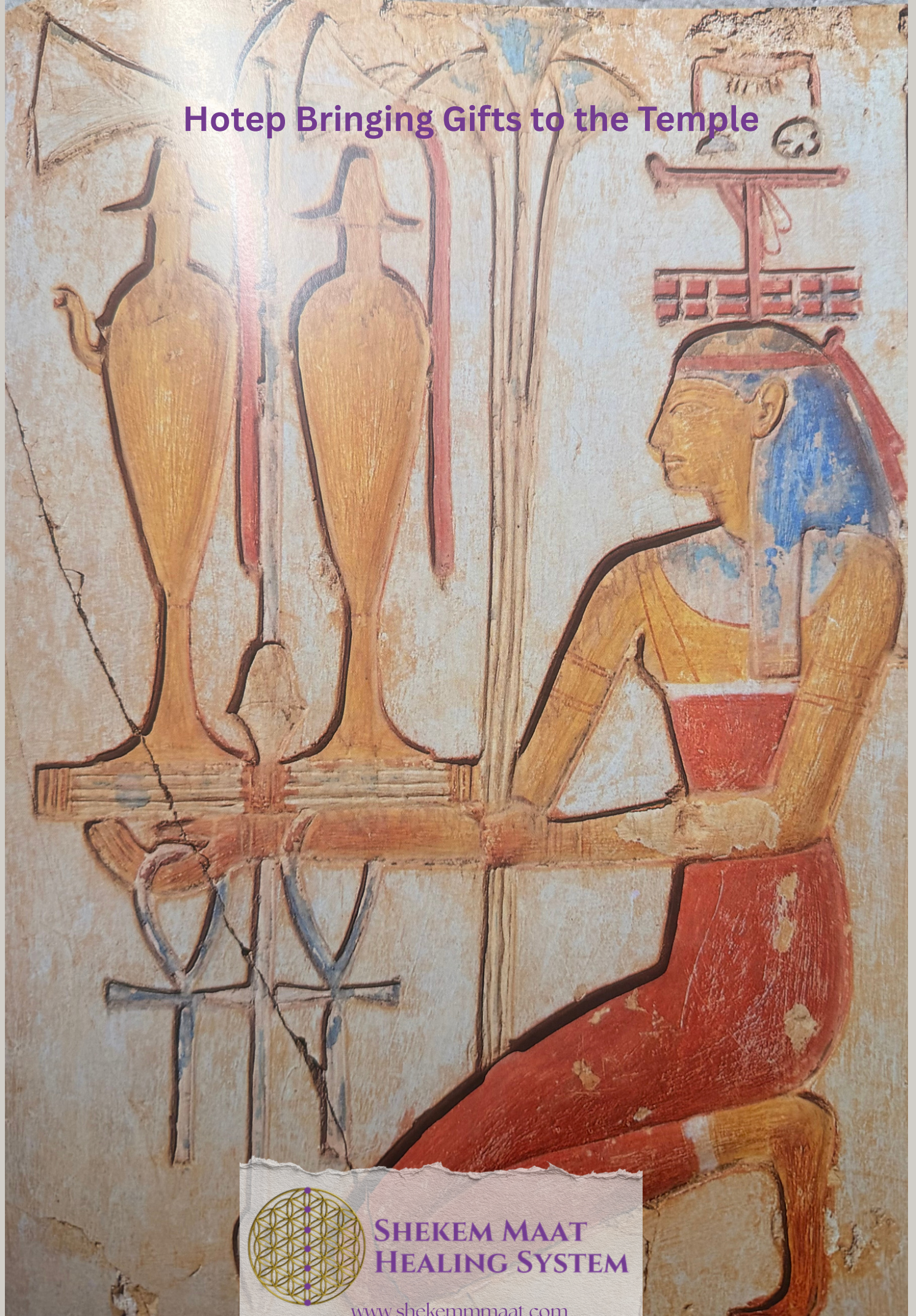
**Hotep** I offer you Peace.

**Dua Neteru** Thanks to the God/dess

**Ankh Udja Seneb** Life, Prosperity, Health

**Maat Ankhu Maat** Maat is the Source of all Life

## Hotep Bringing Gifts to the Temple



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