**Afrocentric School of Healing**

**Homework Assignment 1**

* Principles of Ma’at

Truth

This principle is about finding the truth from the pretend. It’s about questioning yourself and finding the truth about you being hungry or is your body just craving for more.

*For me this principle is easy because I just need to seek out the truth and embrace it.*

Justice

This principle is about questioning if my food is nutritional for my body and temple or the total opposite.

*The challenge for me is knowing that it’s no nutritional but still taking it in anyway.*

Righteous

This Principle of Ma’at is about finding higher quality of food for Creators Temple.

*We as a people tend to give others the best. So I would suggest that we think about it as serving the King or Queen nutritional food of high quality and have serve that to yourself.*

Harmony

This principle of Ma’at is about eating food that has what your body needs.

*To employ this principle I would need to find substitute for my daily snack that are healthy and supply my body with the nutrients it needs.*

Balance

This format of Ma’at is about eating food that maintains my biochemical balance.

*It’s interesting that foods that are nutritionally good for us, even people who knows that is good don’t want to take it. It’s not until they are about to die that they look this was.*

Order

This principle of Ma’at is about balancing nutrients intake.

*So even if I am having nutritious meals, there is still a balance of how much of what to take.*

Propriety

This Principle of Ma’at is about taking food that are adding to my wellness and helping to eliminate or decrease my intake of packaged, processed, synthetic foods, dead animal flesh, etc.

*This principle will be a little difficult for me because even though my Father is a vegetarian and we only prepare vegetarian meals; whenever I go out I would eat chicken even though I know what has. So in employing this principle I’ll have to start by freeing my mind.*

Compassion

This principle of Ma’at is about acknowledging and embracing the fact that my wellness adds to health of my race and serves Ma’at.

*In acknowledging this principle I’ll have to embrace the fact that I’m part of something bigger than myself and that my wellness adds to health of my race.*

Reciprocity

This principle of Ma’at is about giving to your body food that will in return give you a strong, healthy and fit temple.

*In employing this principle which concludes the Ma’at Principles of eating, I’ll eat food that is only benefiting me and my body physically, mentally and spiritually.*

* ASH as a liberating school

*The fact that ASH is freeing the minds of our younger generation of poisoning ourselves with fast and junk food, and with medicine and pills that just keep killing us; and teaching us the knowledge that our forefathers and mothers used to heal and feed themselves I believe makes ASH a liberating School.*

* Mother of ASH?

*Umayat Spiritual Education Circle for Self-Realization is the Mother of ASH.*

The core principles of ASH are employed from Africa centered principles and are as follows

* The Health Principles of MAAT
* Seven Principles of Kwanzaa:
  + Principle of Community Transformation;
  + Principle of Know Thy Self;
  + Principle of Sankofa;
  + Physician Heal Thy Self
  + Principle Self-Sufficiency;
  + Melanin Knowledge of Self-Actualization
  + The Principle of Truthful Knowledge having the Power to create

ASH Vision

*To create wellnesspreneurs with Afrocentric focus to create healing centers, health care products and health care industry*

ASH Mission

*To Groom the next generation of African-Centered healers in knowledge, So that we as Africans (Black People) can, like we used to be, be whole, strong, healthy, wise and self- sufficient as a people restoring health, wellness and wisdom among our families and community.*

*I am blessed that I was chosen to become a healer and I am honored that ASH as chosen me to be a student. Already the topics that I’ve come across have spoken deeply to me. So having said that I can’t wait to get started!*

Done By; Daniela McNish