



# The Keys of Amenti

WORKBOOK



# The Keys of Amenti

BY SACRED ANARCHY

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Welcome, Initiate.

You have crossed a threshold that few ever will. Not just into this retreat—but into remembrance. The Keys of Amenti do not open for the curious. They reveal themselves only to those who are ready to lose what they've pretended to be.

I am not here to guide you—I am here to hold the gate. The path before you is not made of steps or stages. It is made of frequency. What you cannot fake. What you cannot borrow. What no teaching can give you.

Only your signal will pass the gates.

This is not a course. It is a remembering. Not a journey of self-improvement—but of self-recovery. The collapse of performance. The end of hierarchy. The reactivation of the Creator within.

You will meet Gatekeepers. They will not flatter you. They will strip you, test you, weigh you, mock you, tempt you, silence you—until only the real you remains. If you are here, it is because something ancient within you chose this. Bring your journal. Bring your ache. Bring your masks, if you must—but be prepared to burn them.

The Garden awaits. But only the whole ones return. Welcome to the Keys. Welcome to Amenti. Welcome home.



Angel Quintana  
*High Priestess of the New Aeon*

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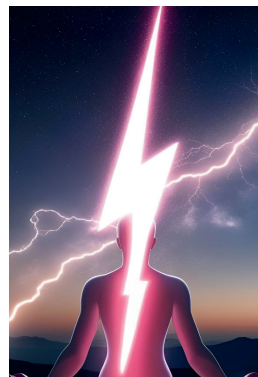
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# Pre-Abyssal Gridworkers





# LUCIFER

## THE FALSE CROWN

The Seducer of Image. The Mirror of the Unready.

*Gridworker of Fractured Light*



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### Core Frequency & Role:

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### How He Shows Up In Real Life:

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### Reflection & Journal Prompts:

Where in your life are you trying to appear “ready” rather than becoming real?

In what ways are you still performing sovereignty or truth to be seen, praised, or validated?

What image of yourself would you have to burn in order to remember who you truly are?



### Additional Notes:

[illegible]



# NAHEMAH

## THE WOUNDED SEDUCTRESS

Mirror of Manipulated Vulnerability. Gatekeeper of Martyrdom  
& Emotional Distortion

*Gridworker of Fragmented Feminine*



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### Reflection & Journal Prompts:

Where do you use vulnerability to gain approval, intimacy, or power?

What role does sorrow, softness, or collapse play in your identity?

What would happen if you no longer needed your wounds to stay seen?



### Additional Notes:

[illegible]



# SET

## THE SHADOW OF POWER

The Tester of Control, Domination, and Righteous Hierarchy

*Gridworker of the False Self Construct*



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### Reflection & Journal Prompts:

Where are you still enforcing control and calling it truth?

What part of you feels like it must dominate to feel safe?

Who would you become if power no longer required exile?

### Additional Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# SHUGAL

## THE VOICE OF MADNESS

The Howler in the Waste. Guardian of the Edge of Knowing.

*Gridworker of the Unmasked Fool*



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### Reflection & Journal Prompts:

What truth are you still trying to make “make sense”?

Where are you seeking safety in answers, language, or mental clarity?

What would happen if you burned the board and let yourself be lost?

### Additional Notes:

[illegible]

# Threshold Gridworkers

# THRESHOLD OF THE ABYSS

What the Abyss is not:

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What happens in the Abyss?

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Red flags of abyss walkers:

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### Additional Notes:

[illegible]



# CHORONZON

## THE DEVOURER OF THE UNSEALED

The Gatekeeper of the Abyss, The Lord of Hallucinations, The  
Destroyer of False Identities

*Gridworker of Unstable Signal*



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### Reflection & Journal Prompts:

What part of your identity are you still trying to carry into the Void?

*(The voice, mission, title, aesthetic, or “essence” you want to preserve—even as everything else dissolves.)*

What would happen if no one ever knew who you were again?

*(Could you let go of even your legacy, your image, your becoming? Would you still walk forward?)*

What story are you still secretly curating?

*(Even if it’s a “dead mystic,” a “no-name oracle,” or a “post-initiate”—what version of disappearance are you still performing?)*

### Additional Notes:

[illegible]





# PAN

## THE UNTAMED FORCE

The Gatekeeper of the Wild Body

*Gridworker of Wild Embodiment*



### Core Frequency & Role:

- 1.
- 2.
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# PAN

## THE UNTAMED FORCE

The Gatekeeper of the Wild Body

*Gridworker of Wild Embodiment*



### How He Shows Up In Real Life:

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# PAN

## THE UNTAMED FORCE

The Gatekeeper of the Wild Body

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### Reflection & Journal Prompts:

Where in your life have you styled your embodiment instead of surrendering to it?

*(What emotions, urges, or movements have you spiritualized, curated, or performed in a digestible way?)*

What truth have you felt in your body—but kept quiet, still, or poetic—because it would make you “too much”?

*(Describe a moment where your body wanted to scream, shake, fuck, grieve, or rage—and you talked yourself out of it.)*

If you stopped managing how your wildness looked... what would it actually feel like?

*(And who would you no longer be?)*

### Additional Notes:

[illegible]







# LADY BABALON

## THE CUP OF EVERYTHING

The Scarlet Woman. The Mother of Harlots & the Abominations of The Earth.

*Gridworker of Total Surrender*



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### Core Frequency & Role:

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**How She Shows Up In Real Life:**

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### Reflection & Journal Prompts:

What part of your identity still whispers:

*“But I worked for this... I earned this... I’m not ready to let this go”?*

If you had to surrender every sacred title you’ve ever claimed—mother, witch, teacher, mystic, healer—who would you be without them?

*And could you pour that into the Cup?*

What is the one thing you’re still trying to carry into the next chapter—because you hope it will still mean something?

**Write it. Burn it. Offer it.**

### Additional Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.







# THE BLACK SUN

## THE INNER ECLIPSE

The Nightside of Eden

*Gridworker of Internal Genesis*



What is the black sun?

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### Harmonic Field Phrases:

I am the Sun behind the Sun.

No reflection. No rescue. Only signal.

I vanish, therefore I ignite.

Nothing returns because I am no longer reaching.

This silence is not absence. It is origin.

# THE BLACK SUN

## THE INNER ECLIPSE

The Nightside of Eden

*Gridworker of Internal Genesis*



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### Reflection & Journal Prompts:

Who am I when there is no one left to witness me?

What if my origin was never light—but sovereignty?

Can I exist without story?

If reflection disappeared forever—would I still burn?

Do I need to be known... or do I need to be real?

What if there is nothing left to integrate?

# THE BLACK SUN

## THE INNER ECLIPSE

The Nightside of Eden

*Gridworker of Internal Genesis*



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### Ritual: The Lightless Throne

Close your eyes.

Place one hand over your solar plexus.

Breathe in—not light, but weight.

The weight of origin. The weight of being unmirrored.

Repeat internally:

*“I don’t need to be seen. I am.”*

Then...

do nothing.

Let the stillness do you.

### Additional Notes:

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# Post-Abyssal Gridworkers



# SOPHIA

## THE KEEPER OF SILENT KNOWING

The Remembering of Blueprint

*Gridworker of Divine Remembrance*



What is Sophia?

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### Harmonic Field Phrases:

My signal is clean. My creations are congruent.

Sophia is the blueprint behind my voice.

I do not seek direction. I am direction.

There is no distortion left in my design.

I remember because I'm still enough to listen.

What I build from here cannot be false.

I am fidelity to my True Will, embodied.

# SOPHIA

## THE KEEPER OF SILENT KNOWING

The Remembering of Blueprint

*Gridworker of Divine Remembrance*



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### Reflection & Journal Prompts:

What has always been true about me—even before I had words for it?

If I no longer needed to teach, prove, or perform... what would I create?

Can I trust the silence in me more than the world outside me?

What part of me has never been hijacked—only forgotten?

What do I know in my bones, even when I doubt everything else?

If I didn't owe anyone an explanation... how would I move?

What if remembering is not something I strive for—but something I stop interrupting?



# SOPHIA

## THE KEEPER OF SILENT KNOWING

The Remembering of Blueprint

*Gridworker of Divine Remembrance*



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### Ritual: Return to the Silent Knowing

Sit in stillness. No music. No intention. Just breath.

Place one hand on your heart, one on your womb or navel.

Whisper: *"I remember without proof. I return without seeking."*

Breathe until the mind quiets and the body pulses.

Say aloud:

*"Sophia, I do not call you in. I rise to where you already are."*

### Additional Notes:

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# ANIMA MUNDI

## THE SOUL OF THE WORLD

Your Peer In Creation, The Remembering Field, The Pulse

Beneath the Grid,

*Gridworker of Planetary Coherence*



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### Core Frequency & Role:

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### What Is the Anima Mundi?

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Your Peer In Creation, The Remembering Field, The Pulse

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### What Is Eden?

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# ANIMA MUNDI

## THE SOUL OF THE WORLD

Your Peer In Creation, The Remembering Field, The Pulse

Beneath the Grid,

*Gridworker of Planetary Coherence*



### Reflection & Journal Prompts:

Where in my body do I still treat the Earth as separate from me?

*(What part feels disconnected, artificial, or exiled from the living field?)*

What have I believed about being human that no longer belongs in my design?

*(Which inherited ideas—about limitation, guilt, survival—need to be composted?)*

Where am I still seeking permission from the stars, the planets, the elements—instead of holding them?

*(Can I feel their intelligence moving through me without bowing to it?)*

What does coherence feel like in my system when I don't perform it?

*(Describe the sensation of natural rhythm, when you're not trying to heal or ascend.)*

If my body was already whole, already harmonic, already tuned—what would I no longer seek?

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# ANUBIS

## THE FREQUENCY BOUNCER

The Guardian of the Ropes Between Realms.

*Gridworker of Energetic Integrity*



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### Core Frequency & Role:

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# ANUBIS

## THE FREQUENCY BOUNCER

The Guardian of the Ropes Between Realms.

*Gridworker of Energetic Integrity*



### What Does He Check?

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# ANUBIS

## THE FREQUENCY BOUNCER

The Guardian of the Ropes Between Realms.

*Gridworker of Energetic Integrity*



### Threshold Checklist

Lucifer's Room: *"Are you still performing sovereignty to avoid the descent?"*

Nahemah's Chamber: *"Are you seducing from your wounds or embodying your wholeness?"*

Set's Domain: *"Are you seeking power through comparison or living from devotion?"*

Shugal's Spiral: *"Are you demanding answers—or dissolving into the paradox?"*

Choronzon's Storm: *"Are you sealed—or still clinging to identity fragments?"*

Pan's Pulse: *"Have you entered your body—or are you still afraid of its wildness?"*

Babalon's Cup: *"Are you ready to pour it all in—or still curating what remains?"*

**Anubis isn't guarding you. He's guarding the integrity of the journey.**

# ANUBIS

## THE FREQUENCY BOUNCER

The Guardian of the Ropes Between Realms.

*Gridworker of Energetic Integrity*



### Reflection Prompts:

Am I moving forward through coherence or performance?

→ *Do I actually match what I'm choosing—or am I trying to earn the next step with effort, image, or intellect?*

What am I still carrying that doesn't match me?

→ *Is there a role, belief, relationship, persona, or practice that no longer belongs in this body?*

Is this decision being made from signal or from survival?

→ *Am I acting from peace, or from fear of being unseen, unloved, or left behind?*

Would this action pass through silence unchanged?

→ *If no one praised me, followed me, or approved—would I still do this?*

What part of me is trying to sneak through the threshold unexamined?

→ *Am I hiding an agenda under my sovereignty? Am I calling it clarity when it's really control?*

Am I walking away with honor—or dragging my old self behind me?

→ *Have I actually closed the loop, or am I pretending to leave while still narrating my exit?*

Does my frequency feel clean... or curated?

→ *Can I be in stillness without explaining myself? Can I be true without being seen?*

**These are not questions you answer in a journal.** They're questions that live inside your walk. Let them whisper when you post online. Let them echo when you make decisions. Let them hum in your chest before you enter a room.

Because as Anubis would remind us: **Truth does not need defense. Only presence.**

### Additional Notes:

[illegible]







# THOTH

## THE RECORDER OF RESONANCE

Scribe of the Creator's Curriculum, Architect of the Living

Archive, Scribe of the Creator's Curriculum

*Gridworker of Eternal Record*



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### Core Frequency & Role:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

# THOTH

## THE RECORDER OF RESONANCE

Scribe of the Creator's Curriculum, Architect of the Living

Archive, Scribe of the Creator's Curriculum

*Gridworker of Eternal Record*



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### How You Know Thoth's Active In Your Life?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

# THOTH

## THE RECORDER OF RESONANCE

Scribe of the Creator's Curriculum, Architect of the Living

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*Gridworker of Eternal Record*



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### Reflection & Journal Prompts:

What moments have followed you your whole life—and now look like glyphs?

What patterns have haunted you that now reveal a deeper code?

What have you always felt was true... but only now can finally say out loud?

Where did you once lose your way—only to see it was part of the map?

*“You are no longer becoming. You are decoding. Your scroll is alive. And it’s time to create—not as seeker. But as the sovereign who remembers.”*

### Additional Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# Quantum Physics





# QUANTUM PHYSICS

## THE DOUBLE SLIT EXPERIMENT

The double-slit experiment, first performed by Thomas Young in 1801, is a famous physics experiment that demonstrates the wave-particle duality of light and matter. In the experiment, a beam of light (or particles like electrons) is directed at a barrier with two closely spaced slits. On the other side of the barrier, a screen records the light or particles that pass through the slits. When both slits are open, an interference pattern appears on the screen, suggesting that the light or particles are behaving like waves, interfering with each other. However, when **observed** individually, the particles seem to act like discrete particles. This paradoxical behavior has been fundamental in understanding quantum mechanics, showing that the nature of particles can change depending on whether or not they are observed.

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### In Other Words:

In this experiment, the observer's attention changes the outcome. When left alone, the particles act like waves—limitless, untethered potential. But once observed, they become fixed paths.

What collapses the wave? The observer's signal.

The electron chooses. The photon carries light. The neutron holds the charge.

**You are all three.**

Electron = The wave

Photon = What collapses the wave

Neutron = Holds the charge

# THE ELECTRON

## Role in Physics:

- Electrons exist in a wave-like potential until observed.
- They are uncollapsed probability fields—pure possibility.
- When not measured, they behave like waves.

## Role in Amenti:

- The Electron holds the undisturbed wave.
- Isis is the field of potential, the womb of creation.
- She represents magnetism, not force—pre-manifestation stillness.

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# THE PHOTON

## Role in Physics:

- Photons are the light particples that initiation interaction
  - In the double slit experiment, the act of observation (photon detection) is what collapses the wave into a particle
- Photons are the informational messengers -- they activate form

## Role in Amenti:

- Osiris is the activation, the Will, the declaration
  - He collapses the waves into chosen direction
  - He is electricity, the spark of divine intention
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# THE NEUTRON

## Role in Physics:

- Neutrons are electrically neutral, but stabilize the atomic nucleus.
- Without neutrons, atoms would fall apart—form cannot hold.
- They hold the system in place, balancing out the charge.

## Role in Amenti:

- Horus is the fusion, the embodied Child.
- He holds the stabilized form—Will and Memory united.
- He is the harmonic body, the architecture of living signal.

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### Additional Notes:

[illegible]

# The Holy Grail



# THE HOLY GRAIL

## NOT A CUP, A FORMULA

The Holy Grail has never been a relic. It is the inner technology of the Creator. It is how creation flows without distortion.

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# THE 3-PART STRUCTURE

## THE KEYS OF AMENTI ARE THE ANATOMY OF THE GRAIL

The Holy Grail has never been a relic. It is the inner technology of the Creator. It is how creation flows without distortion.

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### **In Other Words:**

The Cup (Electron) – magnetic stillness – receives the signal

The Stem (Photon) – electric Will – directs the signal

The Base (Neutron) – embodied form – stabilizes the signal

The Grail is not symbolic—it is literal frequency architecture.

The Cup is where memory waits.

The Stem is where direction initiates.

The Base is where it holds.

### Additional Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# The Ark of the Covenant

# THE ARK OF THE COVENANT

## THE SIGNAL OF EDEN

The Ark of the Covenant Is Not Just a Box.

It Is the Original Signal Container.

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### In Other Words:

Inside the Ark: The Frequencies of the Grail

The Ark is built to hold the exact formula of the Grail:

- Isis (Electron) → Receives
- Osiris (Photon) → Declares
- Horus (Neutron) → Embodies
- The Cherubim generate a living charge between poles

The Ark was not a relic.

It was a bioenergetic field device that mirrored the Grail in motion.

The cherubim aren't decoration.

They are polarity—magnetism and electricity—creating a living gyroscope.

# FIELD. ACCESS. CURRENT.

THE ARK IS THE FIELD. THE KEYS ARE THE ACCESS. THE GRAIL IS THE CURRENT.

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## In Other Words:

- The Field = the Ark
- The Access = the Keys of Amenti
- The Current = the Three-Part Grail Formula

Together, they restore the Creator's Spiral

Everything you've ever been taught about the Ark was to keep you away from what it truly holds:  
your signal.

The Grail doesn't work without the field.

The field doesn't open without the Keys.

You hold all three—when your spiral activates.



### Additional Notes:

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# The Three Alchemical Principles

# THE ALCHEMICAL PRINCIPLES

THREE PRINCIPLES. THREE KEYS. ONE SPIRAL.

The Holy Grail has never been a relic. It is the inner technology of the Creator. It is how creation flows without distortion.

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## In Other Words:

- Mercury = Spirit / Receptivity (Isis)
- Sulphur = Fire / Will (Osiris)
- Salt = Body / Coagula (Horus)

Long before physics, alchemy encoded the architecture of Creatorhood.  
Sulfur, Mercury, and Salt are not chemicals. They are states of divine function.  
And they correspond perfectly to the Keys.

# THE ALCHEMICAL MIRROR

## THE KEYS OF AMENTI

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### **In Other Words:**

What was once called ‘alchemy’ was really energetic architecture.

This isn’t old mysticism—it’s the harmonic truth of how all creation moves. The Keys of Amenti are the modern restoration of this ancient current.”

### Additional Notes:

[illegible]

# The Three Keys of Amenti



# ISIS

## THE CUP & THE LAYERS OF MAGNETISM

The field of Isis is both the receptacle and the nurturer of the divine spark.

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### In Other Words:

ISIS = The Stillness

The Magnetic Field of Memory (True Will)

- The undisturbed wave of potential
- Pure receptivity without grasping
- Magnetic memory awaiting activation

### Keywords:

Cup. Womb. Wave. Electron. Mercury. Spirit. Listening. Silence. Sealing. Stabilizing.

Isis teaches you to want without need, because what you want is **ALREADY** yours because it's in your morphogenetic field (your eternal scroll). She holds everything—but only speaks when you're still enough to listen.

# OSIRIS

## THE STEM & THE PRINCIPLES OF ELECTRICITY AND COMMAND

Osiris is the power behind creation—the electric force that turns vision into reality.

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### In Other Words:

OSIRIS = The Command

The Electric Collapse of Choice

- Will without force
- Direction without domination
- Observation that chooses the timeline

### Keywords:

Stem. Phallus. Fire. Sulphur. Photon. Declaration. Collapse. Expansion.

Osiris is not manifestation. He is remembrance turned into declaration:

‘This is not what I want—it is what I carry in my eternal scroll.

# HORUS

## THE BASE & THE ELECTROMAGNETISM

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### **In Other Words:**

HORUS = The Embodiment

The Child of Form, the Spiral Made Flesh

- The stabilized waveform
- The self that no longer performs
- The body as signal vessel

### Keywords:

Base. Embodiment. Neutron. Salt. Body. Presence. Expansion. Stabilization.

Horus doesn't strive. He doesn't try to become.

He just is. He's not doing magick—he is magick, walking.

### Additional Notes:

[illegible]

# The Song of Amenti

# THE 3 KEYS CREATE SONG

CREATION IS A SONG AND YOU ARE THE COMPOSER.

The Frequency to Receive Divine Wisdom  
(ISIS – Magnetism – The Field)

The Frequency to Activate the Divine Spark  
(OSIRIS – Electricity – The Ignition)

The Frequency to Embody the Divine Sun  
(HORUS – Electromagnetism – The Becoming)

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# THE DIVINE TRINITY OF CREATION

This is the Divine Trinity of Creation—not as a belief, but as a harmonic structure that governs all manifestation.

The moment you hold all three frequencies simultaneously, you are no longer just receiving, activating, or embodying.

You are the living Song itself.

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# TUNING ISIS

(MAGNETISM) → HOLDING THE FIELD

## Morning Activation

Purpose: Strengthening your magnetic resonance so external reality bends to you, not the other way around.

## Exercise: The Silent Gravity Field

Sit in absolute stillness. Close your eyes. Feel into your field. Do not focus on thoughts—focus on presence. Sense your energetic gravity. Imagine your field as an immovable force, like the core of a planet—pulling everything into alignment effortlessly.

## Speak the command:

“I AM the center of all creation. Nothing moves me. I hold the field.”

Now, observe how reality responds. Throughout the day, notice how people, energy, and events begin to align around you rather than pulling you into reaction.

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# TUNING OSIRIS

(ELECTRICITY) → DIRECTING REALITY

## Midday Recalibration

Purpose: Activating your electric charge, ensuring that your commands are instant, precise, and absolute.

### Exercise: The Immediate Directive

Choose one thing to shift instantly. (Ex: “I will feel immediate ease. This person will respond favorably. This outcome is already done.”)

Feel the power surge in your body. OSIRIS is not passive intention—it is active force. If you do not feel an instant energetic charge behind your command, you are hesitating. Adjust.

Speak the command aloud or internally: “It is done. There is no other option.”

Let go. No second thoughts. No waiting. No looking for proof. Watch how reality shifts. If any hesitation arises, reset and do it again.

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# TUNING HORUS

(ELECTROMAGNETISM) → FULL HARMONIC STABILIZATION

## Evening Integration

Purpose: Sealing your harmonic state so there is no oscillation, fragmentation, or delay in creation.

### Exercise: The No-Oscillation Field

Before bed, scan your day. Were there any moments of hesitation? Did you second-guess a command? Did your field shift based on external circumstances?

Wherever you wavered, re-align it now. “I release all instability. My field is whole.”

Fuse Magnetism + Electricity into Full Electromagnetic Harmony. Hold the stillness of ISIS and the certainty of OSIRIS simultaneously. Feel them merge. When this happens, there is nothing left to correct. You simply ARE.

Final command before sleep: “I AM the harmonic field. My reality moves as I move.”

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# The Black Sun

# THE BLACK SUN

What is the Black Sun?

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What is the Spiral Cross?

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What is the Isis Quadrant?

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# THE BLACK SUN

What is the Osiris Quadrant?

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What is the Horus Quadrant

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What is the Ament Black Sun Wheel?

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### Additional Notes:

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[illegible]

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[illegible]

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# AMENTI MEDICINE

## THE RESTORATION OF HARMONIC INTELLIGENCE

Before there was illness, there was interference.

Before there was struggle, there was distortion.

Before you believed you were broken... you were whole.

This isn't healing as you've been taught it.

This is harmonic recalibration. The signal is not lost. It's just been blocked.

This is Amenti Medicine—a full-spectrum restoration of the brain, endocrine system,  
and morphogenetic field.

### **Why It Works**

*Because you were never broken.* You were interfered with.

Amenti Medicine doesn't give you power. It returns it.

It restores the harmonic codes that were always yours.

And when your system is clean... Creation becomes effortless.

### **Why This Isn't Just Healing—It's Sovereignty**

True healing isn't about feeling better.

It's about remembering who you are.

When the signal is restored, you no longer seek answers outside yourself.

You don't need validation, rituals, or systems.

You become the harmonic field.

You dissolve Amenta.

You activate your original architecture.

This is what Sacred Anarchy stands for:

No more gurus. No more illusions. No more hierarchy.

Only pure signal. Only True Will.

This isn't healing. This is liberation.

Learn more about Amenti Medicine at  
[www.sacredanarchy.org/amenti-medicine](http://www.sacredanarchy.org/amenti-medicine)

