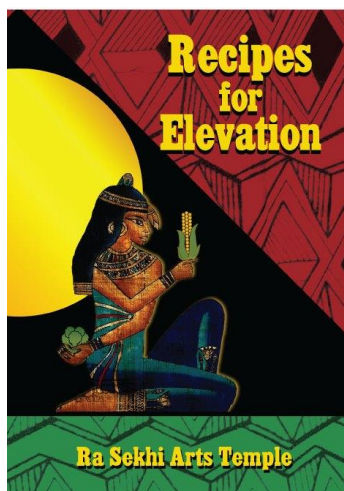


Chapter Member Mut Shat Shemsut Co-Authors *Recipes for Elevation* with Members of the Ra Sekhi Arts Temple



What role does food play in spiritual elevation?

From Ra Sekhi Arts Temple practitioners and masters of Kemetic reiki comes a unique book of vegetarian, vegan and raw food recipes blended with instructions for herbal remedies and spiritual baths. Whether already enjoying a plant and fruit based lifestyle or just beginning one, readers will find this book relevant, assessable, and very helpful. Descriptions and explanations are given as to why alkaline food consumption is good for us. The authors identify foods of high and low vibration, as well as extol the benefits of fasting. The authors contend that a healthy diet is a pathway leading to optimal wellness—that creates favorable conditions for attaining spiritual

enlightenment and elevation.

Authored by Ra Sekhi Arts Temple, by Mut Kajara Nia Yaa Nebthet, by Aura Agape, by Qamarah Muhammad El Shamesh, by Aqseshsha Asu-at, by Tabia Khet Ra Maat, by Nova Kafele, by Mut Shat Shemsut and with cover art by Itiyopiya Ewart

About Mut Shat Shemsut/Gianprem

Mut Shat Shemsut/Gianprem is a Level 2 practitioner of Ra Sekhi Kemetic Reiki, having studied with Master Teacher Rekhit Kajara Assata Nebthet in Oakland, California. She is also a certified Kundalini Yoga teacher. Mut Shat gives her clients the benefit of both transforming modalities, assigning personalized Kundalini Yoga meditations to address individual needs as determined by the Kemetic reiki sessions. She sees clients at her Bronx location, *In Light Yoga and Health*.



Recipes for Elevation

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