



Rayay-tat Zamut

This Is a Nuwaubians Holy Day

The Morning of Rayay-tat

The sun is Mother Goddess. The source of life on daughter Earth; and the Moon, its feminine body rhythms, four seasons and three stages of a female's life:

1. Menstruation 2. Ovulation 3. Menopause

As Mother Goddess she rises with the morning Sun on this day. She bathes and puts on her Goddess garment. If daughters are of age, puberty, she follows her mother's actions. They go before the Domicile's Altar, a picture of The Lamb is there alongside pictures of family, mostly of the Mother's side, from the past four generations as she is the carrier of the Mitochondrial DNA; as well as pictures of newly passed family members or loved ones.

Clean the altar, light the candles and scent the area.

Fill three small cups: 1. Water 2. Honey 3. Grape Juice.

If you have flowers, refresh them. While before standing your altar with hands shading your eyes, take three breaths in through the nostrils and hold count for a count of nine and slowly breathe out through the mouth.

With respect, you greet each relative by name, asking them to protect this house and all those who dwell within it or are visiting, from evil or shadow beings and say personal prayers. There is no East nor West on a flying orb, such as this planet Earth. There is no heavenly point above or hell below. The planet is not on any foundation. It's flying in open space. Gods and Goddesses never prostrate their faces to the ground, grass, smelly rugs or any floor. You never prostrate as a deity. You are to whom all others, unknowingly are prostrating.



How to set up an altar

Place a table or altar somewhere of your choosing and cover it with a white cloth and set a white candle on it.

You can adorn it with other things that belonged to your ancestors or relatives, their favorite things, such as a favorite flower or plant, a scent or an item that has meaning between the two of you as well.

Smudge the area with white sage to remove negative energy, frankincense and myrrh are anti-microbial and anti-fungal yet, do not overdo it.

Once you are ready to communicate with a relative, you communicate one at a time. Lay all the other pictures down of the other relatives and focus on the one with whom you wish to communicate.

Sit down and talk to her or him, as if they are still here speaking. Tell them your problems or what you need help with and turn it over to her or him.

Watch for the signs that they are working in your life.

How to keep unwanted spirits from entering your home:

- (1) place a mirror in your home facing outward towards a window. Spirits cannot enter because of the reflection outward.
- (2) Spirits cannot cross over salt water. Place salt around your door openings and spirits will not be able to enter.
- (3) Also, burning sage weakens them.

Be careful when you call on your relatives because all other disembodied spirits are listening and can answer or take on the form of your relatives; however, they will appear different, perhaps disfigured. You must be very specific. What you must do is call on the eldest ancestor of your altar first and ask them to protect their descendants so that the disembodied spirits cannot come through, then you may proceed forward.



Waking Moment

1. In the morning the **Neshamah** in the **Ruakh** “*awakes first*”.
2. Followed by the **Nafash** “*spirit self.*”
3. Followed by the **Basar** “*flesh body*”

And you must make it clear only those I speak of are welcome here.

You don't turn your back to your altar; you take three steps backward before you turn to depart. With each step you release them with **Āashuq, Āashuq, Āashuq.**

Say your morning **Taful** “*Prayer*” before your **Mazabakh** “*Altar*”,
once finished you must close the session until next time.

She begins her day in this manner and after she goes about her chores before going
to **Baa-Mahkal** “*The Temple*” or **Baa-Maṣḡad** “*The Place of Worship*”

On the altar can be the 3 prong candelabrum for 3 candles, beneath or below are
the three cups of water, honey and grape juice.