



**Sekhmet**

## **Sekhmet – Obra Obosom (Menstruation Goddess)**

**Ofa a eto so Abien  
(Part 2)**

***A Re-Joinder***

by

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We have received a number of responses to our article on **Sekhmet** and Her role in Creation, inclusive of governing the menstruation function. **Obra**, *the menses*, is also referred to in Akan culture as **asekyima**, *menstruation*. This re-joinder was originally posted on a discussion forum. It was in response to a sista who posted, among other things, that “mother nature” does not support the process of menstruation. This re-joinder is a slightly modified version of the original post.

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“...You mentioned mother nature in your post. We posted the picture and information about **Sekhmet** because She is a major Divine Force of **Mother Nature**. A proper understanding of **Nature** includes the multifaceted functions of the **Afuraitkaitnit** (African) woman's **ova** (eggs). By the time an **Afuraitkaitnit** female reaches puberty, she has over **400,000** ova. Only about **460** or less will be released through the menstrual cycle as "mature" ova before menopause. **What are the other 400,000 ova for?**

The fertilized ovum that formed your body when you were conceived had the power to **attract** and **fix** your spirit. Your spirit therefore remained in your mother's womb for nearly 40 weeks until you were born. Your body (full-grown fertilized ovum) is a miniature-Earth and has the power to hold your spirit until it is time for you to make your transition decades from now. The other 400,000 ova are no different.

**You have hundreds of thousands of Afurakani/Afuraitkaitnit (African) Ancestresses and Ancestors, and Their Spirits are connected to your ova. These ova have the power to attract and fix the Spirits of your Ancestresses and Ancestors. This is why and how your Ancestresses and Ancestors dwell with you wherever you go.** Some of those 400,000 ova (in follicles) are released during the menstrual discharge. [As many as 1,000 or more]

**This means that during that sacred time, whenever you are on your “cycle”, you birth many Ancestresses and Ancestors into the world.**

The **mogya** (blood) release, once returned to **Asaase Afua** (Earth Mother), renews your connection to Her during this time. The *mogya*, when ritually given to **Asaase**, creates a direct channel of **tumi** (power) from you to **Asaase** and from **Asaase** to you. It renews/replenishes the balance you have with Her. Moreover, because the waters of **Asaase** are influenced by the **Bosom** (the Moon) the waters of your asaase (your body/your mini-Earth) are influenced by the **Bosom** (Moon), hence affecting/calibrating your cycle.

**Asekyima (menstruation) also allows you to birth Ancestral Spirits into your auric orbit.**

Thus, some of Them will assist you and your family members spiritually, health-wise, etc. They also provide **protection**, repelling negative/inimical spirits, thoughts, habits, obsessions/compulsions, etc.

**Asekyima (menstruation) makes you a channel to birth some of your Ancestral Spirits to dwell as protective Spirits of your domicile.**

I.e., instead of Them remaining connected to your aura to walk with you daily, Some are released by you so that They can be reconnected (after ritual disposal of the *mogya*/blood) to **Asaase Afua**. The Earth Mother now becomes Their "body". They become protective Spirits of that part of/region of Earth where you dwell (your home).

**As all of the sistas in the village who are of age engage in the process, you all participate in bringing-forth/birthing protective Ancestral Spirits that cleanse, maintain the spiritual integrity of, the entire akuraa (village) and oman (nation).**

Thus, within every month of your menstrual cycle you either birth an Ancestral Spirit into the world physically---you have a baby---or you birth Ancestral Spirits into the world spiritually---you bring some of your **Nananom Nsamanfo** (Honorable Ancestresses and Ancestors) into either your personal sphere of activity for protection, rejuvenation (spiritually), healing and guidance or your communal sphere of activity for protection, rejuvenation (socially), healing and guidance.

Those 400,000 ova inside of you are Ancestral Shrines. They are powerhouses. (This is another dimension of the function of **asekyima**).

**If you cut off the process of menstrual flow, you truncate the spiritual birthing of numerous Nsamanfo (Ancestresses and Ancestors) Who by Nature – guided by Sekhmet – are brought forth to protect, guide and heal our community.**

The whites and their offspring (including asians) will never give you the proper perspective on Who and what Mother Nature is and the Divinity of **asekyima** (menstruation). They only desire for us to cut off our power and keep us in spiritual disarray and hence spiritual enslavement.

These are only a few reasons why **asekyima** is sacred, necessary and natural. The subject is vast. There is much more to it than can be gone into here.

When you invoke **Sekhmet**, She will fill you in...”

**..SANKOFA..**

*The article-series: **MMARA NE KYI, Divine Law and Divine Hate** can be found in our:*

**AFURAKA.:AFURAITKAIT NANASOM NHOMA**  
**Afurakani/Afuraitkaitnit (African) Ancestral Religion Journal**  
[www.odwirafo.com/nanasom.html](http://www.odwirafo.com/nanasom.html)

*See also: **Sekhmet – Obrabosom**, (Parts 1-3): [www.odwirafo.com/nhwehwemupage.html](http://www.odwirafo.com/nhwehwemupage.html)*

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