



**Sekhmet**

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

### **Ofa a edi Kan (Part 1)**

by

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There is a great deal of misinformation circulating in the **Afurakani/Afuraitkaitnit** (African~Black) community about the nature of menstruation (referred to in **Akan** as **obra** --*the menses*).

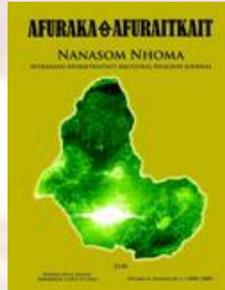
Decades ago, some of the white lesbian "new-age" pseudo-spiritualists put forward the false proposition that "menstruation is not normal", "it is a sign of disease". Many in the Afurakani/Afuraitkaitnit community who began to look into holistic or "alternative" health gathered this misinformation, unwittingly internalized it and later propagated it. Some went even further to promote the idea that in ancient **Afuraka/Afuraitkait** (Africa) Black women didn't menstruate. **This is absolutely inaccurate.**

All sistas are not the same and their bodies may manifest functions slightly at variance with other sistas, however **obra** (menses), in general, is natural for **Afuraitkaitnut** (African Women) in the fullest sense of the term. Indeed, it is a connection to the **Divine** operating within Nature.

The **Obosom** (Goddess) **Sekhmet** pictured above from a mural in **Kamit** (Egypt) is a Divine Spirit-Force in Creation Who participates in the enforcement of Divine Order. She also governs obra/menstruation. Moreover, She governs plagues/epidemics as well as their alleviation/cures.

We have addressed these functions of **Sekhmet** in the context of the 4th part of our article-series entitled: **MMARA NE KYI, Divine Law and Divine Hate, Ofa a eto so Nan (Part 4)**

The link to part 4 which includes information about **Sekhmet** and Her connection to menstruation can be found here:



<http://www.odwirafo.com/MMARA-NE-KYI Article Nan Nhomawaa.pdf>

**Obra**/menstruation is not only natural...there is an **Obosom**/Goddess in **Nature** Who governs this Divine release of life-blood. **Sekhmet**, by the way, infuses Her Divine Energy in the **mogya** (blood) of **Afuraitkaitnit** (African) Women only.

[It is always important to note that the **Abosom/Orisha/Vodou/Arusi** (Deities) only work with/through **Afurakanu/Afuraitkaitnut** (Africans~Black People)].

We should also note that **Sekhmet** is spelled with the consonants **s-kh-m-t** in the **metutu** (hieroglyphics) of Kamit. This is why some Afurakani/Afuraitkaitnit ethnic groups pronounce the name **Sekhmet, Sechemet, Sechimat, Sakhmat**, etc.

The **Sakhmat** or **Sakhmata** pronunciation became **Sakpata** and **Sagbata** in the languages of the **Fon** and **Ewe**.

In the culture of the Fon and Ewe people, the **Vodou** (the Divinities), **Da Zodzi** and **Nyohwe Ananu** are the Male and Female Twin-Divinities birthed by **Mawu-Lisa** (The Mother and Father Supreme Being) to govern Earth.

These Two Vodou, **Da Zodzi** and **Nyohwe Ananu**, are called the **Sagbata (Sakpata)** Twins.

Those who know of **Sakpata** know that this Divine Spirit-Force governs plagues and epidemics and their alleviation/cures...among other things. The male **Sakpata** Twin is called **Obaluaiye (Babaluaiye)** in **Yoruba** and **Oboade** in **Akan**.

In Kamit this male **Ntoro** (Neter/Divinity) is called **Ptah**, the Husband of **Sekhmet**. [Research the story of how **Ptah** released a **plague** of rodents to destroy the shields (the immunity) of the assyrian army in order to help the **Kamau** win the battle of Pelusium.]

A question has been posed:

Can an **obaa**, an **Afuraitkaitnit** (African) woman, alter her diet and stop monthly bleeding?

Of course she can. She can also alter her diet and develop high blood pressure.

**Just because you can affect your bodily processes through changing diet and behavior doesn't mean that you should.**[Perspiration is natural. However, some individuals opt to use anti-perspirants for convenience---unwittingly trapping toxins inside the body.]

**It is important to understand that you should only alter your diet and behavior in order to align yourself and/or realign yourself with Divine Order.**

With regard to **obra**/menstruation, certainly, excessive bleeding is unnatural. However, for those who want to truly know the Divine nature of **obra** (the menses) you should invoke **Sekhmet/Nyohwe Ananu** and **ask Her**---as well as your **Nananom Nsamanfo (Egungun/Kuvito/Mmuo**--Spiritually Cultivated Ancestresses and Ancestors). The monthly release is directly related to your connection to **Asaase Afua** (Earth Mother) and the Ancestresses and Ancestors of your **matricirculage** (matrilineal blood-circle) Who must return through you.

Many **Afuraitkaitnut** (African Women) have done this. They have invoked **Sekhmet (Nyohwe Ananu)** and have discovered the truth for themselves.

**We cannot hold our spirituality hostage to white pseudo-spiritualist rationalizations being unwittingly propagated by well-meaning but misinformed members of our own community.** (There are also those who are informed, but seek to prey on ignorance in order to seduce Afuraitkaitnit women into a pseudo-religious cult by mesmerizing them with "deep" misinformation.)

Please read the excerpted article cited above and do further independent research—**intellectual and ritual (invocatory).**

**..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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