





#### FOREWORD

Kemet, of all ancient cultures, is most closely identified with the beginning of organized human knowledge. It is fitting that Dr. Freya Rivers should write a book, *KMT Our African Heritage*, that emphasizes the principle facts of Kemetic society. To the teacher and young scholar, these principles are the key elements in any examination of our cultural heritage. Without Kemet, the study of African heritage is like water without oxygen or a computer without silicon chips.

What is the connection between contemporary Africa and Ancient Kemet? Almost all of the cultural traits that remain African are related to some original principle or concept from Kemet. This does not mean that we have not been changed by the numerous interactions we have had with other cultures. However, we have changed other cultures. Yet what remains African in the African American and African Caribbean or Continental African is the enduring values that we hold today. Whether we speak of our love of children, our commitment to protect the sacred earth, our sense of courtesy and respect for the elders, our understanding of the interconnectedness of the universe, our recognition of the values of MAAT, our appreciation for those who cultivate the earth, our gift for ceremony and ritual, or our attempt to understand the intricacies and puzzles of the universe, we are talking about values that were first developed by our ancestors in Kemet. So the connection between the ancient Kemetic people and us is first of all cultural. Moreover, we can see the physical connection by looking at the pictures of the ancient people. They look like people in the African family because they are in that family. We now know that the genetic material of Africans is found all over the world and we know that we are descendants of Africans. Therefore, in that sense we are the children of the Nile Valley people of Kemet.

We are not of the Kemetic nationality ourselves, but we are the inheritors of a cultural tradition that was disseminated, that is, spread from the Nile Valley to the rest of the African world. Indeed, that tradition has affected the entire earth. The Japanese are not Chinese but they are the inheritors of values that were disseminated from China. In the same way the British are not the ancient Greeks but they believe they share many ideas that were first developed among the Greeks. In the same way, we are the inheritors of the rich cultural tradition of the ancient Kemetic civilization.

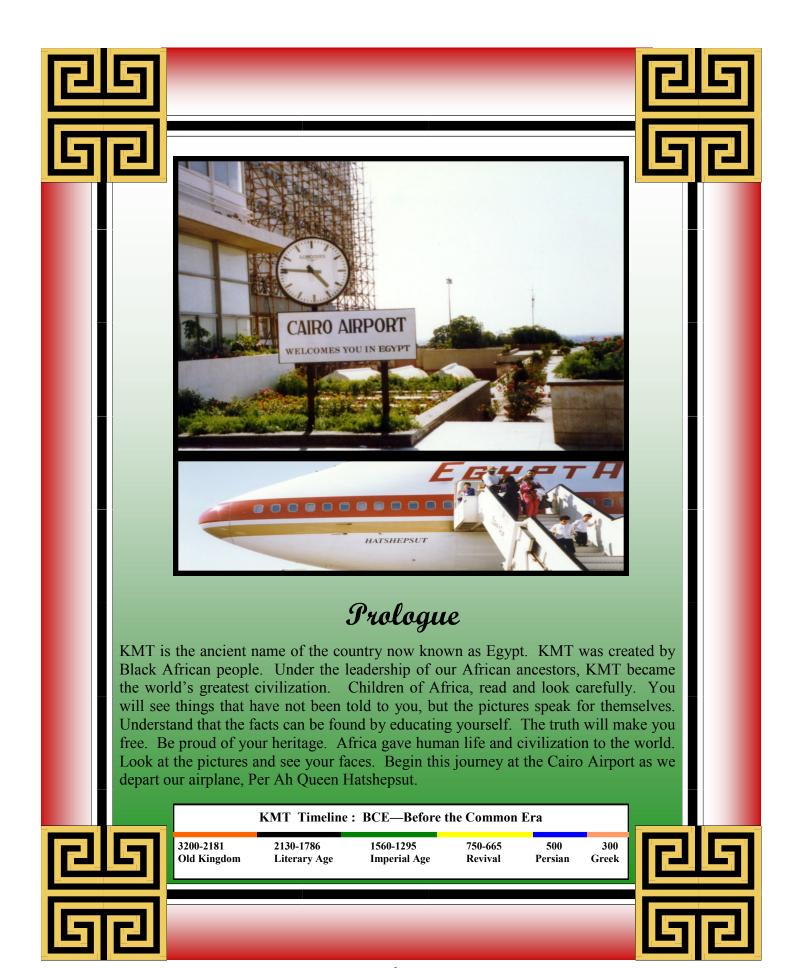
To say *KMT Our African Heritage* is a gift of love to African American students and teachers is rather anemic when in fact it is like a gift of life. When a tired swimmer has found a buoy or a boat or a tired runner has come upon someone with a glass of water, there is hope and gratitude but also a sense of the possible. So here we have it in as much graphic detail and color as the ancient culture itself, *KMT Our African Heritage*. All of the so-called mystery and magic of our cultural heritage is condensed into some concrete facts for the student and teacher. I applaud the work and contribution of Dr. Freya A. Rivers, whose life is a contribution to MAAT.

Molefi Kete Asante



KMT Timeline: BCE—Before the Common Era								
3200-2181 Old Kingdom	2130-1786 Literary Age	1560-1295 Imperial Age	750-665 Revival	500 Persian	300 Greek			









#### Hapi, The Nile River

Know that you are descendents of great Kings and Queens called Per Ahs (Pharaohs). The greatest ones were the Black Per Ahs who were from the south of KMT. Leaving the east coast of Africa where homo sapiens began, civilization flowed North following Hapi. This river is the longest river in the world and the civilization of KMT depended upon it for survival.

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## Ausar's Grave

No one really knows who, why or when Ausar's grave was built, but it is found at the back of the Temple of Abdu. It is a most holy place. It is thought to be the burial site of Ausar. As early as the IVth dynasty, people made pilgrimages to Abdu to visit the tomb of Ausar. The pilgrimage lasted from January 23rd through the 30th. A tragic play re-enacting the life, death and resurrection of Ausar took place each year. This play is the first known drama.

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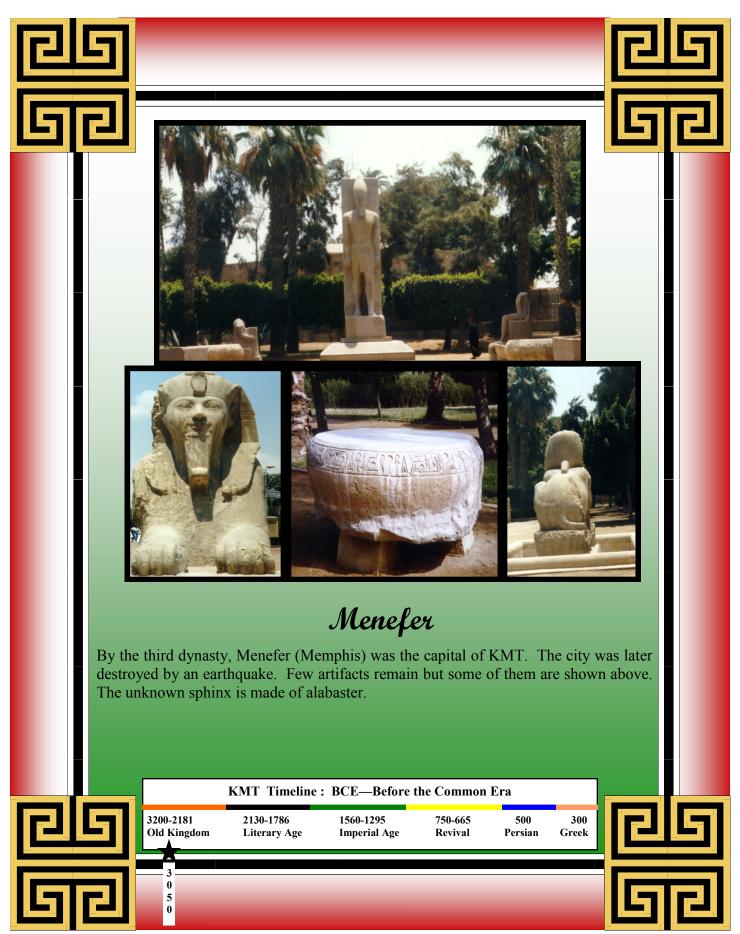
# Judgment Scene

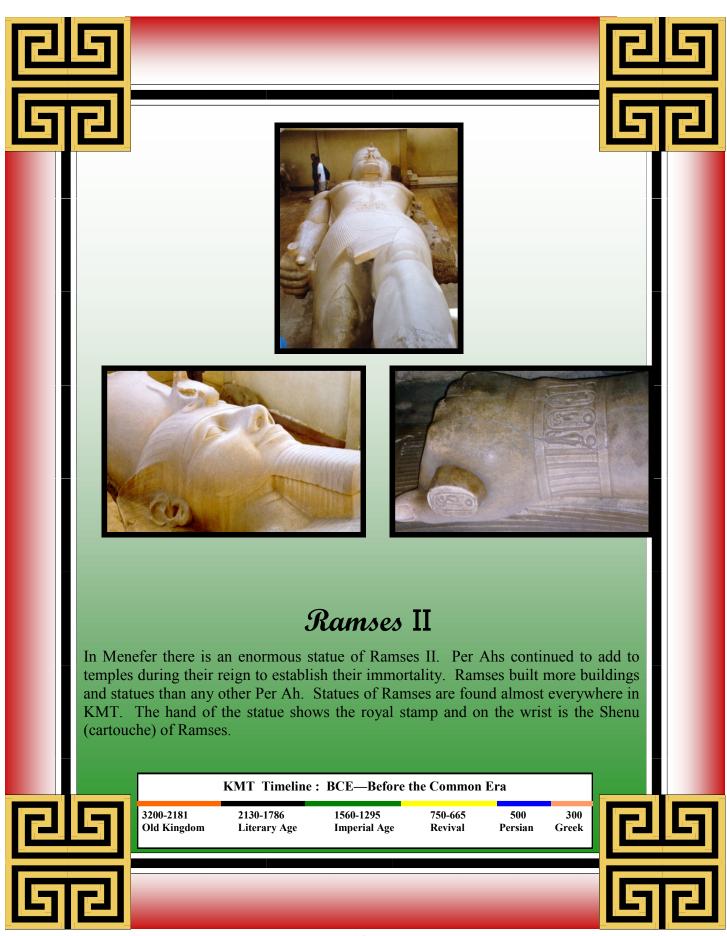
Another significant goddess was MAAT. She represented the principles of truth, justice, righteousness, order, balance, harmony and reciprocity. For humans to transcend their mortal life, at death, one's heart was weighed on the balance scale against the feather of MAAT (see red arrows). There were forty-two declarations of innocence required before being admitted into the chamber of Ausar, the god of eternal life.

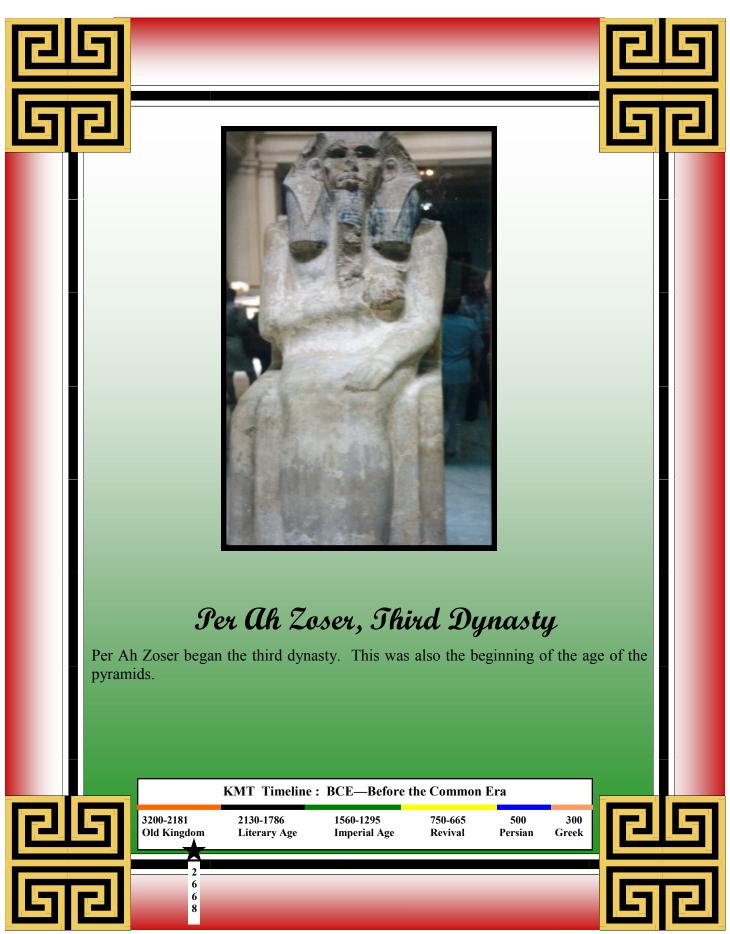
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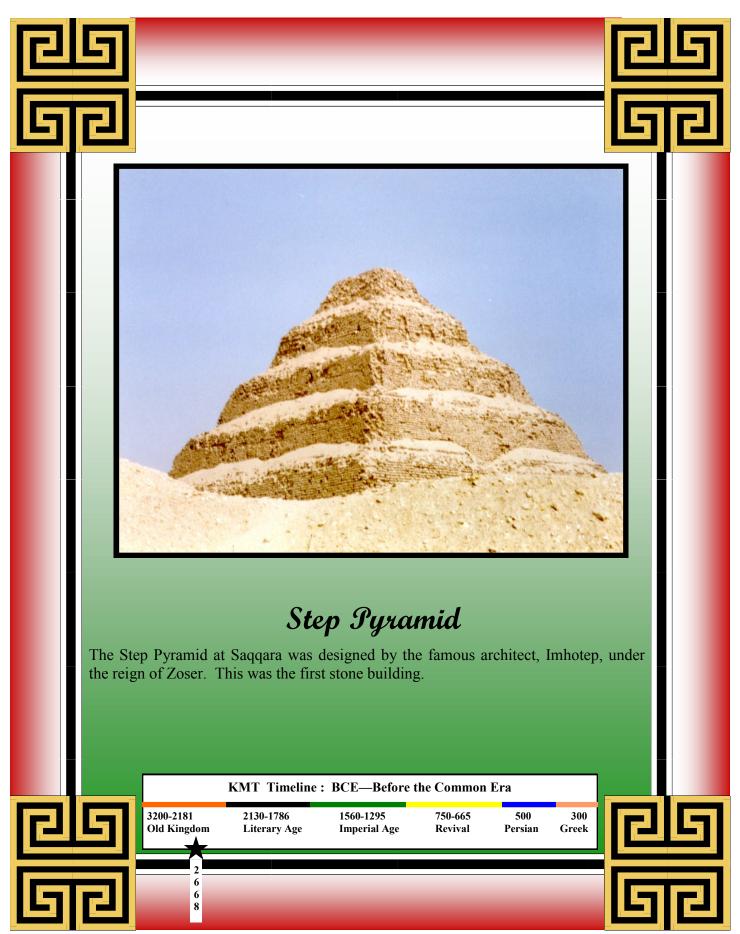


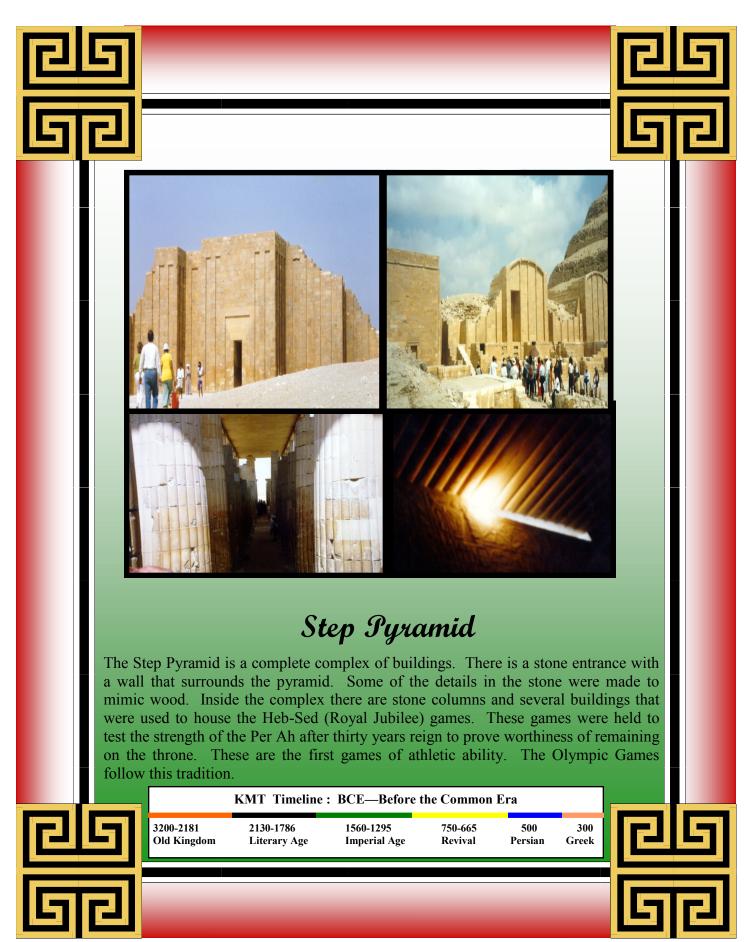


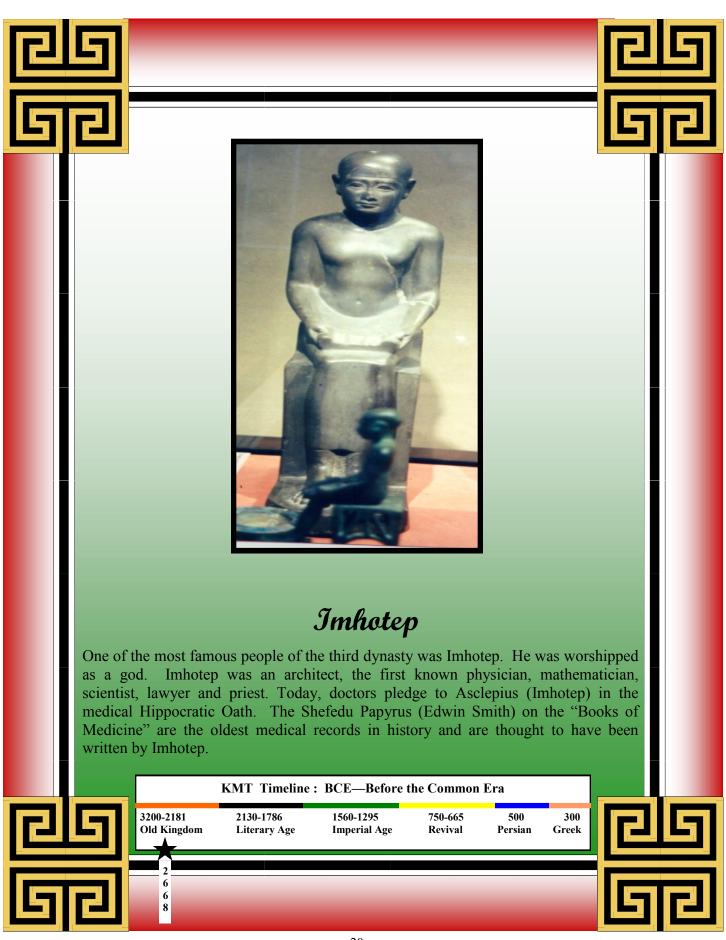














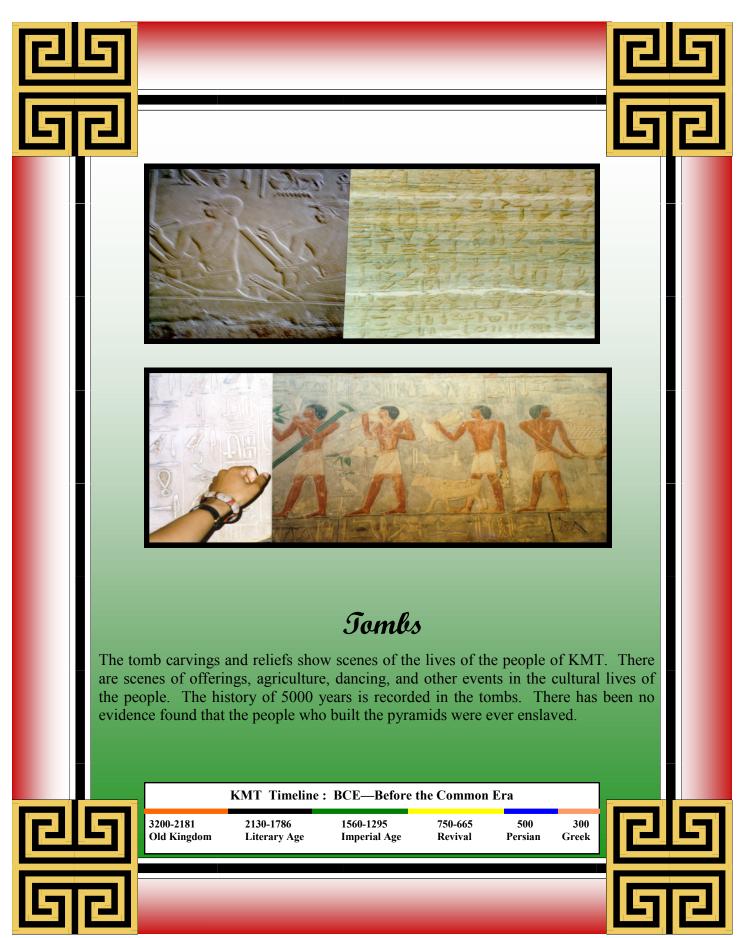
## **Pyramid of Unas**

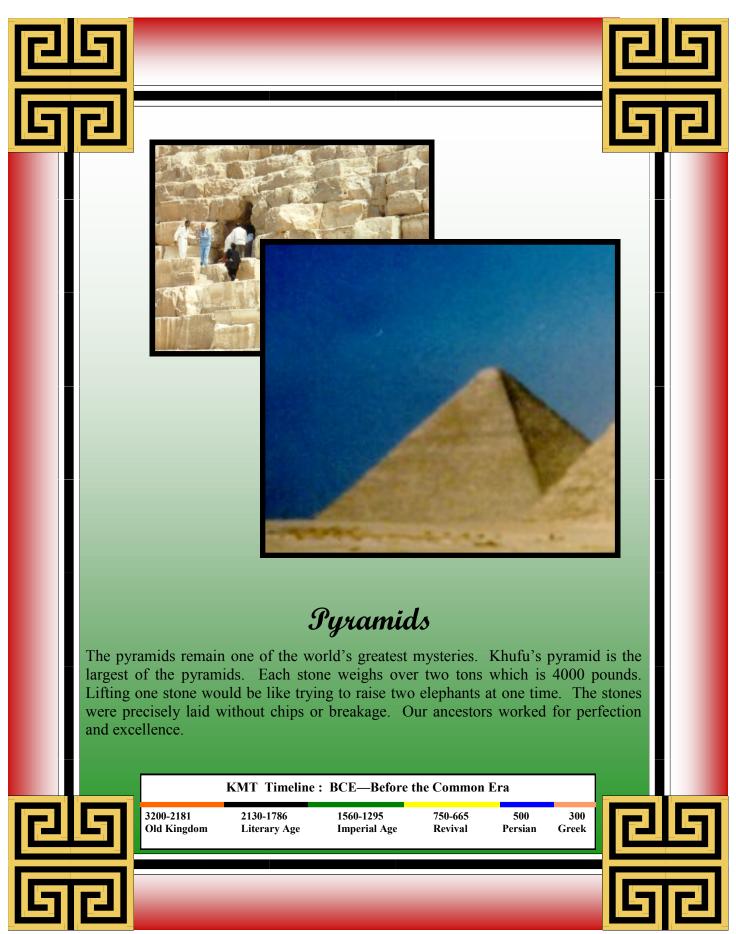
PYRAMID OF UNAS

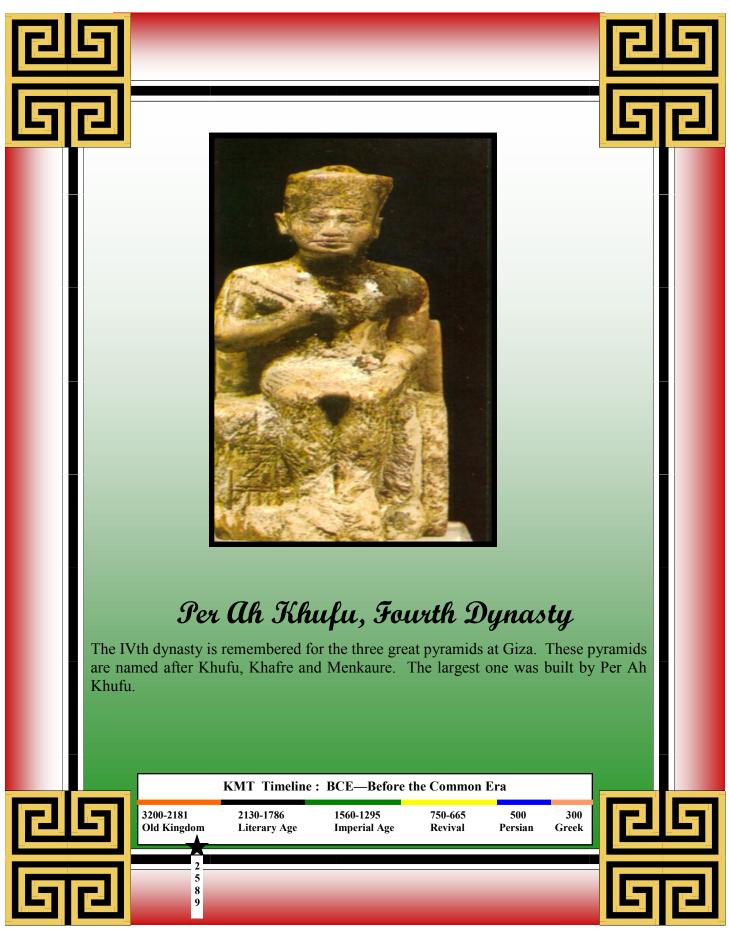
Next to the Step Pyramid are smaller pyramids. These pyramids contain writings that are more than 4000 years old which indicate that we did much more than build pyramids. The oldest writings in the world are in KMT. The writing is called Mdu Ntr (hieroglyphs). The writings in the Pyramid of Unas are named the Pyramid Texts that describe the offerings and prayers necessary for survival in the afterlife. These have come to be known as "Pert Em Hru" ("The Book of the Coming Forth by Day").

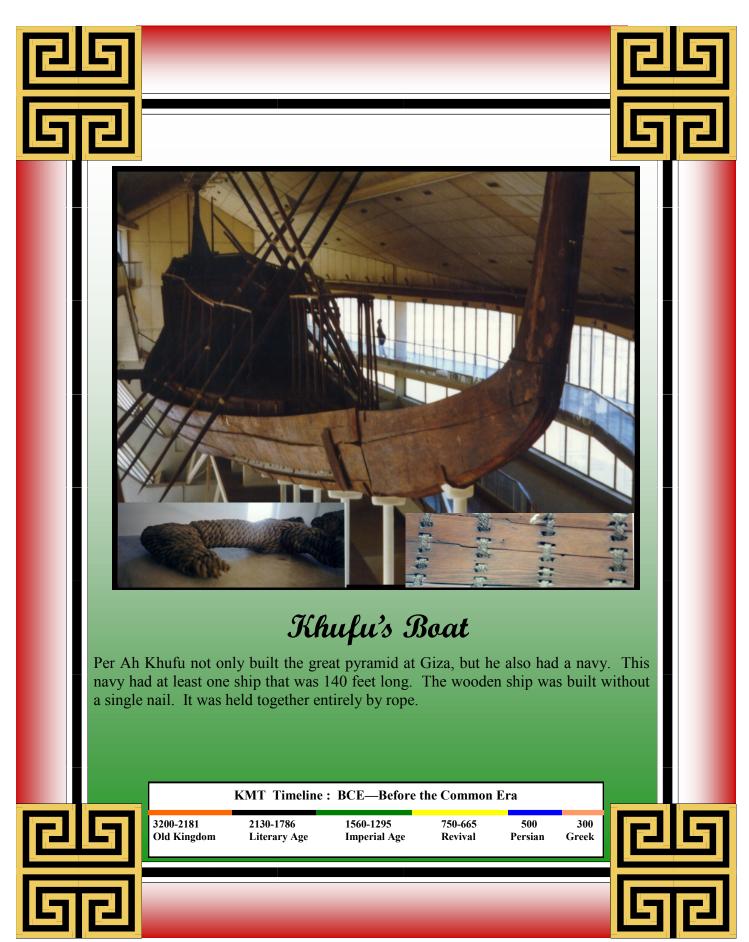
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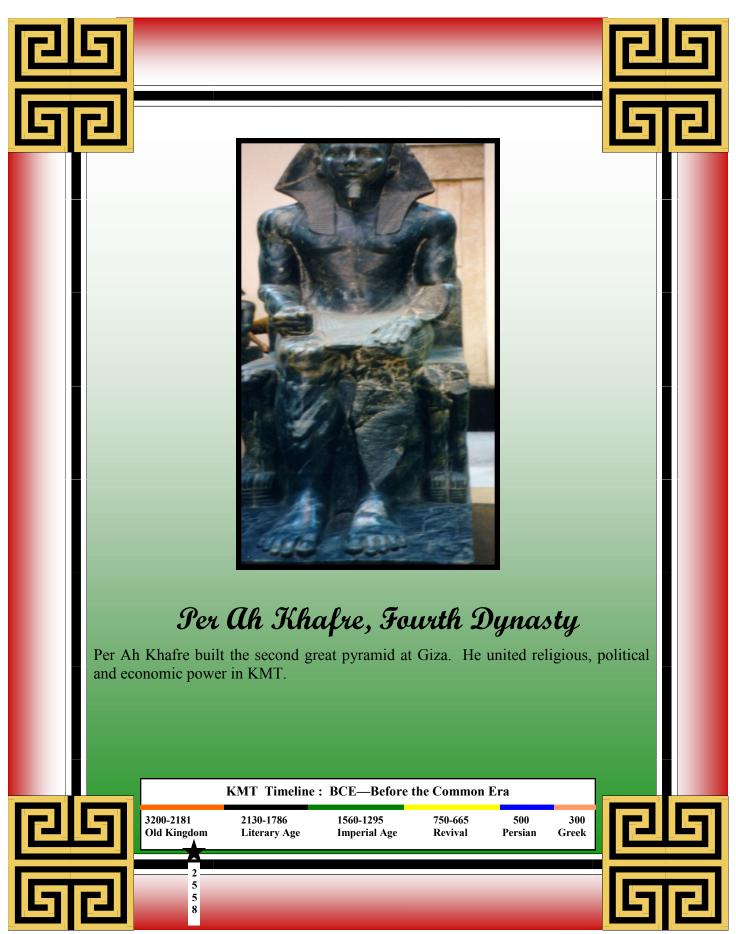


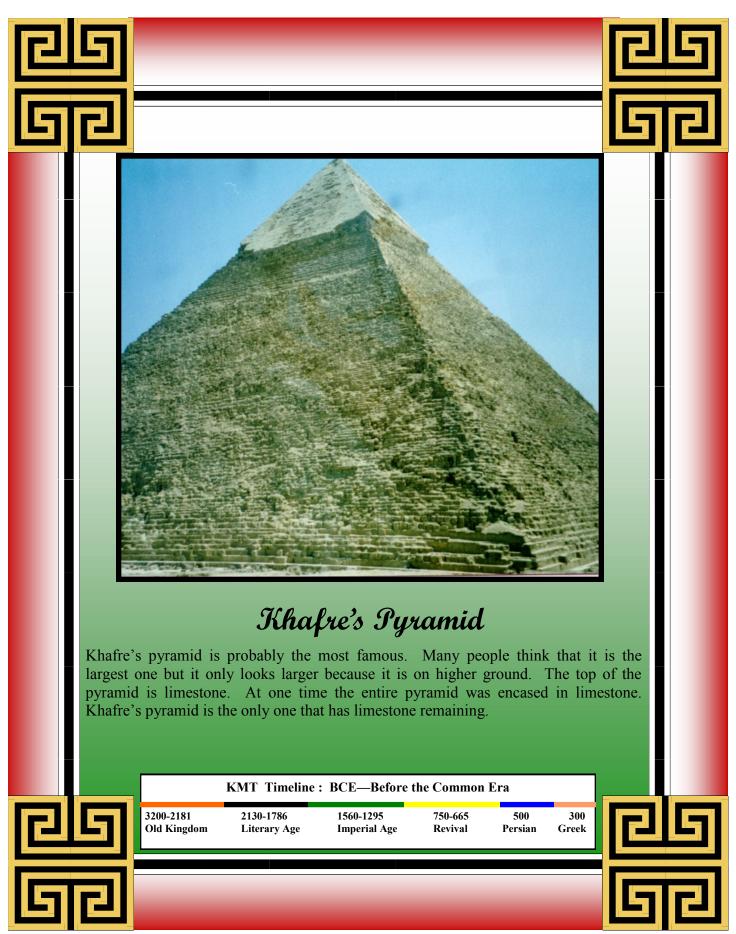


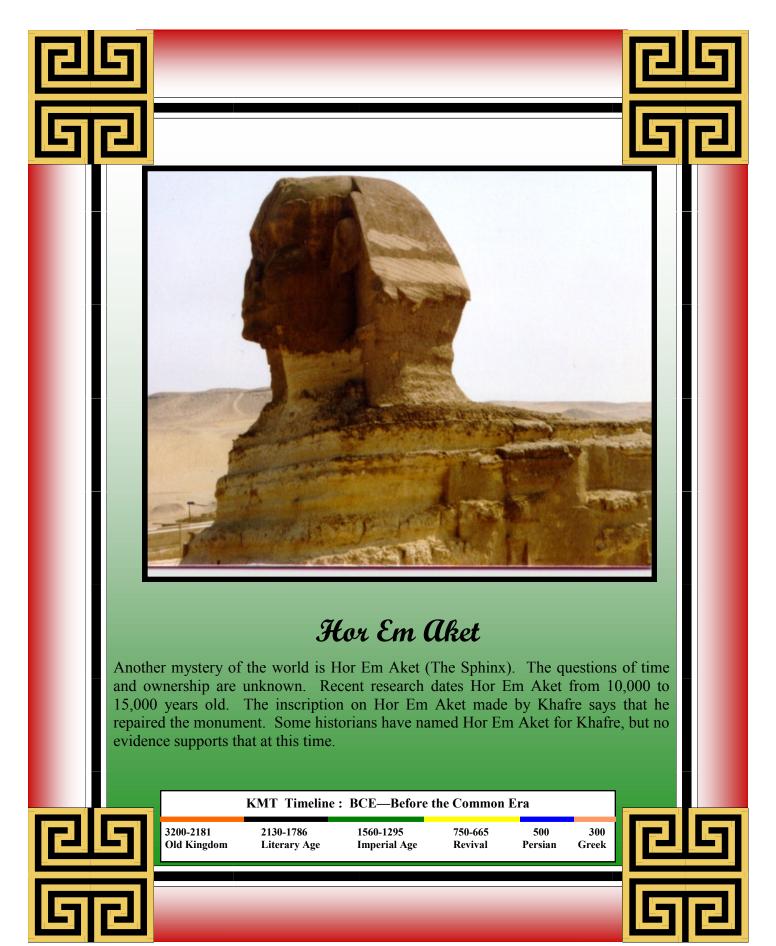


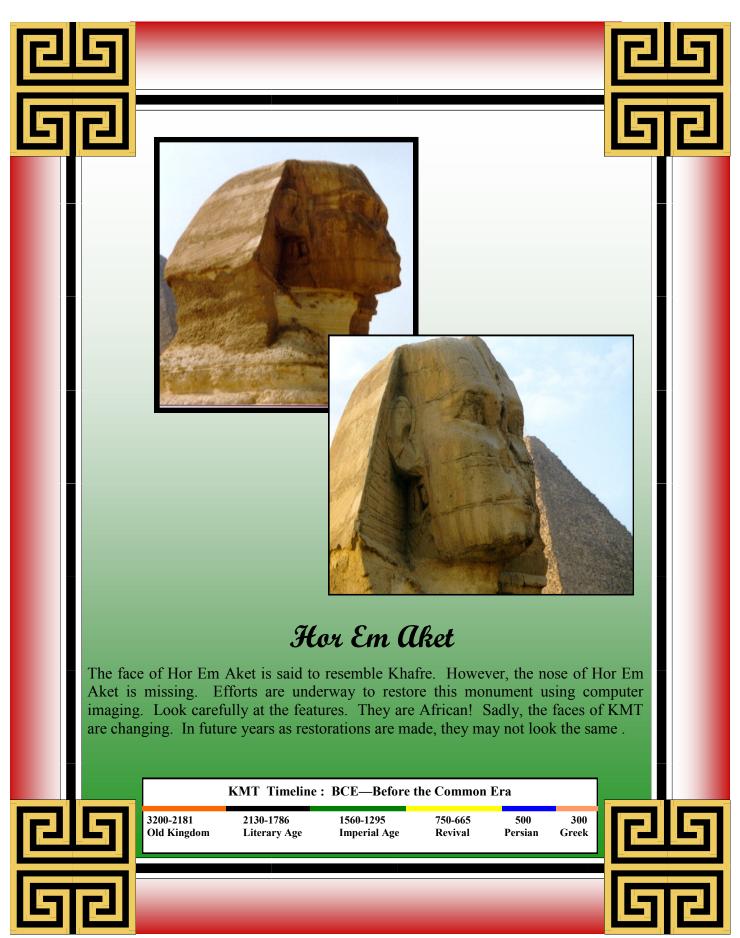


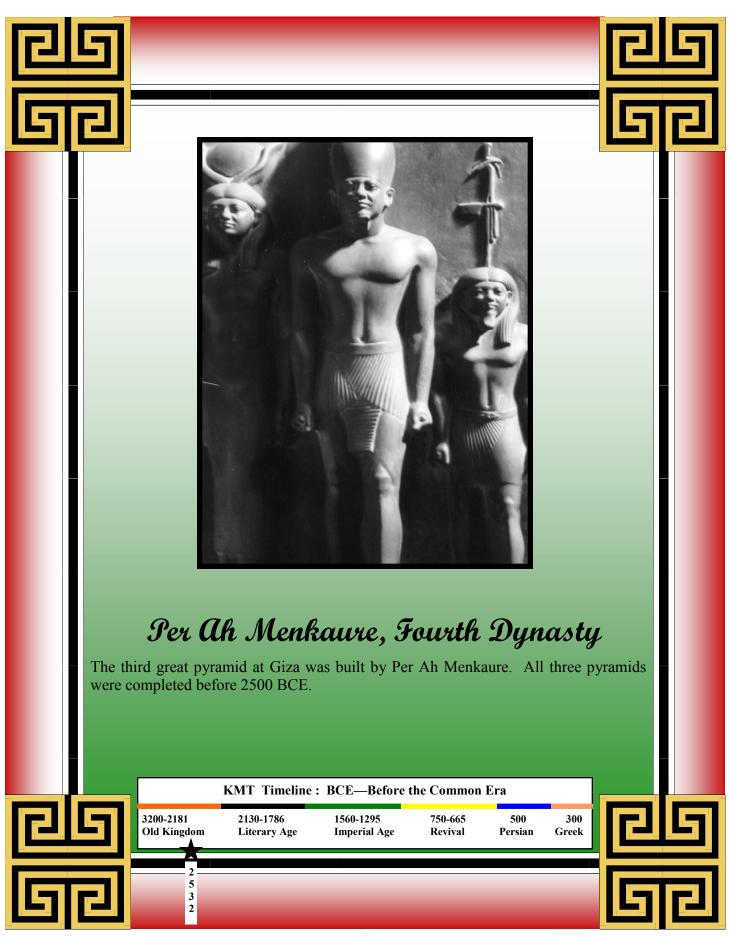


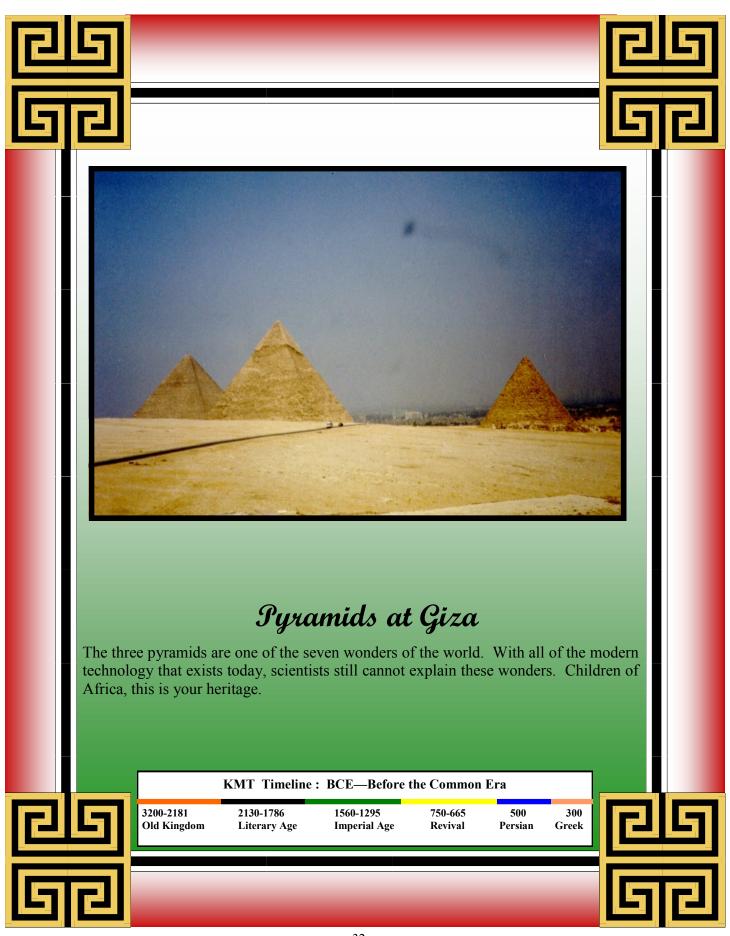


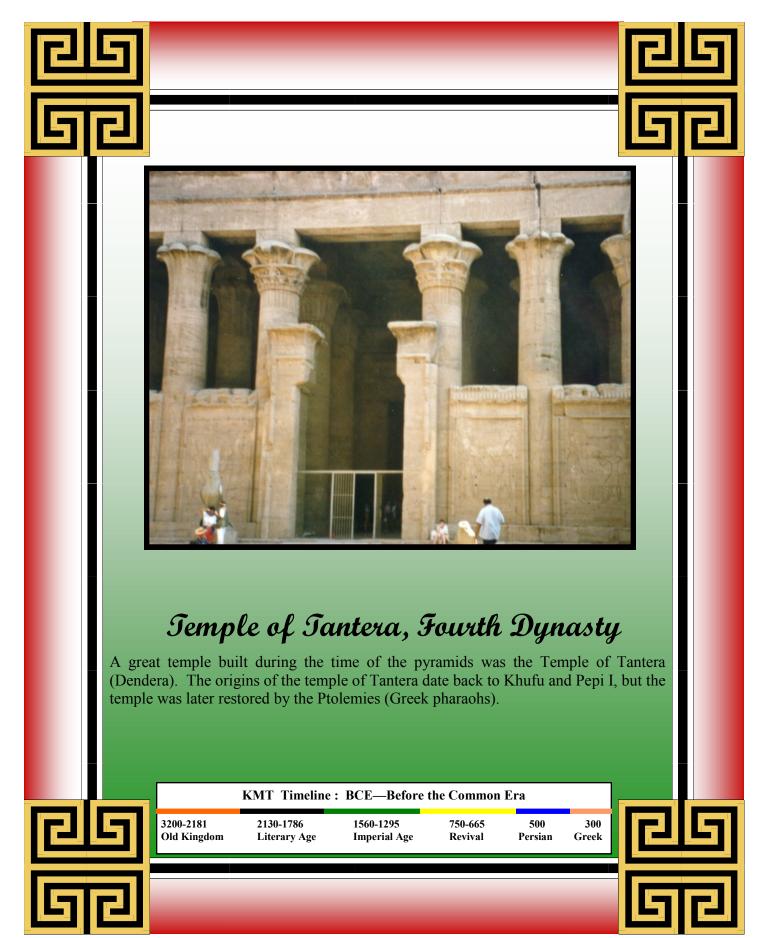




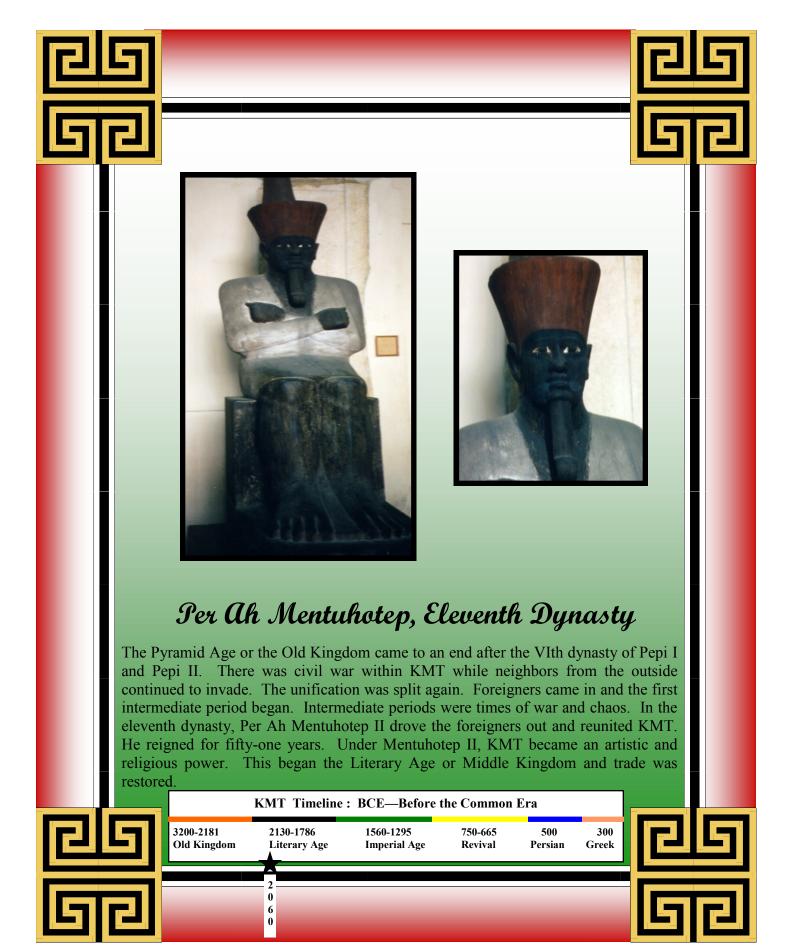
















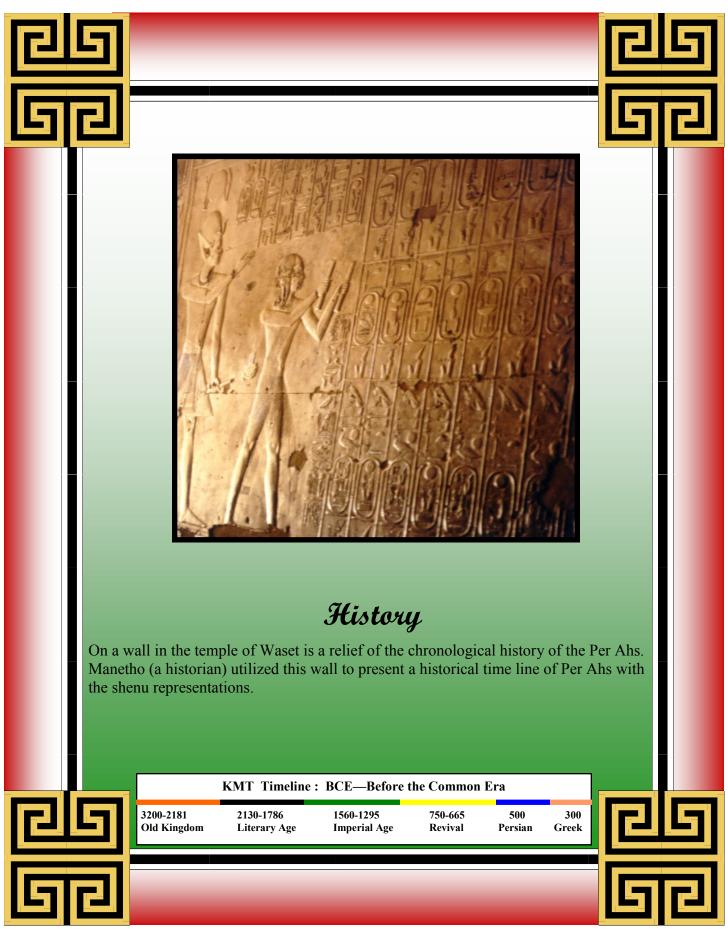
#### Nubian Archers

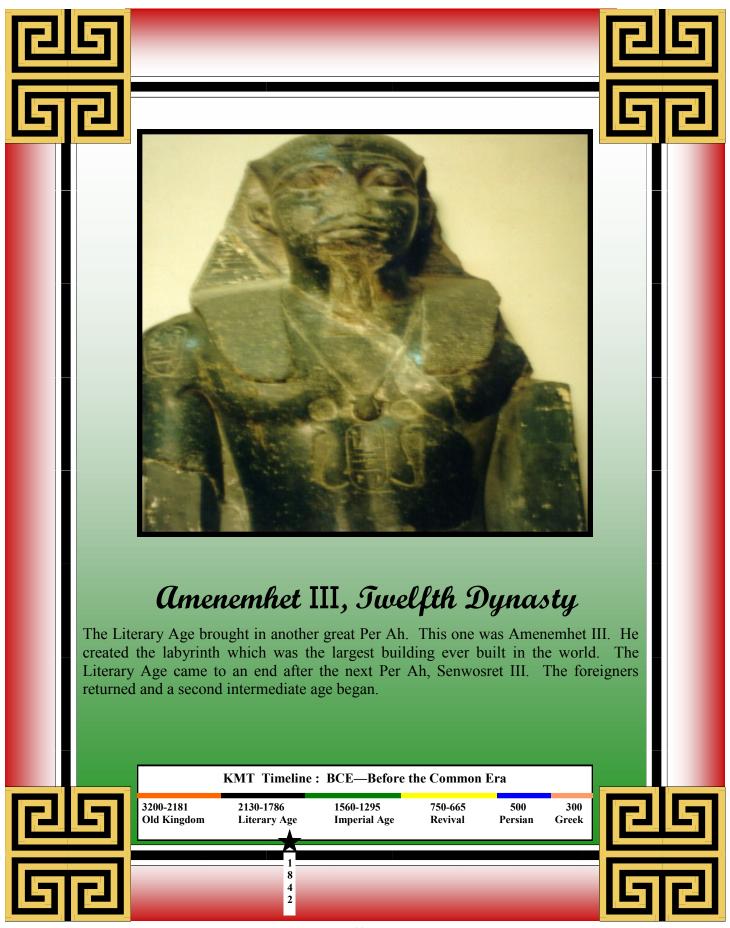
Per Ahs recruited young men for their armies. These wooden soldiers represent Nubian archers during the Middle Kingdom period. They may have helped Mentuhotep II in his reuniting of KMT.

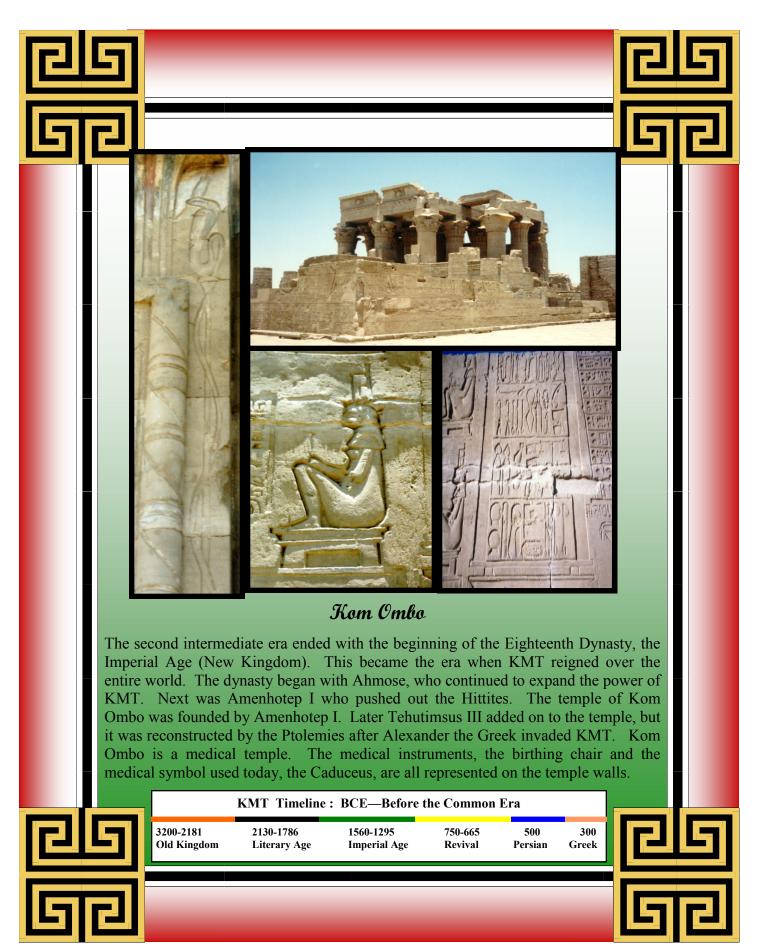
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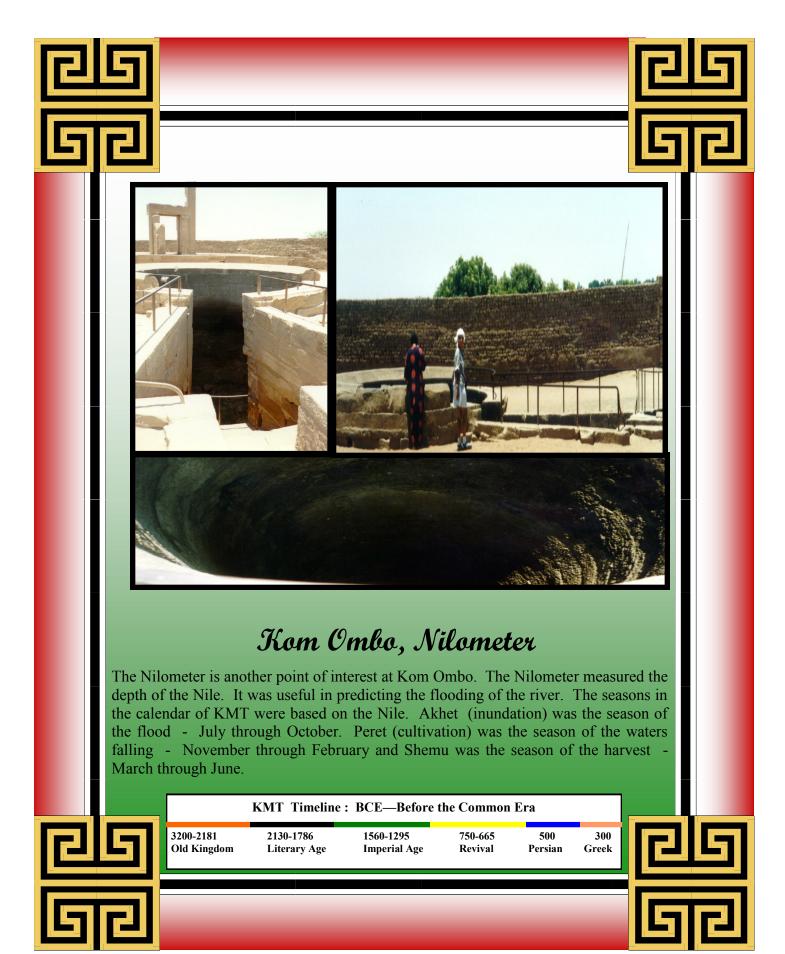


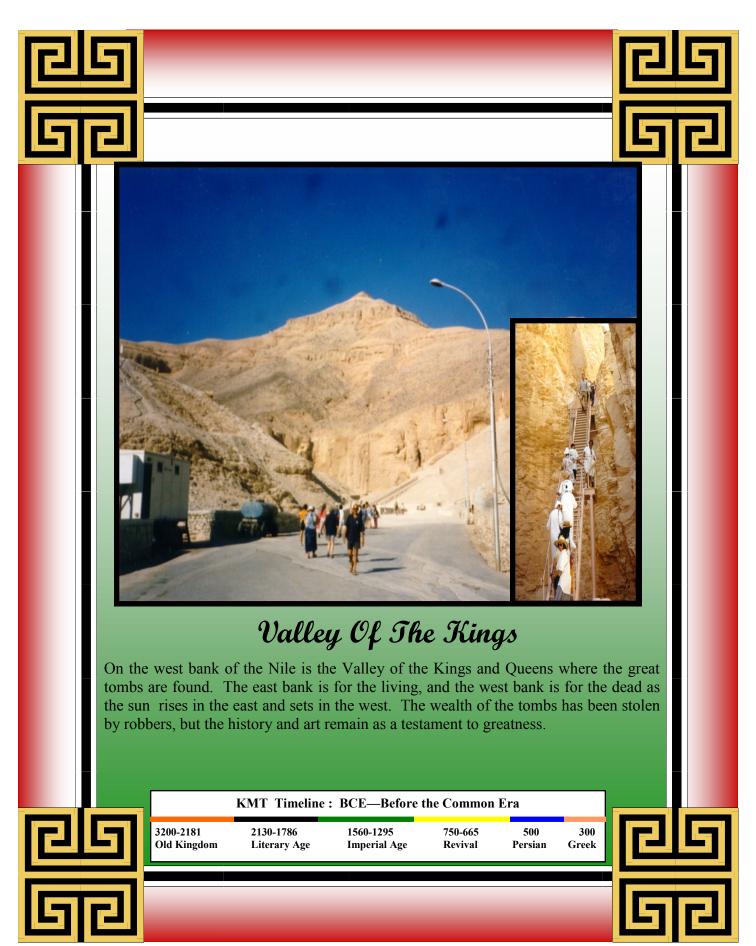




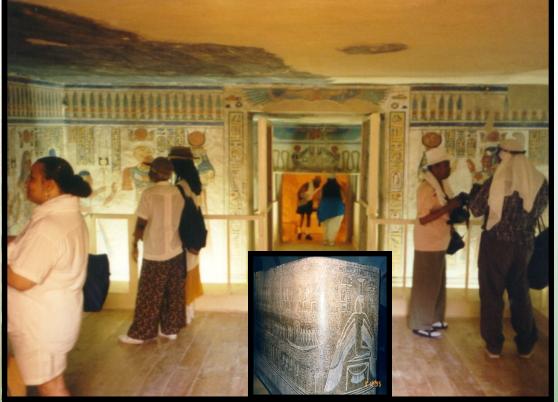








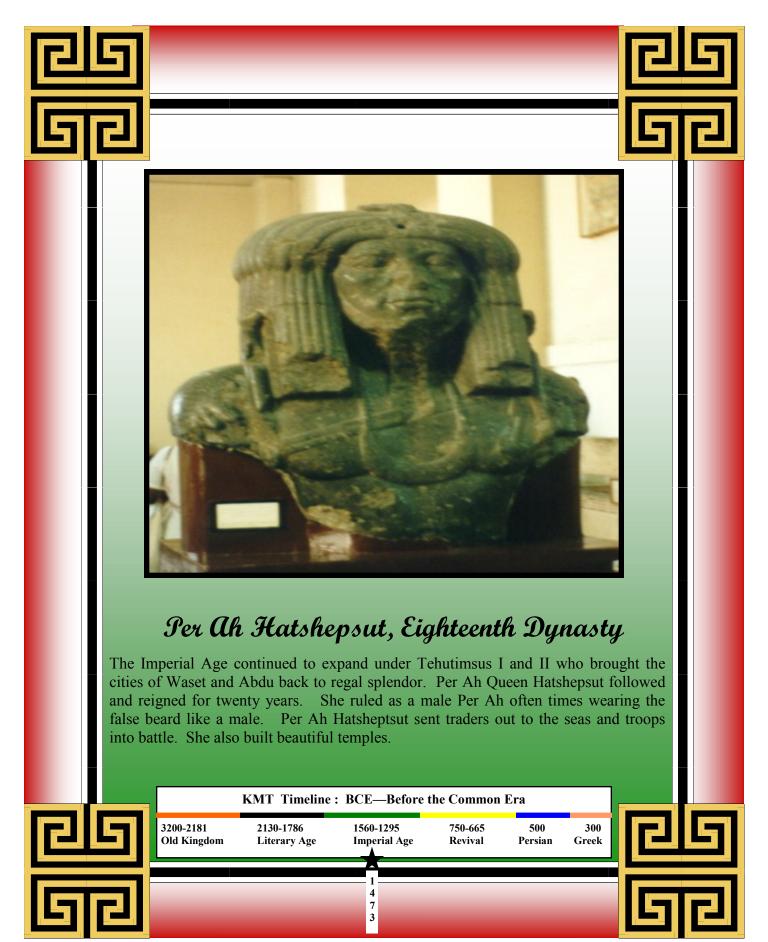


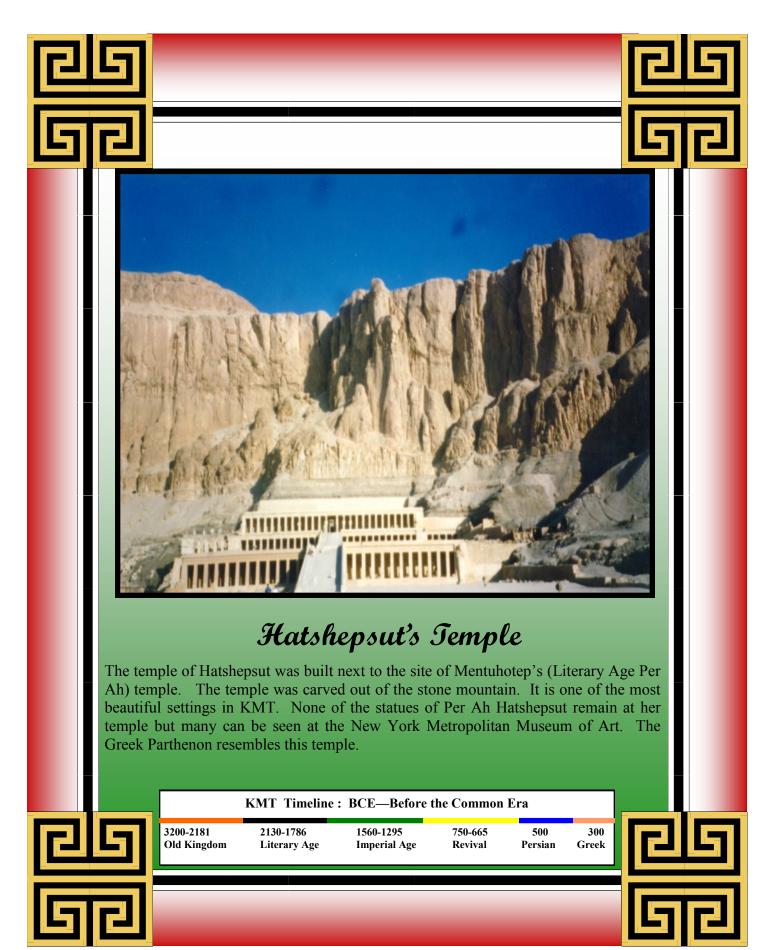


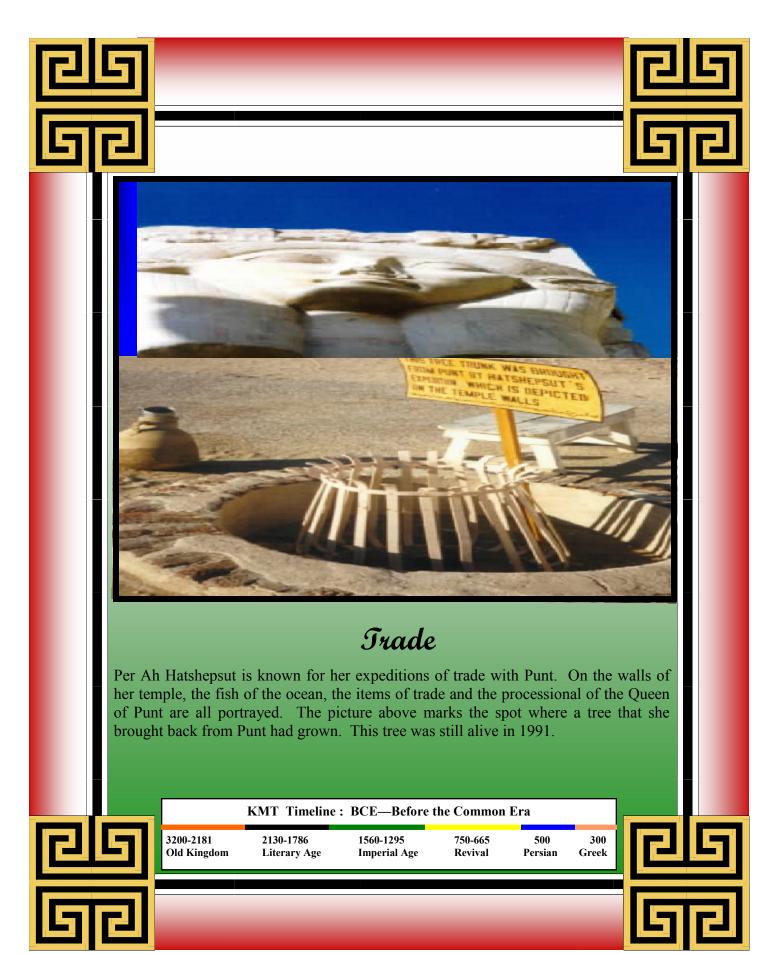
## Valley Of The Kings

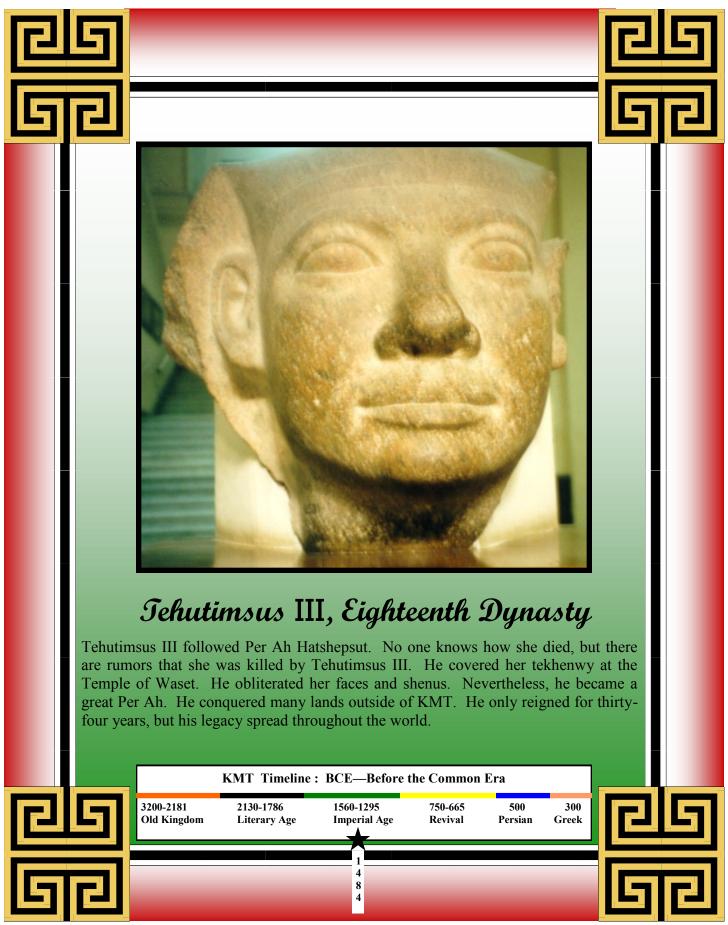
Inside the tombs are mastabas that held sarcaphogi and mummies of Per Ahs. King Tutankhamen had three stacking mastabas which contained three stacking sarcophogi that held his mummy with a golden mask. These can be seen at the Cairo Museum. On the walls of the tombs are reliefs and paintings whose colors are still vivid and vibrant.

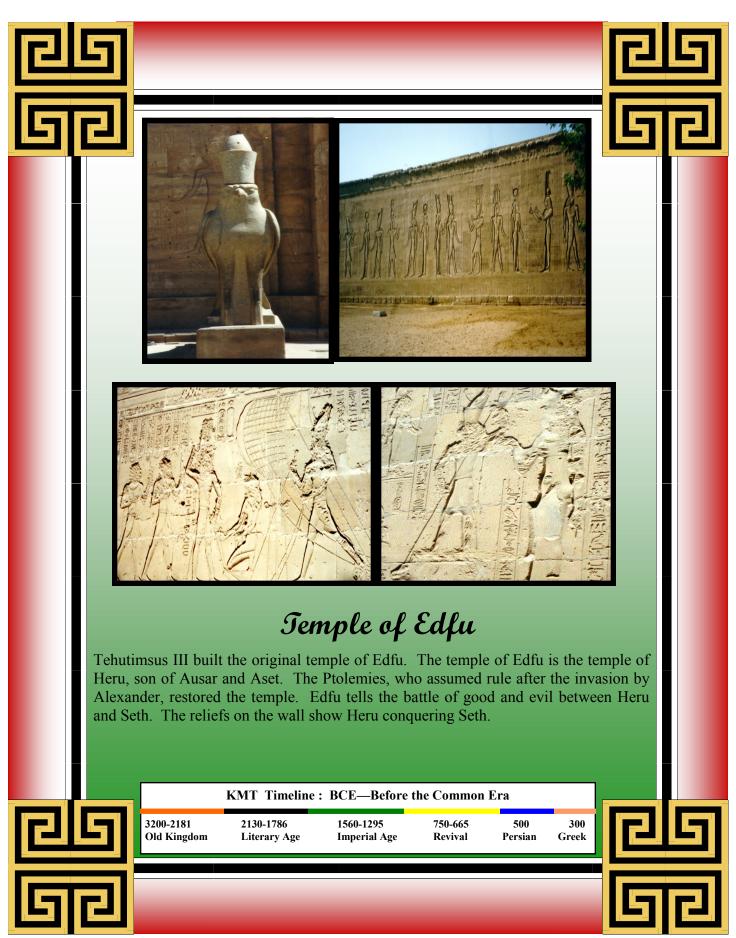
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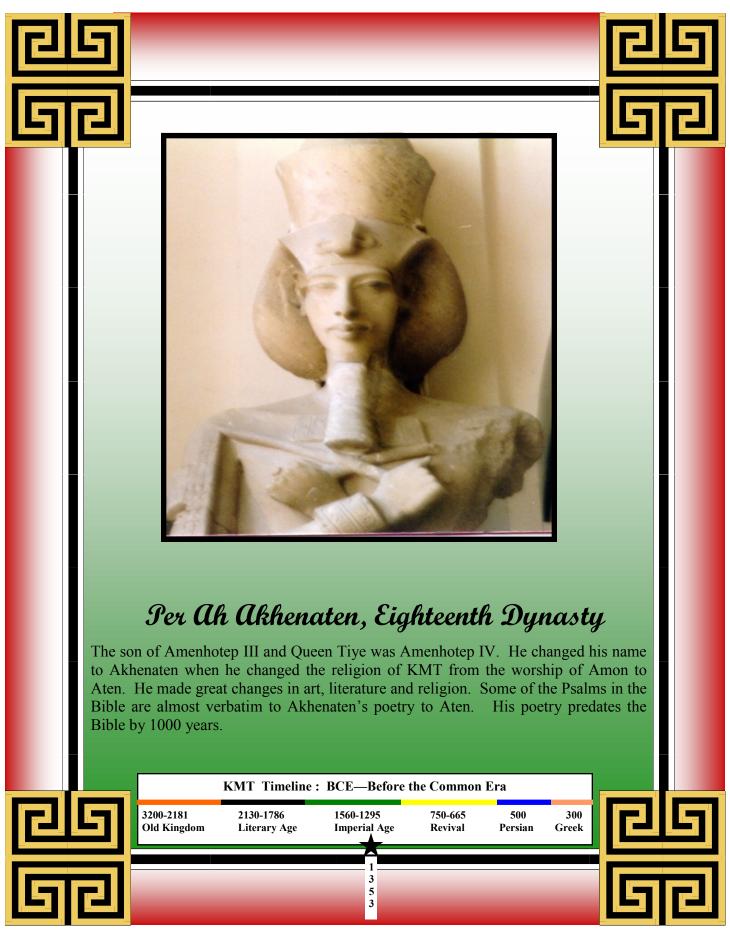




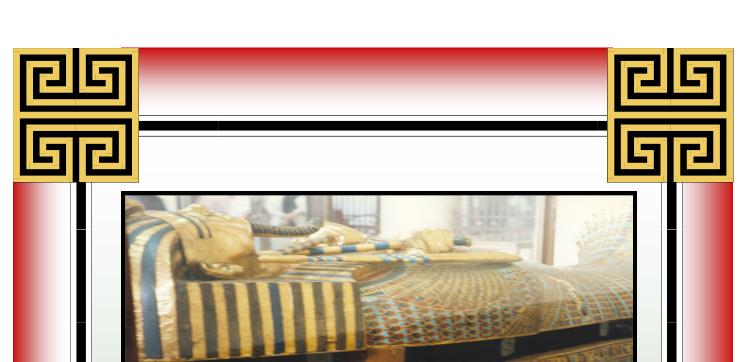














## Tutankhamen's Tomb

Some of the artifacts found in Tutankhamen's tomb were his golden mask, sarcophagi, mastabas, a folding umbrella, gold chests, games, jewelry and much more. Comparatively speaking Per Ah Tutankhamen was insignificant, but the geological finds have made him world renowned.

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