



Akila Ka Ma'at, PhD:

For more than 30 years, Dr. Akila Ka Ma'at has been a highly sought-after metaphysical healer and guide. She has served as an intuitive guide on several prominent online platforms, including Purple Garden, Psychic Source, PathForward, Psychic Power Network, Oranum, Mysticsense, and YouTube, in addition to providing healing and guidance via Facebook, Instagram, and TikTok. Her in-person and virtual work includes Loving the Self, career transformation, racial healing, and Breaking the System Inside. Dr. Ma'at has authored several books, including *Psychic Endurance*, *Release Racism Journal*, *Journeying into Self*, and *Journaling to Save Your Life*. Dr. Ma'at has journaled for more than 35 years. For her, it is an essential activity for self-growth and discovery.

Dr. Ma'at spent the first portion of her life as a professional dancer who traveled the world. After this, she attained a Ph.D. in health communication and social science and is a certified health coach and tarot master. Dr. Ma'at learned and practiced the art of psychic knowing, seeing, and healing with her mother as a young child. Back then she was Jennifer R. Warren and was exposed to a highly dysfunctional family, which enabled years of debilitating self-criticism and low self-esteem. Her identity was based on external sources, of which academia was the most brutal experience of self that is outlined in her books, *Ivory Tower Hypocrisy, Editions I and II* (authored as Jennifer R. Warren). She had no knowledge of herself or belief in her capacity to control life events in self-fulfilling ways. In looking for something to bring her peace and personal power, Jennifer discovered Paramhansa Yogananda, Applied Metaphysics, and Melanin Spiritualism.

Combined, these philosophical and spiritual belief systems recognize and celebrate the inherent spiritual power of melanin, which we all have throughout our bodies and brains. Revered as a sacred substance, melanin is a network between all the Spiritual-Material planes of the Cosmos, a physical manifestation of divine energy, and a conduit for spiritual connection. Through her practice of Melanin Spiritualism and meditations, Jennifer R. Warren discovered her 'real self' as a divine energy with powers to claim and manifest life in ways that align with her authentic self. Subsequently, she transitioned into Akila Ka Ma'at, which signifies life poured into souls, enabling action in a balanced and harmonious manner. And that is what Dr. Akila Ka Ma'at does as her sessions give life and enable action by enhancing the client's capacity for personal power, self-discovery, self-growth, life manifestation, and self-fulfillment (PSSLS).

As the foundation for her work with clients, Melanin Spiritualism grounds Dr. Ma'at in a deep knowing that includes 1) the Cosmos is created and operated by orderly Spiritual Laws (e.g., divine oneness, vibration, creativity, circularity or reversibility, inspired action, perpetual transmutation of energy, cause and effect, rhythm), 2) we are energetically the Cosmos and therefore to everything we see and that which we cannot; (B) when we operate in life as our 'authentic self,' we are endowed with the capacity to comprehend these laws; and (C) allowing us to discern, extract, arrange/rearrange, combine/recombine the energies or spiritual elements sustaining the Cosmos into creative patterns that manifest a harmonized, united, and workable end product. In this spiritual tradition, Dr. Ma'at is led by her cosmic connection to collective energies and her spiritual guides and ancestors to discern via energy readings, tarot, playing, or oracle cards personal circumstances and patterns that call forth opportunities (i.e., peace) and challenges (i.e., chaos) for PSSLS.

In moving clients toward PSSLS, Dr. Ma'at employs various mind, body, and spirit techniques depending on the client's needs, setting, and time allowed that include, meditation, creative movement, testimonies and spoken word, self-reflection, guided visualization, positive affirmations, goal setting and strategies/plans for achieving, guidance on self-fulfilling prophecy, positivity mindset activities, and manifestation techniques. Dr. Ma'at also teaches the importance of an ancestral altar as a gateway to communicating with the spirit and how to set one up and hear and document messages from the spiritual realm. Nature is a central element of her counseling.

Dr. Ma'at provides therapeutic remedies that involve playing with, being in, growing, and appreciating the energies of the earth, trees, plants, animals/insects, and the ocean to seek balance, healing, and powering up.

Dr. Akila Ka Ma'at has helped numerous clients navigate personal and professional challenges, and many attest to the transformative impact of her unique approach to psychic counseling. She continues to practice, obtaining a PhD in Metaphysical Psychology and Ordination as a Reverend of Applied Metaphysics while still offering individual and group sessions in-person or virtually. Dr. Ma'at is committed to fostering clients' capacities for personal power, self-discovery, self-growth, life manifestation, and self-fulfillment founded upon the principles of Melanin Spiritualism that set her apart in the field of spiritual counseling.