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Maat Magick Nema

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The Path of Balance: An Introduction to Maat Magick and Nema

In the vast landscape of modern occultism, few systems are as intellectually rigorous, ethically grounded, and spiritually transformative as the tradition known as Maat Magick Nema. This sophisticated current of esoteric practice, channeled and developed by the visionary occultist Margaret Ingalls—better known by her magical name, Nema—offers a profound synthesis of ancient Egyptian cosmology, Thelemic philosophy, and a deeply personal yet universal call for balance. For those seeking a magical path that harmonizes personal will with cosmic justice, Maat Magick Nema presents a compelling and timely framework. It is not merely a collection of rituals but a way of life, a discipline for aligning the individual soul with the divine order of the universe.

Understanding Maat Magick Nema requires moving beyond the stereotypical image of magic as mere spell-casting for personal gain. Instead, it positions the practitioner as an active participant in the ongoing evolution of consciousness, tasked with restoring equilibrium to the self and, by extension, to the world. The central deity of this system is Maat, the ancient Egyptian goddess of truth, justice, harmony, and cosmic order. Unlike more combative or capricious gods, Maat represents the fundamental law that underpins all existence. To practice Maat Magick is to become a living embodiment of this law, to weigh one's own heart against the feather of truth, and to take responsibility for the energetic consequences of every thought and deed.

The Founder: Who Was the Mind Behind Maat Magick Nema?

The Life and Vision of Margaret Ingalls (Nema)

To fully appreciate the depth of Maat Magick Nema, one must first understand its founder. Nema, born Margaret Ingalls in 1939, was a prolific writer, occultist, and priestess. She was a dedicated member of the Ordo Templi Orientis (O.T.O.) for many years, deeply immersed in the current of Thelema, the philosophical and religious system established by Aleister Crowley. However, Nema's spiritual journey was not one of passive acceptance. She was a seeker, a synthesizer, and ultimately, a channel for a new manifestation of ancient wisdom. Her work, *Maat Magick: A Guide for the Solo Practitioner*, remains the foundational text for this tradition, though its scope extends far beyond mere instruction, offering a complete cosmology and a demanding ethical code.

Nema's genius lay in her ability to take the core tenets of Thelema—"Do what thou wilt shall be the whole of the Law" and "Love is the law, love under will"—and infuse them with the stabilizing, balancing force of Maat. She recognized that raw will, without the tempering influence of justice and harmony, could lead to chaos and tyranny. Thus, Maat Magick Nema is often described as the "Aeon of Maat," a spiritual age that follows and completes the Thelemic Aeon of Horus. In this new aeon, the focus shifts from the triumphant assertion of the individual will to the delicate, conscious integration of that will into the greater cosmic harmony.

The Core Philosophy of Maat Magick Nema

Beyond the Law of Thelema: The Principle of Conscious Balance

At its heart, Maat Magick Nema is a system of ethical responsibility. While Thelema liberates the individual to discover and enact their true Will, Maat Magick asks a crucial follow-up question: "Does your will align with the cosmic order? Does it contribute to the balance of the whole?" The answer, according to Nema, is that true Will can never be in conflict with Maat. If it is, then it is not the true Will but a whim driven by ego or unexamined desire. The practice, therefore, is a continuous process of refinement, self-auditing, and alignment.

This process is encapsulated in the concept of the "Feather of Maat." In ancient Egyptian mythology, the heart of the deceased was weighed against this feather in the Hall of Two Truths. If the heart was lighter than the feather—meaning it was pure and free of the burden of wrongdoing—the soul could pass into the afterlife. Nema adapts this as a living, daily practice. **Weighing the heart**becomes a meditative discipline, a moment of radical honesty where one examines their motivations, actions, and the energetic ripples they send out into the universe. The goal is not to achieve a perfect, static state of purity, but to cultivate a dynamic and conscious equilibrium.

The Three Pillars: Truth, Justice, and Harmony

Maat Magick Nema is built upon three inseparable pillars, which represent the practical application of the goddess's essence:

- Truth (Maat): This is not merely factual accuracy, but a deep, resonant alignment with reality as it is. It involves seeing through self-deception, confronting uncomfortable truths about oneself and the world, and speaking with integrity. In magical practice, truth is the foundation of effective will; a spell built on a lie is inherently unstable.
- Justice (Maat): This is the active restoration of balance. It is not about punishment in a human sense, but about correcting distortions in the energetic field of existence. A practitioner of Maat Magick Nema works to "set right" what has been thrown off-kilter, whether within themselves, their community, or the larger cosmos. This is a proactive, rather than reactive, form of justice.
- Harmony (Maat): This is the state of dynamic equilibrium that results from the correct application of truth and justice. It is not a static, lifeless peace, but a vibrant, creative tension of opposites in balance. It is the music of the spheres, the smooth flow of the universe, and the feeling of being in one's rightful place within the whole.

Practical Application: How to Work with Maat Magick Nema

The Daily Practice of the Heart-Weighing

Unlike some esoteric systems that require elaborate tools and grand rituals, the core of Maat Magick Nema is surprisingly simple, though profoundly challenging. The primary practice is the daily weighing of the heart. Nema provides a specific structure for this, often involving a short meditation where the practitioner visualizes their heart being placed on a scale opposite the feather of Maat. Any feelings of heaviness, resistance, or discomfort are indicators of imbalance. The practitioner then identifies the source of this weight—a resentful thought, a dishonest action, a fear—and actively works to release and correct it.

This is not a practice of guilt or self-flagellation. Rather, it is a tool for awareness and course-correction. A typical practice might involve:

1. Centering: A few minutes of deep breathing to quiet the mind and connect with the stillness within.
2. Invocation: A simple call to Maat, asking for her presence and clear sight.
3. The Weighing: A visualization of the heart and the feather, allowing any feelings of imbalance to surface without judgment.
4. Balance Work: Identifying the specific thought or action that is causing the heaviness and committing to a concrete act of rebalancing—an apology, a donation, a moment of forgiveness, or a change in behavior.
5. Closing: A final affirmation of alignment with Maat and a thank you for the guidance.

Rituals and the Wielding of the Wand of Maat

Beyond daily practice, Maat Magick Nema includes more formal rituals for specific purposes. The "Wand of

Maat" is a key symbol, representing the authority of the practitioner to direct balanced will. Rituals are often designed to heal energetic wounds, resolve conflicts, or bring clarity to confusing situations. A central concept is the "Sentence of Maat," a spoken or written declaration that states the desired state of balance. For example, a ritual for healing a broken relationship might involve a Sentence like, "By Maat, I declare this connection is returned to its original state of harmony, with all toxic energies dissolved and replaced by truth and understanding."

Nema also developed a unique system of "Shamanic Sex Magick" within the Maatian context, focusing on the union of male and female polarities within the individual and between partners, not for gratification, but as a powerful means of generating and directing energy for the purpose of spiritual evolution and cosmic balance. This practice, while advanced, underscores the tradition's holistic view of human existence, seeing sexuality as a potent force to be integrated into the path of light, not suppressed or trivialized.

The Aeon of Maat: A Prophetic Vision

Maat Magick Nema is not just a personal practice; it carries a prophetic and revolutionary vision for humanity. Nema believed that humanity is transitioning into a new spiritual aeon, the Aeon of Maat. This will be an age characterized not by the struggle for power (the Aeon of Horus) but by the conscious, collective pursuit of balance. In this vision, humanity will learn to govern itself not through coercion or rigid laws, but through an internalized sense of justice and a deep respect for the interconnectedness of all life. The individual will is not suppressed; it is elevated and perfected through alignment with the greater good.

This is where Maat Magick Nema becomes a truly practical social and ecological philosophy. The imbalances of the modern world—social inequality, ecological destruction, political polarization—are seen as direct consequences of collective failure to weigh our hearts. The practitioner of Maat Magick, therefore, is not an escapist, but a front-line worker in the healing of the world. Every act of personal balancing sends a ripple of harmony outward, contributing to the larger shift in collective consciousness that is the hallmark of the coming Aeon. Nema’s work provides a blueprint for this transition, offering hope and a tangible method for navigating the chaos of our times.

The Legacy of Nema and the Future of the Tradition

Nema passed away in 2018, but her legacy continues to grow. Maat Magick Nema is not a centralized, hierarchical organization. It is a current, a stream of inspiration that flows through individuals and small groups around the world. This decentralized nature is fitting for a system that emphasizes personal responsibility and direct relationship with the divine. Several covens and study groups continue to work with her materials, and her writings remain available, inspiring new generations of seekers.

The tradition's emphasis on practicality, ethics, and a positive, evolutionary worldview makes it particularly resonant for modern magicians disillusioned with more dogmatic or fantasy-oriented systems. It offers a path for those who wish to take their spirituality seriously, not as a hobby, but as a transformative discipline that has real-world implications. The teachings of Maat Magick Nema challenge us to be better humans, to think more clearly, to act with greater integrity, and to pour our energy into building a more just and beautiful world.

Conclusion: The Ever-Turning Scale of Being

Maat Magick Nema is far more than a chapter in the history of modern occultism. It is a living, breathing invitation. It invites us to step away from the comfortable illusions of victimhood and powerlessness and to stand as sovereign beings, responsible for our own portion of the cosmic fabric. It is not an easy path; the daily weighing of the heart can be a harsh mirror reflecting our deepest flaws and self-deceptions. Yet, it is a path of immense freedom and joy, for it leads to a state of alignment with the fundamental truth of existence.

In a world crying out for balance, the teachings of Nema offer a potent and practical magic. Whether you are a seasoned occultist or a curious newcomer, the core principles of Maat—truth, justice, and harmony—are universally accessible. To begin practicing Maat Magick Nema is to take up the feather and the heart, to commit to a life of conscious balance, and to become an active, joyful co-creator of the new Aeon. The scale is always turning, and the choice to find our equilibrium rests, as it always has, within us.

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