



Ankh Institute - Reconnecting, Restoring and Maintaining the African Foundation with the African Historic and Global Identity

Ankh Institute curriculum includes courses in African History, Kemetic Studies (history, spirituality, philosophy, and language), Nubian Studies, Racism, Cultural Therapy, African-American & African Global Politics and History.

Ankh Institute offers classes, lectures, workshops, retreats, forums, and seminars – on location, and on-line.

Advance your knowledge by studying the sources direct from your Ancestors and Leaders.

Connect to and restore your historic and cultural identity by studying at **Ankh Institute**... Register Now!

Three ways to learn – Classroom, One-to-One, or Workshop

Classroom - \$150.00 per 3-Wk Class / \$550.00 for 4-Wk Course

One-on-One On-Line Class - \$150.00 per 3-Wk Class

Workshop - 2-Days (8-hr per day) \$400.00

Each Course = 4-Classes (12-Weeks / 24-hours)

Study-Lecture Group - \$20.00 per month (bi-weekly meetings)

Classes are taught at the Ankh Center
5257 NE MLK BLVD—Portland OR 97211
2nd Fl—Conference Room



Ankh Holistic Life Center



Ankh Institute

Presents Courses in

Black History, Culture and Consciousness

Kemetic Way of Life Course

The XRacism Course

Black Culture and Consciousness Course

Anu Black Awareness Lecture Study Group

Seba, Heru-Ka Anu

Institute / Center Director and Teacher

For Information and Registration Call: 443-453-3010

Visit our websites:

www.AnkhInstitute.com | www.AnkhCenter.com

The Kemetic Way of Life Course

Kemet is Africa's third oldest civilization, yet our most important for understanding ancient Africa in general. As the first writing civilization in history, we go to them to learn about those that came before them, about ancient Kemet – the greatest of all civilizations, and about the ancient world around them. From Kemet we learn about the 'Way of Life', spirituality and religion, and ancient civilization – including achievements, philosophy and practice.

Kemet is the source for understanding and (re)connecting to Black civilization, culture, and consciousness.

Kemetic Way of Life Course

Class 1—Kemetic Way of Life—Culture, Philosophy, and Practice

Class 2—Kemetic Spirituality and Religion

Class 3—Kemetic Civilization and Societies

Class 4—Contemporary Kemetic Living

The XRacism Course

Dr. Bobby Wright author of "The Psychopathic Racial Personality" stated that if we are ever to be able to neutralize and end racism, we must study White people to understand their mental illness (racism), their destructive behavior, and their hatred and violence against Black people, and all others.

The XRacism Course examines White people and White Racism from its beginnings several thousand years ago. We learn the origins of White Racism - including the mentality driving White warmongering; the difference between African Civilization and White Barbarism. We define White Racism from its beginnings to the present – including 'White Authority Complex'; and the historical impacts of White People/Racism on African/Black People. We learn what it takes to neutralize and end White Racism.

Class 1—Origins and Development of White Racism

Class 2—The White Way of Barbarism vs The African Way of Life

Class 3—White People: Their Relationship to White Racism

Class 4—Black People: Their Relationship to White Racism

Black Power - Culture and Consciousness - Course

Slave Minded, Colonial-Mentality, White-Washed, are but a few of the terms used to describe Black people who are victims of White-Miseducation and propaganda—Black people who lack African-centered/Black Consciousness or an African-centered Black Identity. A permanent goal of White Racists and White Supremacist is to keep Black People separated from their own Culture and Consciousness – i.e. their identity; for, in doing so Black people without their true identity, can more easily be dominated, controlled and exploited.

The Black Power, Culture and Consciousness Course provides the knowledge and understanding needed to support *Black Identity Defense*

Class 1—Black Power—Capacity and Understanding For World Change

Class 2—Black Agenda—From Slave Rebellions, to Garvey to Malcolm

Class 3—Black Consciousness—Sustaining the Healthy Black Mind

Class 4—Black Culture– Guided in Practice By the African Paradigm

Anu Black Awareness Lecture Study Group

Monthly Book and Research Discussion

Monthly Lecture Presentations

Focus Projects – Civilization, Events, Achievements

Guest Lecturers

Mini-Course on African History and Civilizations

Participants engage in bi-weekly discussions on a variety of subjects related to African Civilizations, African Culture, Global History – including non-African Peoples, Major and Great Events, Contemporary History and Events, and other related topics. The study group collectively uses books, lectures, movies, videos, museum tours, and other supportive media.

The Group features monthly lecture presentations from the founder and Director; and quarterly lecture presentations from invited guest.

The Group hosts a semi-annual conference/forum directed to the general public.