



SETU HET NETCHER/ STONES OF THE TEMPLE

February 15, 2012

NETCHER SESHINI HETCH HA NUB/TEMPLE OF THE WHITE AND GOLD LOTUS *

IN THIS ISSUE

SETU HET-NETCHER/STONES OF THE TEMPLE

VOICES OF KEMET RISING

FROM THE EDITOR-Hem-t Netcher AUSET MERI AMEN

I EEM HETEP - I COME IN PEACE. This issue has the January issue correction for the coming global Wep Ren Pet/the Kemetic New Year. Calculations by astronomers have given us August 8th, 2012 based on the helical rising of the star Sopdet which was renamed Sirius by the ancient Greeks. It is important to celebrate the modern Kemetic New Year and it is a major theme for the Kemetic movement. This is the time for Smai Tawi/Unity of the Kemetic people. A famous cliché is "IF NOT NOW, WHEN? IF NOT US, WHO?", Kemetic people have not progressed as far as a people should because we don't know what time it is. Furthermore, it is paramount that we stop using our oppressor's calendar and following our oppressor's time.

Hem Netcher Tepi/ High Priest Heri Khafra of HET NETCHER SESHINI HETCH HA NUB / Temple of the White and Gold Lotus updates the article on 94 years old historian scholar Dr. Yosef A.A. ben-Jochannan and father of the modern Kemetic movement on p. 2.

Makakuvu Ali Bey El, member of the Het - Netcher Seshini Hetch Ha Nub/Temple of the White and Gold Lotus expands on the definition of My-o~logy and more in his

article "Fu Djedu Het-Netcher (The Four Pillars of the Temple)" which is about the Foundations for Kemetic freedom on p 4.

We have again in in this issue Hem Netcher Tepi Maat Em Maaukheru Amen High Priestess of Netcher Seshini Hetch Ha Nub/Temple of the White and Gold Lotus with exclusive examples on raising your Kemetic child on p.5.

Also, Hem Netcher Tepi/ High Priest Heri Khafra brings to us an exciting "Conversation with Afrika Baamba " who is Nsut/Ruler of Universal Zulu Kemetic Muurs and is one of the Hip Hop Founders on p. 7.

We will get a very deep Kemetic understanding in Sennu/Dr Phi Valentine's article on the PATH OF THE HIDDEN LIGHT on p. 13.

Next Month: Articles on "Essential Need of using Medu Netcher Daily", about the coming together of this year's Wep Ren Pet and "How to use the Kemetic way to find, keep and improve a relationship."

Ankh Udja Seneb/Life, Strength and Health



Making Continuous Kemetic Improvements in your Life

Hem Netcher Auset Meri Amen discusses MORE tips for making 2012 your very best year. This article can be found on p 3.

Conversation with Afrika Bambataa



The interview with Afrika Bambataa is presented on p. 7.



Sunnu/Dr. Ben Jochannan by Heri Khafra

Sunnu/Dr. Ben Jochannan is the Father of the Modern Kemetic Movement. Dr. Ben, as he is commonly known, was born in Ethiopia and was accepted in the Holy Craft of Amen – Ra. I was blessed when on November 11, 1984, we, the Kemetic Shrine Keepers and Elders, decided to honor both Sunnu Ben and Sunnu John Henry Clarke in a Kemetic Ceremony at Boys and Girls High School in Brooklyn, New York, and I was asked by Heru Tatef and Nut Nefer, organizers of the event, as Hem – Netcher Tepi/Kemetic High Priest to be part of the procession and lead Sunnu Ben Jochannan into the auditorium onto the stage. Dua/Praise and Thank You Sunnu Ben Jochannan Neheh/Forever – Jochannan Neheh/Forever –Amen.

The following is an update regarding Dr. Ben:

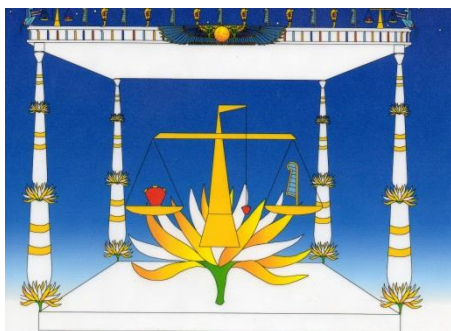
“It is our duty at this time to continuously invite you to take time out of your busy schedules to visit Dr. Yosef Ben Jochannan at the nursing home of Bay Park Nursing and Rehabilitation Center at 801 Coop City Blvd, rm 309, Bronx, NY exit 13 on 95 North. For a man who is African People's Eldest Elder and has given us so much in pointing us to our past and making us a Historical People - it is your Duty to make a Pilgrimage. Seeing Dr. Ben is far easier than making a trip to the Continent and at this time just important to obligation.”

From the Students of Dr. Leonard Jeffries.

BOOK, VIDEO'S, & CD'S AVAILABLE BY
HERI KHAFFRA AT:

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MAAT= BALANCE

The solutions for our world problems are to follow the 42 Negative Confessions of Maat. It is the foundation of Humanities' Reality. Man or Woman cannot pick and choose which of these laws we want to follow. We live by each one.



My- o-logy - Our Story.

This is the symbol of the star Sopdet whose helical rising marks the Kemetic New Year. The first modern Kemetic New Year's celebration/ Wep Ren Pet took place in 1986 Brooklyn, New York and were originated by Baba Heru Ankh Ra Senajh.

Making Continuous Kemetic Improvements in your Life.

by Auset Meri Amen

Here is a new installment of a powerful way of defining reality in Medu Netcher. It is called the "ROCK'N THE NILE" Hesi/Chant:

IMMA AHI, IMMA NETCHER

IMMA AHI EM HUT

IREN QEBI HESI

LET GO, LET GOD

LET GO OF FEAR

DON'T WORRY, CHANT

Congratulations! You have just spoken Medu Netcher. Medu Netcher is a language that is commonly misnomer as hieroglyphics. It is imperative that you no longer refer to the Medu Netcher as that mind killing term! Say the Hesi/chant when feeling down in Medu Netcher. This will change your Ka/Mental Body vibration and make you invincible and develop your Tir Netcher/Spiritual Power.

Fu Djedu Het-Netcher/The Four Pillars of The Temple

by SA SED DJSR/Protector and Provider Makakuvu Ali Bey El

The Fu Djedu Het – Netcher or the Four Pillars of the Temple are the Foundations of developing a Modern Efficient Kemetic System for Survival and Success. There are many people today who have good intentions of either starting a Kemetic Program for Personal Development just for themselves or for a new organization but lack the necessary foundations to be successful and lasting as did our African Kemetic Ancestors. The Fu Djedu Het – Netcher that have been tested for decades by elder Kemetic Hem – Netcher (Priests) and Kemetic Practioners are suggested here:

1. MYOLOGY - The Story of All Human Kind starting in Africa. We must teach not just His – story, but also Your Story, My Story and Our Story.
2. NETCHER/NETCHERET (Original Spirituality) – Developing a solid identification with Netcher/Netcheret through use of MEDU NETCHER to perform efficient KESU (RITUAL), HESI (Chanting), Rekh Hati (Mind Science/Meditation), Seneb Netcher (Spiritual Healing), Tir Netcher (Spiritual Power).
3. TEKAN NETCHER – KEMETIC SPIRITUAL MUSICAL, TEB NETCHER - SPIRITUAL DRUMMING
4. REKH SHEB SHEB - Self – Defense training in External Martials ARTS such as ANKH CHI JITSU, UAS CHI JITSU. Training in Internal Martial Arts such as Yoga, Healthy Diet, Fasting, Colonics, Enemas, and Spiritual Self – Defense.

Myology is learning the complete story of creation that began in Africa, the story of Ancient Kemet and the various stories of the different tribes throughout Africa and the true story of Africans in the Americas, Europe and around the world.

Netcher/Netcheret is Learning Medu Netcher in order to learn about the true essence of Netcher and Netcheret and reading the writings of the Ancient Kemetic Texts such as Pert Em Hru (Book of Coming

Forth), the Pyramid Texts and Coffin Texts. Kesu/Ritual is performed in order to invoke the Netcher/Netcheret along with using Hesi/Chanting and Rekh Hati Kemeti which means Kemetic Mind Science or simply Kemetic Meditation.

Tekan Netcher is Spiritual Music which involves singing hymns in Medu Netcher and performing Hesi especially while playing the Teb Netcher (Spiritual Drums) and is essential for constant Spiritual Growth. It is especially done when you are walking, driving or doing busy work, when you sing out loud or to yourself.

Rekh Sheb Sheb means the Science of Martial Arts. When you fight someone else it is External. Internal Sheb Sheb is fighting diseases and negative effects of aging.



KEMETIC ART BY HERI KHAFFRA

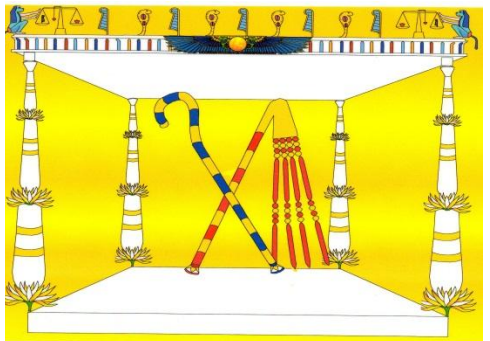


Bast

Bast is the Netcheret (Female Netcher) of Happiness and Music. She is the Sister of Heru and Daughter of Auset.



***NETCHER SESHINI HETCH HA NUB/TEMPLE OF THE WHITE AND GOLD LOTUS** The Het - Netcher Seshini Hetch Ha Nub/Temple of the White and Gold is dedicated to the Resurrection of Kemet to help all peoples elevate their Health, Wealth and Spiritual Well Being in this Life and the many lives that may come.



Heq Ha Khu

The Heq ha Khu or Crook and Flail represent Authority or Yin and Yang, Soft and Hard needed to rule with Maat (Truth and Balance).

Raising a Modern Kemetic Child

by Hem-t Netcher Tepi Maa Em Maaukheru



As a child, I remember being terrified by the spirits that I saw in the dark. I could see some of them just as clearly as I could see flesh and blood. When I couldn't see them, I could hear them. Growing up in a strict Christian household, of course I was told that it was demons messing with me and the minister could come over and anoint me, which was just as bad to me as seeing the spirits. Anyway, I learned to keep it to myself and live with the fear of the darkness.

My son Jehuti Ms Sa Ra Maakheru has inherited a similar gift but does not have to live in the same fear that I had as a child. When he was about two, he started telling me that he could see ancestors. Once when visiting the home of an Orisa Priestess, he immediately started seeing the spirits come at him and said "mommy look at all the

ancestors!" During the visit, he sat down and started speaking what sounded like Yoruba. At four, he sees the spirits in animal form and sometimes they talk to him. On one night in particular, he had an owl sitting next to him talking to him, but he also saw many different animals in his room and mine. The next morning he told me about all the animals he saw and how they were running. This was the night before the east coast earthquake this summer. Before the hurricane, he had similar waking visions and the next morning he told me he was afraid of the trees because they were wiggling. Now he is approaching five and more aware of the difference between the spirit and earth realms. Jehuti is also aware that many of his peers are not having the same experiences he has. And although he attends an Afrikan centered school, the fear of the dark and spirits has still crept in to his psyche. So when he comes into my room at night because the spirits have awakened him, he is reminded and made aware of this:

- His name Jehuti Ms Sa Ra Maakheru – the true voice, son of enlightenment, born of the divine mind means he was born into the priesthood and the spirits know it. They are just a reminder of this path
- He is reminded that the darkness is important for his growth and development and as a child born of Jehuti, he will need not only be aware of the spirit realm but master the balance between both realms
- He can always chant to relieve his fear and feel protected. I have him chant to either Ast or Nebt-het as they are the guardians and protectors of children. One night when he was particularly disturbed, I started chanting with him: Anedge Herak Ast, Anuk da tir net Ast, Anuk ... before we got out the last Ast, he was fast asleep!

It is an honor to be given this opportunity to raise a Kemetic child. I look forward to growing with him and using our Afrikan spiritual system to support his life path.

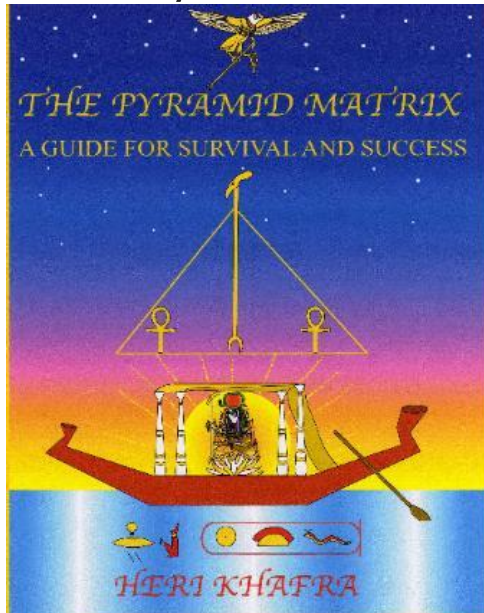
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Interview by Heri Khafra

Conversation with Afrika Bambaataa

Heri had a conversation with Afrika Bambaataa on Skype.

Heri Khafra: Hetep I am with Black God Afrika Bambaata who goes by the Skype name of the Netcher that I have worshipped for 32 years, Amun – Ra, so this is no coincidence. You were a gang leader in the Bronx Gang called the Black Spades. What made you change from a street gang leader to become one of the major founders and leaders in the international world of Hip – Hop?

Afrika Bambaataa: I have to give that honor to the Great Supreme Force and to the great teachers that He sent to our people like the Great Honorable Marcus Garvey, the Honorable Elijah Mohammed, Prophet Nobel Drew Ali, Malcom X all the way down to Malachi Z. York and Minister Farrakan, Khalid Mohammed and to all the great Sisters out there doing the strong work like Angela Davis, Mama Africa, Miriam Makeba and all of the musicians of that time like Sly and the Family Stone, James Brown, George Clinton of Parliament, Funkadelic, Curtis Mayfield, the Isley Brothers. You know the people that were dropping the Science in their music. Seeing all of that and being raised by my great Mother and Father and others who were out in the streets teaching from the Black Panther Party and all that, I just had to change the ways from gang banging to being a fighter for our people.

Heri Khafra: But what gave you the idea to take those records and start spinning them into what I believe was called “break beats”?

Afrika Bambataa: Well, that had to do with what was going on in the early days of funk. And another brother by the name of Kook DJ Hurk who came from the shores of Jamaica, the West Indies, and what he was doing. I had the same thing of what he had and we put it all together and got out there and started playing the music and knowing what parts of record to play to make that vibration there so that the people could dance, with break beats and all of the sounds that were happening for the people to get out.

Heri Khafra: What is the Zulu Nation?:

Afrika Bambataa: The Universal Zulu Nation is a large body of young adults and youth who are part of a Hip – Hop Awareness Movement as a nation within many other nations around this great planet so-called Earth and it stands for knowledge, wisdom, understanding, freedom, justice and equality , overcoming the negative to the positive, science, mathematics, fun, peace, unity, love and the Oneness of the Supreme Force whether we call it Allah, Jehovah, Yaweh, Elohim, Jah, or the ancient of all ancient names, Atum Amen – Ra..

Heri Khafra: How did the Zulu Nation become the Zulu Kemetic Muurs?

Afrika Bambataa: The Universal Zulu Nation is the Main Body Banner of all the groups that come under it. The Universal Zulu Kemetic Muurs is another extension of the Universal Zulu Nation that’s dealing with the Moorish Science of the whole planet and beyond to our

last empire that our people moved from, and that we got to go back to (Kemet). We got to pick up from that last empire that was ruling on the planet before we had the falling of humanity.

Heri Khafra: Let's talk about the Ankh. I remember talking on the phone with you the other night and you said you wanted a special Ankh to do what?

Afrika Bambataa: When we went to Professor X's funeral. That's Sonny Carson's son who passed away. When the High Priest did the Kemetic Prayer over his casket, he hit two Ankhs and we were in a church at the time. We had ministers. We had preachers. We had Kemetic High Priests there. They did African prayers. They did Christian prayer, the Muslim prayer and the High Priest did the Kemetic Prayer. The High Priest hit the two Ankhs together and it made a Vibration throughout the whole church and everybody was feeling the Vibration. Just to see these two Ankhs, and they weren't big Ankhs, was something. That Vibration always remained in my mind. Everybody felt that Vibration and you felt it go over the casket into the brother and throughout the church.

Heri Khafra: This is what came to me. Remember back in Harlem at Mfundishi's place where we acknowledged you as a Honorary High Priest of our Het – Netcher/Temple and gave you one of our Carrying Ankhs (see page 2) of Amen – Ra?

Afrika Bambataa: Yes sir, I remember that. That was Greatness.

Heri Khafra: What we want to do is give you another Ankh and teach you how you can do what the Kemetic High Priest did at Professor X's funeral with his two Ankhs. We will teach you how to hit the two Ankhs together and create that Vibration. We at the Temple of the

White and Gold Lotus know exactly who you are. We know you are an emissary of Amen – Ra. It is no accident that Amen – Ra came to me and Amen– Ra came to you. And as you notice, this Kemetic Movement is getting big worldwide.

Afrika Bambataa: Everybody is coming back. We always tell everybody in Zulu that. No disrespect to the other higher schools of learning, but to the Major Three Religions whether it be Yaweh, Allah, Jehovah, Jesus or no matter what other Names people want to say at the beginning, but what name do they end their prayers with?

Heri Khafra: Amen. This is what we want to propose to you Black God. We have decided to have the First International African Kemetic New Year or WEP REN PET, which literally means "Opening of the Sky", here in Decatur, Georgia, outside of Atlanta at the Porter Sanford Theater and at this event we want to award you a Second Ankh so that you can do the Work of hitting those Ankhs together and sending that Vibration around the World. That is going to be on August 11th, 2012. The actual date of the Wep Ren Pet, which is signified by the helical rising of the star Sopdet or Sirius is on August 8th and there will be a World Celebration on my Blogtalk Radio Show "Djed Jehuit (Jehuti Speaks) on that day. I know you being the founder of Hip – Hop with these two Ankhs can help bring Peace to this planet. They say in the ancient legends that Ausar, when he finally became Nsut or Suten, where the word Sultan comes from, he traveled around the world taking priests, farmers and musicians with him and he helped bring civilization and peace to this planet. So, we see that Ausarian Image in you traveling around the world with the two Ankhs sending that Healing Energy. Now, I want to give you the Hesi or Chant that goes with the Ankh that we gave you. If you go to our website www.pyramidmatrix.info and in the menu you should click on the link "ENTER THE PYRAMID MATRIX" and you will see the Pyramid Matrix which is a chart that gives off a special Vibration. Then you should hold you Ankh up to the screen and the Pyramid Matrix Chart will charge up your Ankh. Then you go to the menu and click on "AMEN – RA CHANT" and that is the Hesi or Chant . It will automatically start playing. Here is the Hesi:

ANEDGE HERAK AMEN – RA (HOMAGE TO THEE AMEN – RA)
ANUK DA TIR NET AMEN – RA (I AM THE POWER OF AMEN – RA)
ANUK AMEN – RA (I AM AMEN – RA). Do you have your Ankh now?

Afrika Bambataa: No, let me go it. That's the same Chant that you have on your CD that I love a lot.

Heri Khafra: Yes. I am glad you like it. People ask me what religion I am in and I tell them that I gave up religion when I became a Recovering Catholic. I am now a Kemetic Spirit Scientist. We deal with Science. Now that you have your Ankh hold it both hands and see how it feels. That was your “before” zero reading. Now place the Ankh down in front of you. And even though you are in the Bronx and I am here in Decatur, Georgia, I am going to charge it up from here with the Amen – Ra Hesi.(Heri Khafra and Auset Meri Amen began performing the Amen – Ra Hesi) Now pick it up again and see how it feels. Do you feel that Vibration in your hands?

Afrika Bambataa: Yes, I feel the Vibration in my hands. I was feeling the Vibration coming through the speakers. I felt it vibrating off the plastic into me.

Heri Khafra: That is the Hesi that I was told by Amen – Ra to spread that came to me 32 years ago. It came to me from reading the PERT EM HRU the Book of Coming Forth by Day misnamed the Egyptian Book of the Dead. The First Line: ANEDGE HERAK and the Last Line: ANUK came directly out of the PERT EM HRU. Those two lines are some of the most common phrases in the book. The Middle Line: ANUK DA TIR NET came through me, Em Sem Amen – RA (With the Blessing of Amen – Ra). That is the Hesi you need to say over the Ankh every day you can. This Hesi will develop a lot a Power in you. Also, what it does is literally open up your Utchat Un or First Eye. We don't say Third Eye we say First Eye because that was the First Eye you used when you were inside your mother's womb.

Afrika Bambataa: We will be honored if you could go on the Universal Zulu Kemetic Muurs website and give any information or lesson about Kemet. I remember when you came to National Black Theater in Harlem and you had the whole audience vibrate and you had me spinning on the stage and everybody thought that I was going to fall and you told them to leave me alone.

Heri Khafra: That wasn't really me. That was Amen – Ra. People ask me why do I always wear white. I tell them it is because I am not the juice, just the straw. I appreciate you giving us this interview. Hetep.

Afrika Bambataa: Hetep.

THE PATH OF THE HIDDEN LIGHT

By Sunnu/Dr. Phil Valentine

The "Path of the Hidden Light" were not the actual words used by the Ancestors but this was the deep inner teachings of the Ancient Kemites when they were both in the East and the West and around the World. The Path of the Hidden Light had to do with Knowing Thy Self – I am what I am and in Medu Netcher – Nuk Pu Nuk. The Path of the Hidden Light has to do with the fact that we are all Light Beings, Electric Beings and the Path of the Hidden Light is the Kundalini Energy or the Uraeus, the Serpentine Energy, that our ancestors used as their interface between the Larger Cosmic Mind and the Smaller Microcosmic Mind. The Path of the Hidden Light is one that travels while one is in darkness. Being cast down on this planet as we all are is being cast into Darkness because if you look up at the Sun the Sunlight can cause darkness too. The kind of Light that we are talking about has to do with a knowing. And the Hidden Light is the Hidden Knowing of Self. The Path of that comes from a unfolding of the illusion that we are presently living in and walking through that illusion until we come upon the Hidden Light. This Light you can achieve of course by raising Kundalini and lighting what is known as the Lamp of Netcher/God. That is the Hidden Light in the Physical Realm. The Hidden Light on the Physical Realm is spoken of in the Bible where the Hidden Light take away the Sins of the World. The "Lamp" of God which they changed to the "Lamb" by changing the "p" to a "b". The Lamp of Netcher/God is the Pineal Gland. Inside the deeper cortex of the brain is known as the Cave of Brahma and that Hidden Light is what we are seeking sending the Kundalini up through the seven chakras so that you can light the Lamp of Netcher which is the Hidden Light that taketh away the Sins of the World. The Sins of the World is that which create the Illusions that we reflect back to ourselves. The other part of the Hidden Light which is the Etheric Path is the Knowing that One comes into once the Physical Lamp is lit. Once that Lamp is lit the Knowing of the Light of the Mind of Netcher that is the Ultimate End of the Path, the merging with the Mind of Netcher which our Ancestors did when you see them all going up at a 90 degree angle into the Duat and they travel up which is to come out of the angles that we are presently experiencing the illusions. See this is what traps us. The geometries of Light traps us in the Illusion. The Kemetic Ancestors found a way out of the Illusion by being able to do specific kesu/rituals and to angle their consciousness in such a way at a 90 degree angle and at that 90 degree angle you will notice that sometimes you will see them in the glyph what looks like hundreds of beings walking in one direction and all of a sudden you will see them in 90 degree arc going back in the upper direction. Well that's the 90 degree slant that shifts you out of the third density or the third dimension into the fourth and into the fifth. So the Ancestors spoke about that being the Path. That is the 90 degree angle that gives you the Path to the Hidden Light. The Hidden Light being the Mind of the Creator. In Medu Netcher that would be "Seshep Amen" or the Hidden Light.

In book IV of a series of VII books I wrote " Melanalysis-The Protophysics of Dark Matter Consciousness". I speak on that Melanin has a lot to do with it of course because the Path of the Hidden Light is through the Darkness which is in the Melanin, which is a superconductor material. The Melanin superconductor, conducts the Energy without the creation of heat so It is the Hidden Path because you don't know it is operating. The Melanin is giving you that conduit to activate that pineal but it is hidden. The Energy is Hidden within the Darkness which is in the Melanin, the Blackness of the Melanin. The Path of the Hidden Light is calling us to unconsciously reactivate our Ancient Kemet Knowledge around the world. We already have downloaded in us subconscious programming of (Uben Kemet or the Rise of Kemet) in which the parasitic elite are trying to suppress. That data is there but it has just been dormant. There is a connection between us and since all is one and one is all we are connected at some level depending on our sensitivity to that connection. Our planet is now traveling and our sun is giving off a whole lot energy. This is actually focusing us into different directions, and causing the Earth to spin at different angles and creating the activation of geothermal and geo – electromagnetic energies. We are now being caused to be activated at the level where we are transferring information almost instantaneously to one another's minds. So that ideas that scientists like "Q" and others had 35 years ago, are now being understood without reading on specific subjects. Either young people are hearing these things in my lectures or these ideas are becoming part of the group social consciousness like the Hundredth Monkey Effect. The Hundredth Monkey Effect is a supposed to be a phenomenon in which a learned behavior spreads instantaneously from one group of monkeys to all related monkeys once a critical number is reached. With this generalization, it means that instantaneously there can be paranormal spreading of an idea or ability to the remainder of a population, once a certain portion of that population has heard of the new idea or learned the new ability. This the way Melaninated People are developing an Uben Kemet Consciousness Quickening. Other works of Sennu/Dr. Phil Valentine:

<http://www.kemetaphysics.org/scripts/index.php>

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REVIEWS FOR January Issue:

Sent: Saturday, January 21, 2012 6:42 PM

Subject: RE: SETU HET - NETCHER/STONES OF THE TEMPLE KEMET E Magazine

Ankh, Undja, Seneb, Em Hotep! I now have received the Magazine. I have no criticisms. It is informative. It is also inclusive, not leaving out anyone. There is the spirit of sharing. The vibration of resurrection is prominent as well as an element of transcendence.

The magazine will surely help to unite the Kemetic shemsu. It will also help those who are not shemsu yet interested and curious about Kemet.

The magazine will help to destroy the negative spell that has been placed on the ideal of embracing Kemet as a cultural expression!

I do believe that Kemets time has arrived, Nut is giving light to Ta! The Setu Het-Netcher/Stones of The Temple Kemet is an instrument!

Dua ou Hem Netjer Amen Ra!

Shem Hotep,

Neft Ka

Sent: 1/21/2012 8:39 PM

Sent from my Windows Phone You did your research and your e-magazine is written well. Jonathan Boateng