ENKI

THE BOOK OF THE SOUL

Life, consciousness and spiritual renewal



Ancient Egypt • Reincarnation • The Four Pillars

A spiritual philosophy and personal testimony

By Tom Tom James Wood

CHAPTER 01

The meaning of ENKI

A book of spiritual reflection

A philosophy of life

ENKI uses the golden Ankh as its emblem and explores the relationship between life, consciousness, creation and love. It brings together ancient religious imagery, personal spiritual beliefs and the Tom Tom approach to learning.

Three ways of knowing

Throughout this book, historical evidence describes what ancient people wrote or made; spiritual interpretation describes the meanings ENKI gives those traditions; personal testimony describes experiences reported by the author. These are different kinds of knowledge. A meaningful belief does not need to be presented as a proven discovery.

The starting promise

Whatever our beliefs about the soul, the life we are living now matters. Every person deserves dignity, food, safety, care, education and the freedom to ask questions. No person needs to prove a spiritual identity to deserve love.

Reflect: What makes a life meaningful to you?

CHAPTER 02

The golden Ankh

The ancient symbol of life

What the Egyptians wrote

The Ankh is a hieroglyph from ancient Egypt meaning life or living. Egyptian artists depicted it in the hands of deities and in scenes involving kings. It could convey a wish for life and continued existence. Surviving objects in museums show that this symbol was used over many centuries. [1, 2]

Reading the symbol in ENKI

The loop can represent continuity and the cycle of learning. The horizontal arms can represent connection, relationships and balance. The vertical stem can represent our present life, growing through time. This three-part reading is a modern ENKI interpretation, not an established translation of the ancient hieroglyph.

A reminder to live well

The Ankh can be used as a reminder to care for life, rather than as an object that grants supernatural powers. Its shape invites reflection on the connections between ourselves, other people and creation.

Activity: Draw an Ankh. Write a way to care for life beside each part.

CHAPTER 03

Words on the pyramid walls

The Egyptian understanding of continued existence

The Pyramid Texts

Inside the pyramid of King Unas at Saqqara and several later royal pyramids, ancient Egyptians carved religious utterances. These texts describe rituals, divine protection, renewal and the deceased ruler's hoped-for existence beyond death. They are among the earliest surviving large collections of Egyptian religious writing. [3]

The purpose of the inscriptions

The texts were intended to help the deceased in the afterlife. They include imagery of ascent, stars and rebirth. Their religious language tells us much about Egyptian beliefs, but does not establish a literal system of souls returning into new human bodies on Earth.

The ENKI connection

ENKI draws inspiration from this concern with life beyond death and the renewal of consciousness. It is a modern spiritual synthesis, not a recovered translation of a hidden Egyptian doctrine. We can study the ancient writing while remaining honest about what it does and does not establish.

Explore: Compare an Egyptian symbol with the museum's explanation of its meaning.

CHAPTER 04

The many aspects of a person

Ka, Ba, Akh and the heart

Ka — the vital essence

The Egyptians understood the ka as an aspect of vitality or life force. Food offerings and funerary rituals expressed the continuing needs of the deceased.

Ba — the individual person

The ba expressed aspects of individual identity and movement between the world of the living and the dead. It was often pictured as a bird with a human head.

Akh — the transformed being

The akh was associated with a transformed, effective state of existence after death. Egyptian beliefs varied across time and place; these terms do not fit neatly into a single modern definition of soul. [4]

The heart and responsibility

Later funerary traditions depicted the heart being weighed in relation to Ma’at, the principle of truth and order. ENKI can take this as a reminder to live with honesty and compassion, rather than as a literal test of a person’s spiritual worth.

Reflect: What qualities do you want to bring into the world?

CHAPTER 05

Earth as a spiritual realm

A distinction between meaning and physical reality

The realm of experience

In ENKI's spiritual worldview, earthly life is a place for consciousness to encounter relationships, choices, challenges and discovery. A spiritual understanding of life can coexist with studying the physical world.

The two realms in ENKI imagery

The author has described two mirrored lands, one above the other, with waters, a dome and an ice boundary. In this book these are presented as spiritual imagery: an upper realm of lived experience and a reflected realm of contemplation. They are not a map of Earth. Scientific observations establish that Earth is approximately spherical, the Sun is a star and the Moon orbits Earth.

Learning through observation

The Four Pillars encourage children and adults to ask questions, explore evidence and change their ideas when they learn something new. Spiritual images can express meaning; measurements, observations and experiments help us understand the physical universe.

Activity: Look at the sky or watch a shadow change. Record what you observe.

CHAPTER 06

The cycle of life and rebirth

A spiritual model of reincarnation

What reincarnation means

Reincarnation is the belief that an aspect of a person continues after death and may return in a new life. Different traditions explain this differently. Hindu, Jain and Buddhist traditions contain distinctive accounts of rebirth; many Buddhists do not teach an unchanging personal soul. Christianity generally teaches resurrection rather than reincarnation.

ENKI's interpretation

ENKI explores the possibility that the journey of consciousness extends beyond one lifetime and that each person may have lived before. Birth, experience, learning, death and possible renewal form a symbolic cycle. Reincarnation is a religious and philosophical belief, not an established biological process.

The importance of this life

There is no reliable way to identify another person's past life or to establish the identity of a soul from a feeling, dream or voice. No one should seek death to reach another life. Our present bodies, relationships and safety deserve our full care.

Reflect: If life is a learning journey, what would you like to learn today?

CHAPTER 07

Consciousness through the ages

The stories that inform ENKI

Adam and Eve

In the author's spiritual reading, Adam represents the beginning of Christ consciousness and Eve represents a companion figure associated with David. In Genesis their story explores creation, knowledge, choice and responsibility. The proposed identities are personal beliefs, not established facts.

Abel and Moses

Abel's story reflects innocence, jealousy and the consequences of violence. Moses' story explores liberation, responsibility and justice. They offer moral lessons about caring for people and opposing oppression through responsible action.

Buddha and Jayzee

Buddha's teachings explore suffering, compassion and the mind. Jayzee, the name used for Jesus in ENKI's spiritual retelling, represents compassion and forgiveness. The author's alternative story about Mary, Jo and Aunty Em belongs to his creative spiritual narrative, rather than historical biography.

A shared ethical thread

These figures come from different religious and literary traditions. ENKI brings their stories together around compassion, wisdom, freedom and love without establishing that they were one historical person.

Reflect: Choose a lesson from one of these stories to put into practice.

CHAPTER 08

The awakening of Tum Tum

The author's personal testimony

A time of change

Tom Tom James Wood describes a profound personal experience in 2026, aged forty-one, during a period of extreme stress. He reports hearing voices that he associates with Metatron and other spiritual guides, and feeling a connection with Adam, Abel, Moses, Buddha and Jayzee.

An interpretation of experience

The author understands those connections through his belief in past lives and identifies spiritually with the names Tum Tum and Jayzee. These are his reported experiences and interpretations. They cannot establish that he is a reincarnation of these figures or that the voices come from an external spiritual source.

Care and grounding

Spiritual experiences can be meaningful, and intense stress or disrupted sleep can also affect perception. Continuing to care for sleep, health and everyday responsibilities is important. Hearing voices does not oblige anyone to follow them. A trusted person or health professional can help someone explore these experiences safely.

Remember: You do not need to carry the responsibility for the whole world.

CHAPTER 09

The Four Pillars of learning

The Tom Tom educational approach

Brian's — understand your mind

Notice thoughts, ideas, questions and feelings. A thought is something to explore; it is not automatically a fact or instruction.

Waves — understand emotions

Feelings come and go like waves. Recognise your needs, find a calming activity, ask for support and give yourself time.

Circles — build safety

Create predictable routines and caring environments. Eat, sleep, wash, learn and rest. Respect personal space and boundaries.

Bridges — connect with others

Share ideas, listen, ask for help and build relationships through mutual respect. Communication can use speech, writing, pictures or other accessible methods.

Practice: Choose one action for each pillar today.

CHAPTER 10

Learning in the present life

An educational system grounded in care

Care for the body

The body deserves regular washing, clean clothes, toothbrushing, nourishment, movement and rest. Children should receive age-appropriate support and be taught that their bodies and boundaries matter.

Explore and create

Maths helps us count, compare and solve problems. Language helps us express needs and share ideas. Science helps us test explanations. Art and music help us create and communicate. Spiritual questions can be explored as beliefs, stories and values.

Learn at your own pace

A child is not less valuable because they learn differently or need extra support. Use hands-on activities, sensory breaks, visual routines, choice and accessible communication. Children may question a belief or choose not to share it.

Make kindness practical

A spiritual philosophy is most useful when it encourages practical care: help somebody, keep a promise, respect a boundary or repair a mistake.

Activity: Draw four circles for body, mind, learning and relationships. Add one helpful action to each.

CHAPTER 11

The Five Commandments of Love

A practical ethical promise

1. Love creation

Care for living things and the environment. Respect the world that sustains us.

2. Love yourself

Look after your health, recognise your worth and ask for help when you need it.

3. Love one another

Treat people with dignity and kindness, regardless of their beliefs, background or abilities.

4. Love the truth

Be honest about what you know, what you believe and what you do not yet understand.

5. Protect through love

Support children and vulnerable people through safe, peaceful, responsible actions. Respect consent, boundaries and the rights of others.

Closing promise: Let our actions make the world a little kinder.

CHAPTER 12

Sources and further reading

Ancient history and modern interpretation

[1] The Metropolitan Museum of Art

Ceremonial Implement in the Shape of an Ankh, collection object 548476. https://www.metmuseum.org/art/collection/search/548476

[2] The Metropolitan Museum of Art

Model ankh, collection object 546309. https://www.metmuseum.org/art/collection/search/546309

[3] Pyramid Texts Online

English translation of the Unas Pyramid Texts. https://pyramidtextsonline.com/translation.html

[4] The Metropolitan Museum of Art

The Art of Ancient Egypt: A Resource for Educators. Discusses ka, ba and akh. Available through the Met's publications resources.

About this edition

This volume is a modern ENKI spiritual reflection, not an archaeological translation, a scientific account of reincarnation or a medical explanation of voices. Its historical references are provided for independent reading. The author's spiritual testimony is identified as such.

Keep asking questions. Keep learning. Keep caring.