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Abydos Egypt: Ancient Healing Temple and Mystery School, whose origins go back to Atlantis and beyond.

"The soul comes from the stars and returns to the stellar regions." C. G. Jung

The Ba soul for the Egyptians is a subtle light that comes from the stars, the sun, the sun behind the sun, the great creative light source driven by universal love. Our light, ba soul, is expressed by living in our hearts; it is eternal and leaves the body on physical death. The ba is imaged as a bird with a human head.

The Ka belongs to the earth, it is the life force of the physical body, and includes our intellectual and creative energies, and also our shadow side. These 2 forces belong together as day and night and need each other to remain in balance. This is living in Ma'at, balance. The ka returns to earth on death. The aim is to think, feel, speak, listen, and act in Ma'at. Naturally, we get out of balance. With discernment we can observe how this is happening and then act accordingly. If the Ka gains the upper hand, and the Ba, the soul, light from the stars, love, disappears, illness can result – this is our current situation on our earth.

Introduction:

Egypt is about going to the source, *the* source, and the source inside yourself, your own wellspring, your original self, the one you are and have always been. So, the journey is about clearing the rubbish and debris that obscures who you really are, so that you can begin to experience – again - the countenance, the face you had before you were born, yourself as presence, as a unique spark of divinity.

A pilgrimage to Egypt, like most journeys, begins before it begins. Some voice, disturbance, synchronicity, intuition, dream, etc., lures you there – often it feels irrational yet nagging, insistent, perhaps even urgent....

Photo 1. Abydos Temple

My own story began 11 years ago when I first went to Egypt, initiated by a dream in which the temples of Isis at Philae and Abydos were mentioned specifically. On that journey, I had 2 major experiences – one was in the crypt of the Great Pyramid (a story in itself that I don't have time to go into here); and the other was at Abydos. There, in the smaller of two Isis chapels in that

temple, I felt that I had entered the holy of Holies and was brought to my knees in an overwhelming embrace of unconditional love and refined high vibrational beauty unlike anything I'd experienced before. I dissolved into tears with the sheer profound emotion of this moment of cosmic embrace and knew that one day I would need to return to this temple to explore what that moment had opened deep down in my soul.

That moment became the journey, 11 years later, of my recent visit (Oct-Dec 2021). Called by Isis those years ago who had, as it were, opened the door, and 'pushed' by a series of recent events in my own life that required significant re-evaluation and change, together with reaching my 70th birthday and a desire to begin to refine what the nature of my work might be going forward, especially within the context of the current initiatory process that our world is engaged in. I planned my trip to spend 7 weeks at the House of Life – a retreat centre and hotel – near the ancient Temple of Abydos.

I was also curious about the connection between Isis and MM.....as the Essenes traced their origins back to the mystery schools of Egypt. The Mt. Carmel Essene mystery school in Palestine "preserved the lineage that holds the Grail codes of ascension and incarnation [that go back to Atlantis and Lemuria] through which the Divine Mother brings forth Christ consciousness during cosmic, solar, and planetary cycles," (*Anna, Grandmother of Jesus*, p. 16). This is, of course, the age / cycle we're in now. (For the 'ascension rite' and experience, see MM's vision at the end of *The Gospel of the Beloved Companion*, transl. and edited by Jehanne de Quillan).

Egypt: – land of magic, whose temple and pyramid structures are the wonders of the world, built by harnessing the forces of nature and the stars, together with the unbelievable ancient Egyptian knowledge of the invisible forces of creation (sound and light), astrology, physics, mathematics, etc., as well as the energy structure of human beings, and deep knowledge of the transformation practices of death and renewal.

Abydos:

The truly early 'history' of Abydos going back to Atlantis and even way before to a civilization of advanced beings – the 'Seshu Hor' which means the 'evolved principle of mankind' – These 'astronomer-priests' over a period of several hundred years achieved mastery on many levels of consciousness and knowledge: astrology, art, architecture, knowledge of the stars, philosophy, cosmic law, healing and strengthening body, spirit and soul, trans-dimensional journeying, and the intimate connection between the cosmos and the earth, nature and our natures, alchemy and the art of transformation – becoming a star

here on earth, ie. achieving immortality while in a physical body. There are texts that support these ‘legends.’

This interconnectedness of all being and every manifestation of it and its spiritual essence, or originating point is, of course, the knowledge of cosmic cycles and order we need now to support a regeneration of health and soul on our own planet. So, the ancient knowledge is of practical importance in our world today.

Abydos was part of a three-part plan – The first 2 parts of the plan were the construction of the Great Pyramid at Giza, and the Sun Temple at Abu Gharab near Abu Sir respectively. **The third plan was the erection of a Temple with 7 floors, dedicated to the 7 gods of creation (also the 7 stages of alchemical transformation), on the site of a star gate, an energy vortex in the Ga’ab desert behind Abydos** – a geographical location where celestial energy comes down to earth, and from earth it ascends to the stars in a constant spinning energy flow. The Abydos area was once thought of as one of the most important energy centers in the world, one reason being that it can absorb much negative earth energy. The space between the mountains of the Gab were thought to be a direct route to the Kingdom of the Dead – and so pilgrimage to Abydos became one of the 5 pillars of the ancient shamanic wisdom (see Rijnsburger and Horus, p. 21). In fact, Abydos is one of the oldest, if not *the* oldest known place for pilgrimage journeys in the world. **It offered the chance to present oneself to Osiris and engage in the ritual of “dying before you die” and realizing immortality here in this life.** This is the pattern of death and spiritual rebirth practiced in most of the ancient Mystery Schools across east and west. This is the pattern we need today.

Pharaoh Seti 1 at the beginning of the 19th Dynasty (1292-1190BC), instructed in one of his meditations, built the Temple at Abydos, specifically as a Temple of Healing, on an earlier temple site (from the 4th Dynasty), incorporating its remains with his own design. Why Abydos though? It is necessary to go back more than 15,000 years BC where, at the Temple of Edfu it mentions on the outer western walls, that a volcanic group of islands in the West was named as their original homeland. Plato first mentioned Atlantis (in the West) in his Dialogues with Timaeus and Critias, a story he heard from Solon, an Athenian lawmaker, who in turn heard it from an Egyptian priest. Atlantis was ruled by a technologically advanced but power-driven and morally bankrupt majority, but the elders and wise ones of the culture left Atlantis before the floods and eruptions that destroyed it, and went to various places on the globe – South America (Mexico, Guatemala, Peru, etc.), England and Scotland, Bosnia, Malta and Crete, India, Tibet, China, Indonesia – and of course, Egypt – all places that erected pyramids and other symbolic and encoded structures, some of which have only recently been discovered. The Atlanteans that came to Egypt were

called the ‘Shemsu Hor,’ ‘disciples or followers of Horus (the Elder),’ but in Old Egyptian, the ‘Seshu Hor’ refers to the evolved or mature principle of mankind as I mentioned above. *These stories suggest that we have somewhere stored in our soul memory bank this advanced knowledge and that we too can regain this maturity and live within cosmic order and harmony if we can but ‘unforget’ and re-member who we truly are.*

The name ‘Egypt,’ from the Greek ‘Aegyptos’ can be traced back to meaning ‘the Place of the Ka of Ptah the Creator.’ The original name for Egypt from indigenous and immigrant groups was Khemit, meaning Black Land, referring to the rich soil that came with the annual flooding of the Nile, and in distinction to the Red Land which referred to the desert. However, it is good to be reminded that black and red are alchemical colours, referring to the often dark beginnings that initiate an undertaking of the opus, and the eventual transformation of those energies to a higher level and embodiment of new life. The Arabs arriving in Egypt around 200 AD were inspired by the indigenous traditions of the people – perhaps recognizing them as similar to their own often advanced knowledge of alchemy and cosmic knowledge – and called their new land All Khem, the source of the word ‘alchemy’ (R and Horus, p. 14).

The Abydos Temple is unique as a healing temple specifically, containing 7 chapels to the major Egyptian gods and goddesses and their significance in healing ceremonies and rituals; for the “repose of the heart;” It is the ‘most sacred site’ on the planet, according to the ancient Egyptian priest who is its spiritual custodian; Dedicated to Osiris as a death and resurrection energy transformation chamber – (the even more ancient megalithic Oseirion at the back of the temple attests to this fact; the ‘flower of life’ is engraved on one of the granite blocks there-this is considered the pattern of creation and the basis of sacred geometry taught in the mystery schools), the main focus of the temple is the so-called Abydos triad, Osiris, Isis, and Horus; A temple restored to its ancient spiritual heritage by Omm Sety in the last century, an English woman (Dorothy Eady) who as a child had a near-death experience that led her in her adult life to Egypt and a previous life, still continuing in the visionary imaginal world of her own soul, with Seti 1 who built, or rather restored, the temple during his years as Pharaoh (dates: beginning of the 19th dynasty, 1292-1190BC).

As the accounts of those who have endured NDEs attest, such experiences open the individual to a kind of deep cosmic knowing and remembering, way beyond the narrow confines and categories of our current paradigm and worldview. And in a similar way, Omm Sety helped to restore the ancient shamanic spiritual knowledge and spiritual function of the Abydos temple so that this could be

helpful in our current wasteland. She became a disseminator of this knowledge and a healer herself. Her protégé, Horus, whom she taught and looked after since he had been a child, was initiated into the priesthood of this ancient Egyptian shamanic knowledge, and I was privileged to have him as mentor and guide during my retreat.

So, the journey to Abydos is a journey to the mysteries, undertaken in silence, employing the imagination, opening to shamanic transformation and hidden knowledge, so that the veils can open one by one, and you can gently descend into the path of *knowing- gnosis* that you need now to continue on your path. The Temple and its chapels were built for this purpose of healing and awakening. It is a field of energy medicine with which you interact in order to know yourself in as clear a way as possible. Why? So you can discover your unique gift and offer it to the world, bring your starlight to earth. Abydos is therefore a place where you can find your *Book of Life*, and where you can open to the pages of your current soul journey.

Main teachings from my pilgrimage journey:

It is not relevant in this context to describe the details of my inner process, but I do feel I can share what, over this 7-week period, were the most important insights that I gleaned – at least to this point – that may be of more general interest for the theme of this conference: accessing the deep collective wisdom memory deep inside all of us and in nature for our current times.

1. The Osiris and Isis mysteries, at the heart of Egypt, teach us about the art of transformation through loss, grief, broken heartedness, wandering and search, remembering and healing, eventually helping us to spiritual re-birth as an eternal being/immortal self (the Horus ‘divine child’), and to gain the confidence to embody our own spiritual authority from our heart centers. Every pilgrimage offers this universal pattern of symbolic death and renewal, reflected in many of the myths from all over the world. Mary Magdalene speaks to so many today because she, like Isis, suffered this mythic pattern herself, and became, through the rite of ascension, the ‘woman who knew the All’ (i.e. a galactic being). She went on to teach the ‘right use of energy,’ and the ‘path of the heart,’ together with the transformative power of the visionary imagination, (and to heal and perform initiations in the area of Provence, and the Languedoc in SW France, and elsewhere).

2. Suffering your own grief and loss can awaken compassion toward others, and so the mysteries are also a path of heart, which help break us out of the **artificial and superficial nature of reality that has become dominant on earth, and that is breaking down because it cannot hold.** Heart and soul are the same thing in ancient Egypt. **We have become so divorced from the**

sacred, from nature, from the stars, that it is literally killing us. We are in the darkest cosmic cycle, the Amen, (Amun, Amon) cycle where sky goddess Nut has swallowed the sun, and we have lost our orientation in a profound dark night of soul. Sometimes we may feel a glimmer of hope that the new age of Khepri (the scarab beetle), or Dawn is coming into being. This conference is about ways we can choose to support a step into a new story, a new dawning.

The Seven Chapels in Abydos Temple

The chapels at Abydos are built for the 7 main gods and goddesses – these are the Neteru, personifications of the forces of nature and the cosmos and ‘created’ as expressions of the great creator God Amun. Seven/7 is an important number in Egyptian symbolism: 7 (as an esoteric number) refers to “the feminine mysteries behind the veil,” the 7 main chakras of the body, the 7 stages of alchemical transformation, the 7 sisters or Pleiades, and many other 7s – a quarter of a lunar month, visible planets, notes of a scale, wonders of the world, the liberal arts, days of the week, etc.

Each god or goddess represents different aspects of the human psycho-spiritual-physical energy system and includes the shadow or darker aspects of our personalities.

Each chapel is connected with a star or star system. The Egyptians were stargazers and astrologers and knew that we were connected with them.

Daily visits to the temple, journaling, together with consultations with Horus, dreamwork, current and past life review (karmic clearing), ancestral work, meditation, visioning, sacred sites travel, bodywork (massage, footbath with sacred oils), sound healing, card and other oracular practices, ritual and ceremony, herbal and oil remedies, diet, and working with a skilled practitioner who truly understands and knows the alchemical art of transformation, are examples of the indispensable tools for transformation that we used.

Photo 2. Abydos with steps

There is a special way to enter the Temple – up 3 flights of stone steps progressing through the chakra system from root to crown, walking barefoot once inside to activate energy points in the feet, and using musk oil to activate higher frequencies in the body, and to open the third eye. It is important to try and drop all expectations and let the temple ‘teach,’ ‘heal,’ and offer you its symbolic wisdom by reflecting the current state of your soul’s consciousness. As you familiarize yourself over time with the temple as a kind of ‘living library,’ it opens its secrets to you as you move along on your journey. We had almost daily visits to the Temple and would spend time in the various areas and chapels according to inclination or specific instruction based on where we were on our path.

The 7 Temple Chapels:

Photo 3 Isis

Beginning in the Isis sanctuary, a place pregnant with unconditional love, represents the physical and emotional heart (4th chakra), compassionate presence, motherhood, and the moon and its tides. Feelings of love allow for the expression of grief, sorrow, and heartache. For the first couple of weeks, I had a lot of grief to process, not only personal issues, but the grief of what is happening to our world, and to the loss of deeper sacred knowledge. Helps integrate the upper 3 and lower 3 chakras, allowing a balance between them that allows a feeling of compassion for others and our environment.

Photo 4 – Isis/Hathor

I moved slowly to all the other chapels representing the other major gods and goddesses. Each ‘space’ worked different chakra points in the body and the issues associated with them.

Horus chapel which includes his brother Set, who out of jealousy killed Osiris, therefore addresses lower chakra energies and shadow aspects which acknowledged can move or push us to higher levels of awareness. ‘Hor’ also relates to vitality, so the energy of this chapel addresses our sexual instincts, survival, and self-confidence in general. The second chakra is also connected with the 3rd eye, or 6th chakra, which Horus also represents. This is the ability to see clearly, raising our issues to a higher level where, without emotional entanglement, we can see more deeply and with greater clarity into things. This helps develop a sense of awareness and presence, through breathing in and out at the hara point in the belly and getting out of your head.

Osiris chapel: deep physical, mental, and emotional suffering. Renewal. 3rd chakra, solar plexus, self-esteem and personal power, our place in society. Negatively, intolerance and dominating, judging behaviour, low self-esteem.

Amon-Ra: Amon-Ra-primeval creator god; Min-fertility, sexuality god; Khnum-the creator god and spiritual side of sex. First or root chakra.

Ra-Horakhti: He’s connected with the deceased so relates to mourning and loss. 5th chakra. Clear self-expression and manifestation of your own creativity.

Photo 5 Sekhmet at Luxor

Ptah-Sekhmet: creator god of craftspeople, opening to new ideas and creativity, which needs Sekhmet’s energy to manifest. Helps with inner critic and fears. Child was Nefertem, god of healing and oils. Ptah, creator, Sekhmet, destroyer – their child, the ‘third’ between them therefore helped keep the world in balance, so together they established Ma’at. 6th chakra – so also for developing

intuitive knowing and visionary abilities. So clear vision and setting priorities vs. fear of expressing yourself.

Photo 6 Sekhmet at Abydos

Photo 7 Ptah and Nefertem

Towards the end of my journey, I found I was starting to speak less personally and more philosophically about the nature of the cosmos. The ibis-headed Thoth and Sheshat with the 7-pointed star on her head, were entering my field.

Photo 8 Thoth

Thoth/Djehuti (in old Khemitian language), (Hermes, Mercurius) Ma'at, Sheshat: Also, Sety's chapel.

Djehuti means “**master of wisdom and truth.**” This connects him with Ma'at. Representative of the **logos** and **spirit**, he is the creator principle of sacred sounds and vibration for practical purposes, eg. the healing use of words. Protector of cosmic law, he was particularly **skilled in magic**. With the head of an **Ibis**, he was considered a messenger of the gods/Neteru, like birds often are in other mystery traditions. Dove in Christianity and alchemy, the hoopoe in Islamic symbolism.

The wisdom of Thoth related both to earthly desires and ambitions as well as heavenly aspirations and longings.

He had 2 groups of priests/priestesses: one group was **connected with the baboon**, that represents sexual desires and time also (as baboons are affected by the change in seasons), so time associated with seasonal and daily cycles; The second group was **connected with the ibis**, and this group was more interested in the sun, moon, and stars, and therefore cosmic time, or larger cycles of time (viz. the ibis beak is curved like a crescent moon). This group worked at night and **watched the planets and stars for hours**.

Thoth is often known as the mediator who passes judgement in the Hall of Judgement, aka hall of Ma'at.

He is known for speaking in a wise, mysterious, and creative way. He is the god of knowledge and science.

Photo 9 Ma'at

The chapel is also dedicated to **Ma'at** – she has a feather on her head – truth, order, balance, and justice, harmony, moderation in anything we do. She was protected by the pharaoh, because without Ma'at chaos reigns – and that is

precisely the situation we're in now. We've lost our connection to the cosmos, to the stars, and we no longer obey cosmic law – only our man-made ones.

Photo 10 Seshat is the wife of Thoth. She has a 7-pointed star on her head (some say flower), so she's connected also to the mysteries. She is the “mistress of the House of books,” and is the **goddess of wisdom, knowledge, and writing**. Also astrology, astronomy, architecture, and mathematics. She feels the **energy of earth**, of the land, and aligns buildings with the stars. Thoth had cosmic wisdom but needed Seshat to ground it in writing so that initiates could access it.

6th but mainly 7th **or crown chakra** chapel and **direct divine guidance from the Source**, that can filter down into our bodies to ground higher spiritual frequencies. Pineal gland, the seat of the Ba for ancient Egyptians.

The energy of this chapel helps you give expression to your deeper insights and knowledge – which is what this conference is all about. It strengthens your backbone so you can fix your creations in reality! And manifest your intelligence in the world.

Soon afterwards, On the morning of a visit to Hathor's Temple at Denderah, I had a dream in which I was at an art exhibit in a private house. I have the feeling that there is something about the art – paintings and sculpture – that I need to see – not just the social-cultural commentary and context, but to look for something deeper – In need to ‘see’ the magic imbued in it, the vision behind and penetrating the form. **Photo 11 Veronica at Denderah.**

Photo 12 Merit-Amun.

After Denderah, **we visited the Merit-Amun statue** – she was the daughter of Ramses 11 (son of Sety 1) and became the consort-wife after her mother Nefertari's death. I was deeply moved by this figure – she seemed to me to embody a sacred sexuality, a woman centered in her own power, conveying a gentle force of inner strength.

Photo 13 Merit-Amun.

For the ancient Egyptians, sexual energy is creation energy, the two are not separate and both are considered healthy and to be honoured. I reflected on how a split in our western world opened up an egregious chasm between spirit and instinct, and how this was very much related to the loss of the feminine principle long before Christianity. This loss of our connection to body, matter, nature (always connected with the feminine) has had devastating consequences to our world and includes our climate crisis and current pandemic. Soon after our visit to the statue, Merit-Amun began to appear in my meditations. She told me that the high frequencies achieved with the life force of sexuality-creativity related to the practice of astrology and prophecy, and knowing about the secrets of the cosmos, the meaning of life, and why we're here. She talked of the

unfolding of the ages, the qualities and patterns of each age, and how the move toward Aquarius involved the development of mystic consciousness, greater psychic awareness, and the sacred marriage both within and in our relationship with nature and the cosmos. (Sacred use of plant medicines also fostered access to cosmic knowledge).

Photo 14 Light at Abydos

I thought of the **Grail legends** and how, at the end, when Parzival is finally able to ask the compassionate question to the Fisher King, Anfortas, “What ails thee?” the healing can begin and creates a luminous presence all around. The Grail bearer brings in both chalice and a stone and these together create the radiance of the Grail. The stone shimmers with both dark and light, leading Parzival to marvel at how these healing symbols point to all of Nature, and he experiences the ‘living quality of matter.’ The restoration of the spirit of nature, *anima mundi*, ‘soul of the one world’ behind this one, is what restores the Grail, a kind of presence and the awareness of the fathomless mysteries of life that restore our connection to the sacred.

I also thought of the figure of Wisdom/Sophia and the gnostic myth of the descent of Wisdom – a co-creator with God – into matter, and her becoming trapped in matter from which she calls out to human beings to restore her place with the divine. Within climate catastrophe and covid, Sophia is calling to us to respond and help restore our connection to the sacred.

So perhaps we can imagine Sophia or the symbol of the Grail, or whomever or whatever figure/image of the sacred feminine is for you, calling out for you to enter the Silence in the temple of the heart, to help restore the unity of the world. This is a sacred task, as MM’s vision of the Tree of Life at the end of her gospel, *The Gospel of the Beloved Companion*, attests to. There are challenges at every stage of our journey, and the overcoming of these all contribute to the achievement of wisdom and illumination, and help us with our work. MM says at the moment she is embraced by the “woman of extraordinary beauty” at the top of the Tree – I think of Isis also – she realizes that “the fetter of forgetfulness was temporary.”

By our personal efforts and help from guides, we can discover our life path, and open the light code or star code portals to personal and planetary transformation, to remember who we really are, to find ways to express this in the world as an offering of a new Life vision.

With effort and wisdom, we can reclaim the cosmic knowledge and remembering, the much vaster vision of reality that was Egypt, and that we have forgotten through ages of devolution, separation, and forgetting. In the space of

Silence, the temple space of the heart, the ‘still small voice’ can be heard, and the centre and source of healing is to be found, and we can open to our Book of Life.

Summary:

We are awakening to our *Book of Life*, to the fact that we are both planetary and cosmic/galactic citizens, that life is interconnected, that reality is holographic – each part reflecting the whole, and the whole in each part, that our attitudes and thoughts affect the quantum field and vice versa, that who we are matters, that we are multi-dimensional beings with access to a range of consciousness in the body, in relationship with the soul of nature, and from the stars. And that we have an obligation to embody our own sources of wisdom: to heal so that we can discover our unique gift and offer it to the world at this critical moment.

Summary in 4 steps: – gifts of ancient Egypt: Self, Nature, Cosmos, M.I.Etheric Temples – recovering ancient wisdom for contemporary times:

1. The necessity to work on oneself – ongoing work through life – differentiation of self with and from the collective – knowledge of complexes/shadow aspects/unlived potential, etc and figures in the psyche etc. to a deeper knowledge of the many aspects of oneself. Life review, importance of dreams, cultural influences, archetypal patterns. See MM’s rite of ascension at the end of GBC, for work on gifts and their necessary challenges up the Tree of Life. This mostly coincides with Jung’s individuation and notions of self-realization. Mostly takes place in ordinary time.
2. Synchronicities, pilgrimage, sacred sites travel, concern for the environment – signal our relationship with nature, elementals, nature and psyche are one – we don’t just live in a relationship with self, but are also inextricably connected to the wider world; interconnectedness, developing a deeper knowledge of and feeling for ‘magic,’ coincidences, nonlocality of consciousness, that creation can happen in a spontaneous manner, and not just in a linear fashion. Knowing the “aha” moments are brief mystical moments of heightened awareness that bring us into the NOW, numinosity, eros and love. Oracular knowing. Ordinary time and eternal time – where the 2 can become one.
3. Union with the stars and the cosmos. Exploring our star lineage, our relationship with our stellar brothers and sisters – all part of indigenous knowledge. Cosmic consciousness, a feeling of union with a much larger reality; earth’s place in the broader galaxy, no longer

stuck in reductive materialist science, but open to a vaster vision of reality. Shamanic journeying and visioning, gnosis, and direct knowledge as legitimate sources of knowing. (Signatures: UFOs and CCs, NDEs and kundalini awakenings).

4. Journeying to the etheric temples and universities of learning, what I call the mystical cities of the soul, for sacred knowledge and deep wisdom often discovered in NDE experiences, and other OOB events or visions.

With gratitude to my guides.

Blessings,

Veronica