

Book Excerpt

Chapter 3

Abydos

Fully Engage in Your Life

In the first initiation at Abydos you work with the sacred geometry of the Flower of Life and the energy of sunbeams to raise your vibration and connect to your eternal nature. This resolves feelings of hopelessness, lethargy, an absence of passion, and a lack of purpose. Re-membering your eternal nature in your body in your present lifetime prepares your system to hold high vibratory energy, changing the physical density of your cells to align with the high vibration of your eternal nature. The eternal nature is woven into the human form.

The Flower of Life

What is the Flower of Life? It is a uniform symbol, comprised of symmetrical overlapping arcs that combine together to form one flower, with individual circles, or seeds of life, within the whole. Every aspect is connected to every other; it is a hologram of wholeness, a hologram of unity. More than a two-dimensional picture, it is multidimensional. The Flower of Life is the seed of creation; it is the creative aspect of life, of the divine. It reawakens the life seed, the creative life within you.

Drawing Exercise

Tracing the Flower of Life

Place a piece of paper on top of the Flower of life diagram and trace the lines. Open yourself to receive information about this sacred symbol. When finished record your sensations in your journal.

As you walk into Abydos, beautiful beams of light shine into this sacred temple. These beams of light come from sunbeams shining through openings in the ceiling. Sun energy, Ra energy, divine energy in the form of sunbeams is an important part of the

Ancient Mystery Schools. In ancient times, the initiate stood in the beam of light and connected to the energy of the divine, receiving a direct activation of the divine being within his or her own body. In the following Abydos initiation, the sun activates you and infuses you with power. The activation by the sun energy, by source energy, prepares the body to remember how to embody the eternal nature of the being and hold high vibrations.

Your eternal nature is the infinite aspect of you. Abydos pierces through the illusion that you are finite. This is an untruth. The truth is that you are eternal. As you consciously align with your eternal nature you see the bigger picture, that this lifetime is a drop in the bucket.

This moment and whatever is so important to you is one moment in an unlimited, infinite amount of moments. Your essence, your eternal nature extends beyond time and space.

Journey to Abydos 1

The Flower of Life Initiation

Close your eyes and imagine that you are standing within a sacred chamber at the temple of Abydos. Feel your feet upon the stone floor. Feel the energy of this sacred room. Notice that on the ceiling of this sacred chamber there is an opening and through this opening a beam of light shines brilliantly into the room and upon the sacred stone floor. This beam of light shines a few inches in front of your feet. It will travel across your being from the bottoms of your feet all the way up to your head. Have a sense of this beam of light gently moving to shine upon the tips of your toes, and as it shines upon your toes feel the energy coming through this light awakening your eternal nature, awakening the vastness of who you are. . . . Connect to the light of all there is within you.

Over the next few moments connect to this beam of light and visualize it; feel it travel up from the tips of your toes all the way up your legs. Feel it rise, slowly moving up your feet toward your pelvis. . . . Feel this beam of light activate your eternal nature within your legs, illuminate within you the vastness of who you are. Feel this beam of light shine upon the base of your

spine, your root chakra. . . . Feel its warmth energize the base of the spine, awakening your eternal nature there. . . . Your eternal nature begins to rise from the base of your spine up through the pathways and the channels of your spinal column, up through your energy centers. . . . Feel the energy rise and awaken within you. . . .

It rises up from your throat to your chin; feel it warm your face . . . feel this beam of light rest upon your lips, upon your nose, gradually moving up to your eyes, it shines brightly upon your closed eyes, upon your third eye, and you enter fully into the light. It beams into your third eye and pineal gland. . . . Feel your pineal gland awaken. The eternal nectar that resides within this organ overflows, moistening and expanding it.

Set your intention to remember the hologram of the Flower of Life, this unified field that represents life in its fully engaged state. Sense, see, feel, or imagine the pattern of the Flower of Life surrounding your pineal gland. This Flower of Life fully absorbs the light from the sunbeam and projects around you a Flower of Life hologram until you are standing within a large of Flower of Life in the sacred chamber of Abydos. As the light ignites the Flower of Life around you, feel your passion awaken, feel your inner inspiration awaken, feel that part of you that has been disengaged from your life activate, ignite, fully engage in your life. This activation engages and integrates the vastness of who you are, your eternal nature, into your life.