

## Meditation 4 – Hathor and the Temple at Dendera

DATE: April 1, 2008

TIME: 7 pm (a short time before sunset, your time)

Let us begin by moving as 'One Dream' into the energy of joy, understanding, love, and peace. In this meditation, we will share the energy and magic of the Goddess Hathor. She has been the most brilliant to me. Hathor is the Goddess of Joy, Love, Celebration, and Dance. Come and relax for this last meditation.

She is waiting for us in her Temple at Dendara. Our visit will be a private one with only Hathor and the night sky to greet us. Hathor's symbol is the sacred cow with her milk pouring into the river of the night sky called the Milky Way. The ceilings of her home are covered with the symbols of the zodiac and the sky Goddess Nut. She is the most beautiful of the Goddesses with the vibration of love and forgiveness. Hathor is the alchemist whose energy transforms our suffering into understanding and peace within.

Relax and allow your mind to release the self-talk of the day. Take in a cleansing deep breath and release with a deep primal sound. Once more breathe deeply and release with sound. Now.... allow your body to relax and move into a state of peace. Good.... just relax.

Contemplate for a moment your life and bring into your mind the idea of suffering. How does it feel? Are you willing to give this feeling to the Goddess or is this a feeling that has become a part of you?

In the distance a figure is coming toward you. She has an energy that speaks of love and comfort. As she comes closer you can see her beautiful face with pale skin, the ears of a cow, deep dark eyes, and long dark hair that falls down her slender shoulders. Her gown is a deep blue with silver stars that seem to glisten and shine. On her delicate hand she wears a ring of dark sapphire. Each step she takes leaves behind a path of silver stars. Her smile reveals a joy that brings love to your heart.

She is here as the alchemist to transmute your suffering. All you have to do is be willing to give it up. Take a moment to breathe in her light. Hold this feeling in your heart and ask the Great Spirit within you to bring forth any suffering that remains in your DNA. Take your time and allow the feeling to surface completely.

When you are ready, send this energy of suffering to the Goddess who waits patiently to transmute this vibration into pure love and joy. She is the alchemist. She is the magician. Give her your pain and she will give back the understanding for the lessons you have learned. The lessons are complete and your field is filled with love and joy.

***Oh, Hathor, you are my Mentor! Your Temple calls me into the Sanctuary of Initiation.***

***Oh, Hathor, you are my Ears! I hear through the ears of the Goddess the Song of Knowing.***

***Oh, Hathor, you are my Voice! The music of the night sky sings to me through my joy.***

***Oh, Hathor, you are my Heart! The Goddess smiles and my heart is filled with love.***

Now.... breathe deeply and know that you have released the suffering that has been a part of your being since the beginning of time. This exercise will come to you vividly when you walk into the Temple of

Hathor in Dendara. Walk slowly and silently and allow the energy you have just experienced to become a part of you in gratitude and gratefulness.

These meditations are provided for you to share with us the energy and the sisterhood while I am in Egypt. Meditations such as this are a way for you to learn how to become a lucid dreamer and have dreaming become a conscious activity in your daily life. It is time to step into your own power and your own divine being!

In Spirit, Lynn

To read more about Hathor or the Temple at Dendera (or Dendara), visit our hosts, Luminati, link. [Dendera](#)