

Meditation 2 – The Temple of Isis, Island of Philae

DATE: April 3, 2008

TIME: 6 am (or sunrise, your time)

"We have all risen before dawn to be the first to visit the Island, we have come to Aswan where the new dam was built to control the flood waters of the Nile. Here small islands and large boulders dot the Nile. The waters are calm and egrets circle around our small boat that chugs toward the island. We come around the curve of land and the Temple itself seems to 'float' above the water. We have ridden in silence the whole way. After a short time, we quietly disembark and file up the bank to the entrance to the temple. I stand in awe gazing at the magnificent structures before me.

As I close my eyes, I focus on my 1st chakra. It is the root chakra, the place of beginnings. Drift now into the dream of the essence of Egypt. Breathe in deeply and picture the warm sun just beginning to rise slowly over the clear blue water of the gentle Nile. Breathe out with the flow of the water. The sparkles of light dance on the surface of the water before me... shimmering... calling me home to the Mother. The fullness of the dream fills with light that kisses the flowers that grace the grounds around me. Just ahead in the mist, a beautiful temple begins to materialize before my eyes.

Great Spirit takes me into the splendor of this magnificent temple. The night sky has given way to the Sun God, RA, as he begins his journey across the sky. I feel the rays of the morning light strike my face. I hear the melodious sounds like ancient temple chimes coming from the birds that awaken the temple spirits. I whisper, ***Mother I am here!***

Looking around, I am struck by the beauty of the temple in front of me. I walk softly through the massive doors over the threshold of this sanctuary that leads to the inner chambers. I feel the coolness of the space. I hear the sound of my shoes on the stone floor so I stoop and remove them in honor of the Goddess. ***Mother I am here!***

Then the dreamtime visions begin... I am remembering....thinking of the past... my feet remembering exactly where to go....remembering this temple and the sacred grace of the Goddess Isis ...the Mother... the Magician. ***Mother I am here!***

Each step is taking me closer to the Goddess. The sweet smell of morning fills my being as I breathe deeply... sinking into a divine sensation of awe. The Mother Goddess Isis resides here. She is calling my name.... she is calling my name. Isis appears before me. My eyes tear with love. Her beauty shines from a place deep within her filling all of the space around as far as the eye can see with light. She is home on the Island of Philae ...in her temple... and I have been invited..... Again I whisper, ***Mother I am here!***

The water around her sanctuary purifies me and clears my field of old thoughts and fears. She is motioning me toward her with a delicate gentle hand. Deep gratitude fills me with peace as I step closer toward her. Her gossamer gown flows gently around her... a rustling is heard from the wings of the falcon that brushes my cheek. Isis, oh Isis! Speak to me of your magic. Speak to me of your passion. Speak to me of your wisdom. Speak to me of MY dream. Listen carefully for she speaks softly...

Then I touch the cool granite of the altar before me. It brings me back into my physical body. The sun is high over head and shines deeply into the temple. The walls are filled with messages from the Goddess. She is alive and still present. My heart leaps as I strain to hear her words. She continues to speak and the message is just for me. Silently, I allow her wisdom to enfold in me. I am filled with sheer joy! With deep

gratitude, I take her special message into my heart and know that I am blessed. Relax into this energy for as long as you need; then, slowly come back into your center, take a deep breath, and open your eyes.”

In Spirit,

Lynn

To read more about The Temple of Isis or the Isle of Philae, visit our hosts, Luminati, link. [Island of Philae](#)