

Meditation 3 – The Sanctuary of Sekhmet at Karnak

DATE: April 6, 2008

TIME: 8 am (*shortly after sunrise*)

The cruise ship has docked at Luxor. Again we have risen early to have time to meditate before the crowds come. We come across the walkway off the ship and hear the Mosques for the second time this morning calling people to prayer. There is bustle on the docks of farmers bringing their wares into the city before the midday heat. We are transported to Karnak temple and even from the bus I can see the obelisks being highlighted by the early morning rays of the sun. We all gather first at the main promenade to see the sun begin to stream through from the very far end. We walk silently to the Sanctuary and then stand in a circle.

"I begin quietly by closing my eyes though can already feel the power and intensity of the goddess as I begin breathing deeply in and out. I breathe again, in and out. I do this several more times noticing the rhythm of the breath. I notice the energy rising up in me from the base of the spine, the root chakra. It comes up slowly to the 2nd chakra, the sexual chakra, the creative center. I feel the energy sit for a moment and then I breathe again. The energy rises again to the 3rd chakra. I take a deep breath and hold it. The energy fills this center of my being, the power center. I slowly let my breath out. I have been so busy focusing on the energy I don't realize that around my body energy is crackling as though I'm hearing flames from a fire. I slowly open my eyes to see the Goddess Sekhmet standing before me. She is wearing a red long gown banded in glowing gold. She smiles at me slowly and warmly. I feel heat and love pouring over me and I listen intently as she begins to speak.

Are you happy? What is holding you back? Do you know what direction you are taking in your life? What are you afraid of? Why do I not have enough money?

I begin to answer but she shakes her head no and holds out her hand. She wants me to come with her. I rise and take her hand gently and feel energy begin to flow into my hand and arm. We begin to walk through the temple at Karnak. I notice my whole body has warmed. Through the halls and passages we walk. She points out several inscriptions and we continue to walk.

We come to a smaller set of buildings outside the main temple. This is her sanctuary. It hasn't changed in thousands of years. She tells me it is dark inside but you will know where to go I will be beside you, empowering you to seek your answers. We enter the chamber in pitch darkness. As I sit in the stillness, tears begin to flow. I know the goddess is beside me smiling. Lovingly and gently she urges me to answer my questions. I close my eyes and I know that the power within me and around me will help to answer those questions. I begin to hear a small voice...it is mine. I stay for a while as I listen for the answers.

Slowly I open my eyes. I am no longer in her sanctuary but in my own place. I feel renewed; I feel lighter! I know I have been purified by the fire of the Goddess Sekhmet. I have felt the power of the Goddess.

Oh Sekhmet, You awaken me to the light of understanding through your fire.

Oh Sekhmet, You have given me the strength to be creative and to learn to solve problems or resolve issues.

Oh Sekhmet, You have given me the power to create my reality.

Oh Sekhmet, I thank you for your direction and for the love that fills me with joy!

I smile knowing that I can return to Sekhmet's temple when I need guidance. I feel the power of the goddess alive in me."

In Spirit, Lynn

To read more about Sekhmet or Karnak Temple, visit our hosts, Luminati, link [Karnak](#).