



The Goddess Sekhmet: Psycho-Spiritual Exercises of the Fifth Way

Robert Masters

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Robert Masters presents the wisdom of ancient Egypt through the perspective of contemporary research in psychology and religious studies in his profound study of The Goddess Sekhmet: Psycho-Spiritual Exercises of the Fifth Way. The fifth way refers to the Egyptian theory that humans consist of five bodies: the (most subtle) Spiritual Body (Egyptian: Sahu); and, after that, the increasingly less subtle: Magical Body (Khu); Shadow (Haidit); Double (Ka); and Physical Body (Aufu). Also included are Sekhmet's myth, her hundred Sacred Names, as well as her rites of meditation, prayer and exercises in body movement, awareness, mind expansion, imagination and creativity. This book initiates readers into a direct experience of the lost feminine mysteries.

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