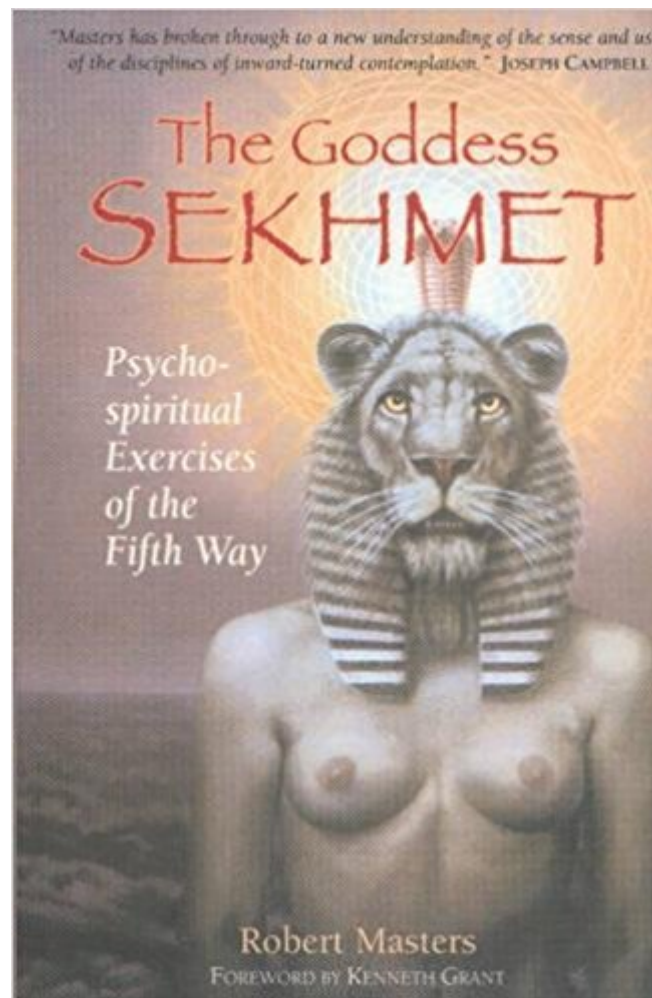




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# The Goddess Sekhmet: Psycho-Spiritual Exercises Of The Fifth Way



## Synopsis

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.

## Book Information

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## Customer Reviews

Fascinating . . . Master's unswerving devotion to the Goddess Sekhmet is captivating and infectious. -- Kenneth Grant Masters has broken through to a new understanding of the sense and uses of the disciplines of inward-turned contemplation. -- Joseph Campbell, author of The Power of Myth Pioneer of modern consciousness research -- Stanislav Grof, psychiatrist and author

Robert Masters has been, for more than three decades, Director of Research of the Foundation for Mind Research, which he cofounded. He is the author or coauthor of 25 books and more than 100 papers and articles describing his researches into the varieties of human behavior and potential. His works have been translated into many different languages and he has taught and done research in

Europe, Africa, Asia as well as the Americas. Masters is recognized as a leading pioneer in consciousness research and the human potentials field. His books include "Varieties of Psychedelic Experience," "Forbidden Sexual Behavior and Morality," and "Eros and Evil." He lives in Ashland, Oregon.

Good anthropology connected with the study of consciousness.

Unexpected delight! Very helpful to the serious searcher of Truth.

It is a nice book and the exercises are great. I am still not clear about how the exercises relate to Sekhmet.

Robert, I appreciate all the information you have gathered. Wish the information was written in an easier and more palatable verbiage. I'm in a book club and almost every person in the group is having difficulty with the reading.

excellent information

Yes, what a book. A connection with an ancestor lineage virtually inaccessible without a guide. Here is a trusted authority to guide the journey.

I have already been reviewed this book

Came as expected and was well packaged.

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