



The Sacred Rose Temple

MYSTERY SCHOOL



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SIRIUS

THE SPIRITUAL SUN AND ITS ARCHETYPAL MEANING

Sirius, often called the "Spiritual Sun," is the brightest star in the night sky and has been revered across many ancient cultures for thousands of years. Its luminous, blue-white light has long symbolized illumination, spiritual awakening, and divine guidance.

Cultural and Mythic Associations:

- **Ancient Egypt:** Sirius was associated with Isis, the goddess of magic, fertility, and rebirth. The rising of Sirius marked the flooding of the Nile, a time of renewal and life-giving abundance.

- **Dogon People of Mali:** The Dogon have intricate myths about Sirius, viewing it as a powerful cosmic gateway and the home of advanced spiritual beings.
- **Greek and Roman Traditions:** Called the "Dog Star," Sirius was linked to the constellation Canis Major, representing loyalty, protection, and the hunter's keen intuition.

Archetypal Symbolism:

- **The Lightbearer / Illuminator:** Sirius embodies the archetype of the spiritual illuminator—bringing clarity, truth, and the expansion of consciousness.
- **The Divine Guide:** It represents a cosmic guide that helps souls navigate the darkness, encouraging courage and higher wisdom.
- **The Healer and Transformer:** Its energy is deeply purifying and healing, helping to dissolve illusions and open us to our highest potential.
- **The Gateway or Portal:** Many esoteric traditions view Sirius as a portal or bridge between earthly and higher spiritual realms, offering connection to cosmic knowledge and ancient wisdom.

Energetically, Sirius is associated with:

- Awakening the **third eye** and **higher chakras**.
- Enhancing **psychic abilities** and intuitive insight.
- Supporting **spiritual rebirth** and transformation.
- Activating **the sacred feminine energy**, encouraging compassion, intuition, and integration.

CONNECTING TO SIRIUS: A GUIDED MEDITATION

Begin by finding a comfortable seated or lying position. Close your eyes gently, and take a deep breath in through your nose... and out through your mouth.

Allow your body to begin relaxing. With each breath, feel your muscles soften, your shoulders release, your jaw unclench. Let your breath find its natural, easy rhythm. Spend some time here.

Now allow the divine white light to enter you and your breath, filling your whole body, when you feel full with the white light begin to feel it leaving your body creating a white sphere of protection in and around you.

Now bring your attention inward, tuning into your heart space. Imagine a soft glow beginning to form there ; the warm white light expanding with each inhale and exhale.

This light is your own sacred flame, the center of your inner knowing and spiritual connection.

As you breathe, imagine this light growing brighter and stronger, rising up through your chest, filling your whole being with radiant warmth and calm.

Now, in your mind's eye, shift your gaze upwards to the night sky. See the vast expanse of stars twinkling quietly.

Focus your attention on one brilliant star: SIRIUS the brightest star in the sky, shining with a cool, radiant blue-white light.



Feel its energy pulsing gently across the cosmic distance, reaching you now like a beacon of spiritual wisdom and illumination. Visualize a shimmering silver-blue beam of light flowing from Sirius directly toward you.

This light is pure, healing, and filled with love. See it connecting with your glowing heart light, merging the two lights into one brilliant orb.

Feel the warmth and clarity of this combined light as it flows through your entire body; from your head to your toes, cleansing, energizing, and aligning you with the cosmic rhythm. Allow yourself to receive the gifts of Sirius ; clarity of vision, deep knowing, and a sense of expanded consciousness.

If any thoughts, feelings, or images arise, simply notice them without judgment, letting them pass like clouds moving through the sky. Now, gently ask Sirius to send you a message; a word, a feeling, or a symbol that will guide you in your spiritual path and personal growth.

Wait patiently and with openness to receive whatever comes. Take a moment to absorb this message, knowing that Sirius supports your soul's journey and that you can return to this connection anytime you wish.

Begin to bring your awareness back to your breath. Feel the steady rise and fall of your chest, the flow of air nourishing your body. Slowly, become aware of your physical body; your hands, your feet, your entire presence here and now.

When you feel ready, gently wiggle your fingers and toes, stretch if you like, and softly open your eyes.

Take a moment to sit quietly, holding the peace and light of your Sirius connection within you.



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