

For more than 6000 years the town of Abydos has been a place of pilgrimage, allowing for contemplation, reflection, retreat, healing and recovery of body, mind and soul. Once a holy city and spiritual center which was visited annually by thousands of pilgrims, it is currently a remote place in the desert that makes for a comfortable stay. In Abydos one can find the mysterious Osirion and the temples of Sety I and Ramses II, both built in honor of the cult of Osiris, the God of resurrection. Lesser known is the fact that the temple of Sety I was explicitly built for healing and it is still renowned for its healing qualities. This book is an introduction in how to explore these qualities and how to apply them for yourself.

About the Authors

Erica Rijnsburger works as a trainer and therapist in the Netherlands. She assists numerous people in search of the deeper meaning of their lives in order to reach the deepest level within themselves, far beyond their egos. Erica is highly appreciated for her gift of observing where and how people obstruct themselves in any way. She organizes training events, teachings and retreats in the Netherlands and abroad.

Horus is a keeper of the ancient Egyptian oral tradition. He was trained by the famous Dorothy Eady, better known as Omm Sety. Horus is also the spiritual founder of the House of Life, where he works as a mystic and healer in the ancient Egyptian ways. His capacity of seeing through all the layers of the personality and finding its physical, emotional or mental obstacles is widely praised. He supports people to heal themselves, so they are able to find their spiritual direction again.

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