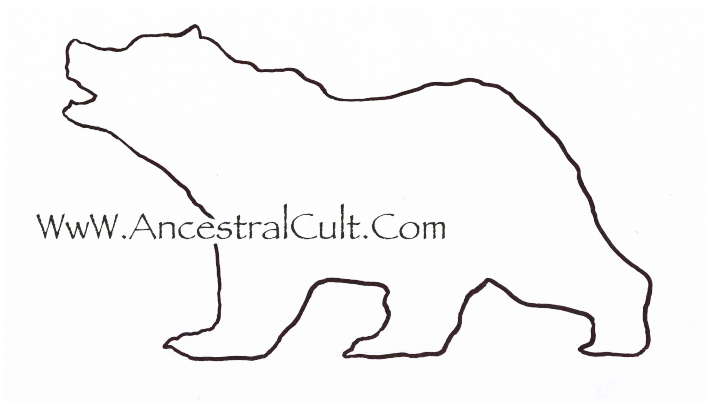


ForeBears

A Film by Marie CACHET and Varg VIKERNES

Produced by



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Homage to thee, Ra, the Sun, O thou who hast come as Khepera, the light, the creator of the gods, the self produced. Thou risest, thou shinest, making bright thy mother Nut, the sky, crowned king of the gods. Thy mother Nut, doeth homage unto thee with both her hands. All the rock-hewn tombs receiveth thee with content, and the goddess Maat, the honor and the gravitation, embraceth thee at the two seasons. May thee give splendour, and power, and triumph to the *ka* of Osiris and a coming-forth as a living soul to see Horus of the two horizons.

Hail Tatunen, the Earth, magnetism, creator of mankind and of the substance of the gods of the south and of the north, of the west and of the east. Ascribe ye praise unto Ra, the Sun, the lord of heaven, the Prince, Life, Health, and Strength, the creator of the gods, and adore ye him in his beautiful presence. They who dwell in the heights and they who dwell in the depths worship thee.

Thoth, the time and memory, and Maat, the honor and gravitation, both are thy recorders.

The gods are glad when they see Ra in his rising; his beams flood the world with light. The majesty of the god, who is to be feared, setteth forth and cometh unto the land of the setting Sun; he maketh bright the earth at his birth each day; he cometh unto the place where he was yesterday.

May he grant unto the *ka* of Osiris to behold the disk of the Sun and to see the Moon-god without ceasing, every day; and may my soul come forth and walk hither and thither and whithersoever it pleaseth. May my name be proclaimed when it is found upon the board of the table of offerings in the home of the She-Bear; may offerings be made unto me in my presence, even as they are made unto the cub followers of Horus.

Homage to thee, in thy rising thou Tmu, the sun on the other side, in thy crowns of beauty. Thou risest, thou risest, thou Ra shinest, thou shinest, at dawn of day. Thou art crowned like unto the king of the gods, and the goddess Shutu, the atmosphere, doeth homage unto thee. The company of the gods praise thee from the double-dwelling.

Grant that I may be like unto one of those who are thy favoured ones among the cub followers of the great god. May my name be proclaimed, may it be found, may it be lastingly renewed.

Thou didst create the Earth, thou didst fashion man, thou didst make the watery abyss of the sky apparent. O thou mighty One, of myriad forms and aspects, king of the world, lord of eternity and ruler of the everlasting. Homage to thee. Thou hast heard with thine ears and thou hast seen with thine eyes. Millions of years have gone over the world; I cannot tell the number of them, through which thou hast passed. Thou dost pass over and travellest through untold spaces of millions and hundreds of thousands of years; thou settest out in peace, and thou steerest thy way across the watery abyss to the place which thou lovest.

Glory be to Osiris Un-nefer, the honourable, the mighty man-child, king of eternity, lord of the everlasting, who passeth through millions of years in his existence. Eldest son of the womb of Nut, engendered by Seb the divine Erpat, the oldest forebear, lord of the crowns of the North and South, lord of the lofty white crown.

He leadeth in his train that which is and that which is not yet, in his name Ta-her-seta-nef, *the one who draws the world*;

He toweth along the earth in triumph in his name Seker, *the one who is loved*.

He is exceeding mighty and most terrible in his name Osiris, *the favorite of honeybees*.

He endureth for ever and for ever in his name Un-nefer, *the Good Being*.

Thoth, the time and memory, the righteous judge of the great company of the gods who are in the presence of the god Osiris, saith: *"Hear ye this judgment. The heart of Osiris hath in very truth been weighed, and his soul hath stood as a witness for him; it hath been found true by the honeybees next to the Great Balance. There hath not been found any wickedness in him; Osiris, triumphant, is holy and righteous. His name is honourable. Let it not be given to the devourer Amemet, the dragon-guardian, to prevail over him.*

Honey-offerings and entrance into the presence of the god Osiris shall be granted unto him, together with a homestead in the cave of the white winter, as unto the cub followers of Horus."

Heru-khesbetch-ar-ti, the blue-eyed Horus, son of Isis saith : "I have followed the tracks, I have come unto thee, O She-Bear, and I have brought the Osiris unto thee. His heart is found honourable coming forth from the balance, it is very true and righteous. Accept his honeycakes and grant him milk and ale; and let him enter into the presence of Osiris; may he be like unto the cub followers of Horus."

I am Thoth, the memory, who have made Osiris victorious over his enemies on the day of weighing of words in the great Cave of the mighty Ancient One.

I am thy mediator, O Osiris. I am one of the gods born of Nut, those who slay the foes of Osiris and hold for him in bondage the fiend the dragon-guardian Sebau. I am thy mediator, O Horus. I have fought for thee, I have put to flight the enemy for thy name's sake.

Ra commanded Thoth to make Osiris victorious over his enemies. I am with Horus who guardeth the left shoulder of Osiris in the cave, and I go into and come out from the divine flames on the day of the destruction of the fiends. I am with Horus on the day of the Yule-festivals of Osiris. O mighty Male Bear, ye who make perfected souls to enter into the Hall of Osiris, may ye cause the perfected soul of Osiris victorious in the Hall of Double Truth, to enter with you into the house of the She-Bear. May Osiris hear as ye hear; may he see as ye see; may he stand as ye stand; may he sit as ye sit!

O She-Bear, ye who give bread and ale to perfected souls in the Hall of Osiris, your warm womb in the white winter, give ye bread and ale at the two cold seasons to the soul of Osiris, who is victorious before all the gods, and who is victorious with you.

II

O ye who open the way and lay open the paths to perfected souls in the Hall of Osiris, open ye the way and lay open the paths to the soul of Osiris, May he enter in with a bold heart and may he come forth in peace from the house of Osiris. May he not be rejected, may he not be turned back, may he enter in as he pleaseth, may he come forth as he desireth, and may he be victorious. May his bidding be done in the house of Osiris; may he walk with you, and may he speak with you, O She-Bear, and may he be a glorified soul along with you. His name is honourable.

Homage to thee, Anubis, O thou who livest in the house of Set in the mountain-pyramid Amenta. Osiris, triumphant, knoweth thy name. Deliver thou him from the worms which are in the soil, and which feed upon the bodies of men and drink their blood. Osiris, the favoured one of his divine city, triumphant, is known unto you ye worms and he knoweth your names. This is the first bidding of Osiris, the Lord of All, who hath completed all his hidden works: *"Give thou breath unto the one who is in the Bight of the Stream of Amenta"*. His throne is placed within the darkness, and there is given unto him glory in Atlantis. O god of light, Horus, come thou down unto me and swallow up the worms which are in Amenta.

Osiris cometh with the decree of the Lord of All, and Horus hath taken possession of his throne for him. He cometh with tidings, he hath seized the inheritance of the earth in his grasp.

Neither heaven nor earth can be taken away from him, for, behold, he is Ra, the first-born of the gods. His mother, the Great She-Bear giveth her breast from the sky, as Nut.

III

I rise out of the heart-egg in the hidden land, or as others say, in the womb. May my mouth be given unto me, may Horus, the guardian of the scale, the gravitation and universe, breath in my mouth that I may speak with it before the great god, the lord of the underworld.

May my hand and my arm not be forced back by the holy ministers of any god. According to the desire of my heart, I have come from the Pool of Fire, and I have

quenched it. Homage to thee, O thou lord of brightness, thou who art at the head of the Great House, and who dwellest in night and in thick darkness; I have come unto thee. I am glorious, I am pure; my arms support thee. Thy portion shall be with those who have gone before. O grant unto me my mouth that I may speak therewith; and that I may follow my heart when it passeth through the fire in the middle of the Earth.

If this writing be known by the bird-child upon earth, he shall come forth by day in all the forms of existence which he desireth, and he shall enter into his place and shall not be rejected. Bread and ale and meat shall be given unto Osiris, upon the altar of Osiris. He shall enter into the womb of the She-Bear in the white winter, in the round Fields of Aaru, or as others say, Atlantis, to learn the bidding of him who dwelleth on Earth.

I, am pure, holy, and honourable, and I have gotten power over the spells which are mine. The judgment hath been passed upon me in my glorified form. Deliver ye me from the dragon-guardian which is in the place of the lords of right and truth. Grant ye unto me my mouth that I may speak therewith. May thou blow life into me, with the divine bear flute. May offerings be made unto me in your presence, for I know you and I know your names, and I know the name of the great god.

May I sail up and down through the fields of Aaru, the round Atlantis; may I come thither in peace; for I am the double Lion-god, yesterday and tomorrow.

May I be with the cub followers of Osiris, and may I feed upon the food of the She-Bear, to come forth by day; may I drink water at the sources of the streams, and be among the followers of Horus; may I see the disk every morning.

IV

- Who is this?

It is Tmu in his disk, or as others say, It is Ra in his rising in the eastern horizon of heaven.

"I am Yesterday; I know Tomorrow."

- *Who then is this?*

- Yesterday is Osiris, and Tomorrow is Ra, on the day when he shall destroy the enemies, and when he shall stablish as prince and ruler his son Horus, or as others say, on the day when we commemorate the festival of the meeting of the dead Osiris with his father Ra.

- *Who then is this?*

- It is Osiris, or as others say, Ra is his name, Ra the self-created.

- *Who then is this?*

- It is Osiris, or as others say, it is his dead body, his filth. The things which are are and the things which shall be are his dead body; or as others say, they are eternity and everlastingness. Eternity is the day, and everlastingness is the night.

- *Who then is this?*

- Amsu is Horus, the avenger of his father, and his coming-forth is his birth. The plumes upon his head are Isis and Nephthys when they go forth to set themselves there, even as his protectors and grandmothers, and they provide that which his head lacketh, or as others say, the two eyes of their father Tmu are the two plumes.

- *What then is this?*

- It is the cutting off of the corruptible in the body of Osiris. It is the purification of Osiris on the day of his birth.

"I am purified in my exceeding great double nest which is in Atlantis, the womb of the She-Bear, on the day of the offerings of the followers of the great god Ra who is therein."

- *What then is this?*

- It is Re-stau; that is to say, it is the underworld on the south of Naarrut, the tomb there nothing can sprout, and it is the northern door of the womb.

Now as concerning She-Maaat, the Pool of the Double Truth it is Abtu the salmon; or as others say, it is the road or the dark valley by which his father Tmu travelleth when he goeth to Atlantis, which bringeth forth the food and nourishment of the gods behind the shrine.

Now the Gate of Sert is the gate of the pillars of Shu, the pelvic bones, the northern gate of the underworld; or as others say, it is the ladder between the gravitational circles ; or, as others say, it is the two leaves of the door through which the god Tmu passeth when he goeth forth in the eastern horizon of heaven.

"O ye cub gods who are in the following of Osiris, grant me your arms, for I am the god who shall come into being among you !"

- *What then is this?*

- It is the drops of blood which fell from Ra when he went forth to cut himself. They sprang into being as the gods Hu, the Divine Utterance, or, as others say, the voice of authority; and Sa, the divine Knowledge, or as other say, Omniscience, who are in the following of Ra and who accompany Tmu daily and every day. Heka, the mind of the gods.

- *What then is this?*

- It is the day on which Horus fought with Set and his friend, the dragon-guardian, who cast filth in the face of Horus, and when Horus destroyed the powers of Set or as others say, this is the day when the She-Bear chooses the egg and enters the cave. The battle between Horus and Set took place on the 26th day of the month of Thoth, or as others say, October.

Osiris, triumphant, is a great one among the cub gods who are in the train of Horus. The words are spoken for him that loveth his lord.

- *What then is this?*

- The holy ones who stand behind Osiris, even Mestha, Hapi, Tuamautef, and Qebhsennuf, are they who are behind the Great Bear constellation in the northern sky. They who do away with the corruptible and who are in the following of the goddess Hetep-se-khus are the god Sebek, or as others say, the planet Mercury which is always close to the Sun, the dragon-guardian in the waters. The goddess Hetep-se-khus is the eye of Ra, or as others say, it is the flame which followeth after Osiris to burn up the souls of his foes.

As concerning the seven Shining Ones, Mestha, *Mars the north*, Hapi, *Jupiter the south*, Tuamautef, *Saturn the east*, Qebhsennuf, *Venus the west*, Maa-atef-f, *the Moon*, Kheri-beq-f, *Mercury*, and Horus-Khenti-maa, *the Sun*, Anubis appointed them protectors of the body of Osiris, or as others say, set them behind the place of purification of Osiris.

As others say, those seven glorious ones are :

Saturn, the protected stone heart,

Jupiter, the willingness,

Mars, he doth not give his flame, he dwelleth in the fire,

The Moon, He goeth in at his hour,

Venus, He that hath two red eyes, the dweller in the center of Atlantis,

Mercury, Blazing-face coming forth, going back,

and The Sun, The one who seeth by night, and leadeth by day.

- *What then is this?*

- It is Osiris when he findeth the soul of Ra; there the one god embraceth the

other, and souls spring into being within the fire, or as others say, the two souls within the fire are the soul of Ra and the soul of Osiris, or the soul which is in Tefnut, *the watery abyss of the universe*, and the soul which is in Shu, *the air*.

O thou Ra who art in the stone egg, who shinest from thy disk and risest in thy horizon, and dost shine like gold above the sky, who sailest over the pillars of Shu, who givest blasts of fire from thy mouth.

- *Who then is this?*

- It is Horus when he riseth up with two heads.

"Deliver me from the Male Bear Watchers who bear slaughtering knives, and who have cruel fingers, and who slay those who are in the following of Osiris. May they never overcome me, may I never fall under their knives."

"May their knives never get the mastery over me, may I never fall under their instruments of cruelty, for I know their names, and I know the dragon-guardian who is among them in the house of Osiris, shooting rays of light from his eye, but he himself is unseen. He goeth round about heaven robed in the flame of his mouth, commanding Hapi, the water, but remaining himself unseen. May I be strong upon earth before Ra, may I come happily into haven in the presence of Osiris. Let not your offerings be hurtful to me."

I fly as a hawk. I am the soul which dwelleth in the two worlds.

- *Who then is this?*

- *"Devourer for millions of years"* is his name, and he dwelleth in the Lake of Unt. The unclean man who would walk thereover doth fall down among the knives; or as others say, his name is Mathes : *"the one with a knife"* and he is the Watcher of the door of Amenta; or as others say, he is the Male Bear before the door of Atlantis.

"Hail, Lord of terror, chief of the lands of the North and South, lord of the red glow, who prearest the slaughter-block, and who dost feed upon the inward parts!"

- *What then is this?*

- It is the heart of Osiris, which is the devourer of all slaughtered things. The *urerit* crown hath been given unto him with swellings of the heart as lord of Atlantis.

- *What then is this?*

- He to whom hath been given the *urerit* crown with swellings of the heart as lord of Atlantis is Osiris. He was bidden to rule among the gods on the day of the union of Earth with Earth.

- *What then is this?*

- He that was bidden to rule among the gods is Horus the son of Isis, who was appointed to rule in the place of his father Osiris.

- *Who then is this?*

- It is Ra himself.

"Deliver thou me from the great god who carrieth away souls, and who devoureth filth and eateth dirt, the dragon-guardian of the darkness who himself liveth in the light. They who are in misery fear him. The dishonored children of unsuccessful revolt shall never rise up again."

There is no escape from their grasp. May they never stab me with their knives, may I never fall helpless in their chambers of torture. Never have the things which the gods hate been done by me, for I am pure and honourable.

The things which the gods hate are wickedness and falsehood.

"Turn thou back, O Rehu, whose mouth shineth, whose head moveth, turn thou back from the dragon-guardian who keepeth watch and is unseen. Osiris is safely guarded. He is in Isis, the She-Bear, and he is found with her hair spread over him."

Mortals go round about thee. Thou livest according to thy will.

- *What then is this?*

- He seeth what is in his hand, is the name of the shrine, or as others say, the name of the block. Now he whose mouth shineth and whose head moveth is a limb of Osiris, or as others say, of Ra.

The name of the doorkeeper is Sekhet-hra-asht-arū, *reversed of face*, or as others say, the dragon-guardian, the Male Bear, or as others say, the worms in soil who eat the corpses.

Homage to thee, O Osiris, in thy might and in thy strength in Re-stau. Rise up and conquer, O Osiris. Thou goest round about heaven, thou sailest in the presence of Ra, thou seest all the beings and celestial bodies who have knowledge. Hail Ra, who circlest in the sky.

Grant thou that I may pass through and that I may gain sight of Ra together with those who make offerings.

I have opened the way in Atlantis, or as others say, in the warm womb. I have eased the pain which was in Osiris. I have made straight his standing place, and I have made his path. He shineth in Atlantis. The name of the doorkeeper is Khesef-hra-asht-kheru; *repulsing the face, great of speech*, or as others say, *fear*.

I have brought unto thee the bones of thy jaws in the womb, I have brought thee thy backbone in Atlantis, gathering together all thy members there. I have driven back the dragon-guardian, for thee. I have poured water upon the wounds; I have made a path among you. I am the Ancient One among the cub gods in the warm womb. I have made the offering of Osiris, who hath triumphed with victory, gathering his bones and bringing together all his limbs.

I, the avenger of right and truth, I have made the way. I am Amsu-Horus, the avenger of his father, the heir of his father Un-nefer, lord of Atlantis. I have come and I have overthrown all foes of my father Osiris. I have come day by day with

victory, doing myself the worship of the god, in the house of his father Tmu, lord of Annu, triumphant in the southern sky. I have done what is right and true to him that hath made right and truth; I have made the Yule festival for the lord thereof; I have led the way in the festival; I have made offerings of cakes to the pregnant Bear.

I have caused the god to have the power of his legs. I have come into the house of him that is upon his hill, and I have seen him that is ruler in the sacred hall. I have gone into the womb; I have hidden myself, I have followed the tracks and I have found out the way; I have travelled unto the cave, the shadows of the animals did not scare me. I have clothed him who was naked.

I have received my crown at my rising, and I have power to sit upon my throne, upon the throne of my father and of the great company of the gods.

O She-Bear, I have brought unto you Osiris. Grant ye to him, as to the cub followers of Horus, cakes and water, and air.

V

Hail Thoth, the time and memory, who madest the honourable Osiris victorious over his enemies, on the night of the daybreak on the sarcophagus of Osiris, on the night of battle.

Now the night of him who concealeth himself in divers forms, even Osiris, is when the thigh and the head, and the heel, and the leg, are brought nigh unto the coffin of Osiris Un-nefer.

The great godlike rulers in Atlantis are Horus, Osiris, and Isis. The heart of Osiris rejoiceth, and the heart of Horus is glad, " *it lives !* "; and therefore are the east and the west at peace.

Hail Thoth, who madest Osiris victorious over his enemies, make thou the Osiris to triumph over his enemies in the presence of the ten companies of great godlike rulers in the ten planets in Atlantis who are with Ra and with Osiris and with every god and goddess.

He saith: "*May Ptah open my mouth. May my mouth be opened, may my mouth be*

unclosed by Shu, the air, with his iron knife from heaven, wherewith he opened the mouth of the gods. I am Sekhmet, the lioness, and I sit upon the great western side of heaven, I don't fear anything. I am the great goddess Sah, or as others say, the constellation of Orion, among the distant souls of Atlantis."

"I am the light. I am Tmu-Khepera, the substance of the gods, who gave birth unto himself upon the thigh of his divine mother, the sky, or as others say, the bleeding goddess Sah."

Behold, thou gatherest together the charm from every place where it is and from every man with whom it is, swifter than greyhounds and fleetier than light, the charm which createth the forms of existence from the mother's thigh and createth the gods in silence, and which giveth the heat of life unto the gods. Behold, the charm is given unto me from wheresoever it is and from him with whom it is, swifter than greyhounds and fleetier than light, or, as others say, fleetier than a shadow.

May my stone heart be with me in the House of Hearts. May my stone heart be with me, and may it rest in me, or I shall not eat of the cakes of Osiris on the eastern side of the Lake of Flowers. May my mouth be given unto me that I may speak with it, and my two feet to it walk withal, and my two hands and arms to overthrow my foe. May the doors of heaven be opened unto me ; May my two own hands open my mouth in the earth, may I clean my head.

May Seb, the Prince of the gods, or as others say, the earth, open wide his two jaws unto me; may he open and clean my two eyes which are blinded; may he cause me to stretch out my feet which are bound together; and may Anubis make my legs firm that I may stand upon them. May the goddess Sekhmet, the lioness, make me to rise so that I may ascend unto heaven, or as others say, unto the womb, and there may that be done which I command in the House of the Ka of Ptah, the child.

I know my heart, I have gotten the mastery over my heart, I have gotten the mastery over my two hands and arms, I have gotten the mastery over my feet, and I have gained the power to do whatsoever my ka pleaseth. My soul shall not be shut off from my body at the gates of the underworld; but I shall enter in peace, and I shall come forth in peace, because I live.

My heart, my mother; my heart, my mother. My heart whereby I come into being.

I, even I, open the two doors of heaven: and the two doors of the watery abyss have been opened unto me by Thoth, the time and memory, and by Hapi, the fertility, the divine twin sons of heaven, who are mighty in splendours. O grant ye that I may gain power over the water.

I, even I, open the two doors of heaven: and the two doors of the watery abyss have been opened unto me by Thoth, the time and memory, and by Hapi, the fertility, the divine twin sons of heaven, who are mighty in splendours. O grant ye that I may gain power over the water.

The flood of Osiris hath been passed through by me, and Thoth-Hapi-Tmu, the lord of the horizon, hath opened unto me the flood in his name, 'Thoth, the cleaver of the earth.

"I have gained power over the water. I have sailed over heaven. I am Ra. I am the Lion-god. I am the young bull, the lively child. I have devoured the thigh, I have seized the flesh. I have gone round about the streams in Atlantis, in the womb of the She-Bear. Boundless eternity hath been granted unto me, and, behold, I am the heir of eternity; to me hath been given everlastingness."

Hail, Bull of the mountain Amenta. I am brought unto thee, I am the oar of Ra wherewith he ferried over the aged ones; let me not be buried nor consumed. I am the first-born son of Osiris, who doth wash every god within his eye in Atlantis. I am the Heir, the exalted, the mighty one, the still of Heart. I have made my name to flourish, and I have delivered it, that I may make myself to live in remembrance on this day.

I live; and it liveth; I grow strong, I live, I sniff the air. I am the discriminator of Purity, or, as others say, the survivor whose name is pure; and I go round behind to protect his stone egg. I have thwarted the chance of the dragon-guardian Set, the mighty one of strength. Hail thou who makest pleasant the world with milk, and who dwellest in the blue sky; watch over the babe in his cot when he cometh forth unto thee.

I am Shu. I draw in the air in the presence of the god of sunbeams as far as the uttermost ends of heaven, as far as the ends of the earth, as far as the bounds of Shu; and I give breath unto those who become young again. I open my mouth, and I see with mine eyes.

Hail, Tmu, grant thou unto me the sweet breath which is in thy two nostrils. I embrace the mighty throne which is in Unnu, the House of Thoth. and I watch and guard the Egg of the She-Bear. I grow, and it groweth; it groweth, and I grow; I live, and it liveth; I sniff the air, and it sniffeth the air.

VII

Ye who steal hearts, and who make the heart of a man to come into existence according to that which hath been done by him; may his heart be made strong by you. Homage to you, O ye lords of eternity, ye possessors of everlastingness, take ye not away this heart of Osiris in your grasp, this heart of Osiris.

And cause ye not evil words to spring up against it; because this heart of Osiris is the heart of the one of many names, the mighty one whose words are his limbs, and who sendeth forth his heart to dwell in his body. The heart of Osiris is pleasant unto the gods; he is victorious, he hath gotten power over it; he hath not revealed what hath been done unto it. He hath gotten power over his own limbs. His heart obeyeth him, he is the lord thereof, it is in his body, and it shall never fall away therefrom. I, Osiris, victorious in peace, and triumphant in the beautiful Amenta and on the mountain of eternity, bid thee be obedient unto me.

My heart is with me, and it shall never come to pass that it shall be carried away. I am the lord of hearts, the slayer of the heart. I live in right and in truth, and I have my being therein. I am Horus, a pure heart within a pure body. I live by my word, and my heart doth live. Let not my heart be taken away, let it not be wounded, and may no wounds or gashes be dealt upon me because it hath been taken away from me. May I exist in the body of my father Seb, the Earth, and in the body of my mother Nut, the Sky.

My place of hiding is opened, my place of hiding is revealed! Light hath shone in the darkness. The eye of Horus hath ordered my coming into being, and the god Apuat the Bear hath nursed me. I have hidden myself with you, O ye stars that never set. My brow is like unto that of Ra; my face is open; my heart is upon its throne; I utter words, and I know; in very truth, I am Ra himself. I am not treated with scorn, and violence is not done unto me. Thy father Osiris, the son of Nut, liveth for thee. I am thy first-born, and I see thy mysteries. I am crowned like unto the king of the gods. The path of souls is opened to my soul.

I am the great One, son of the great One; I am Fire, the son of Fire, to whom was given his head after it had been cut off. The head of Osiris was not carried away from him; let not the head of Osiris be carried away from him. I have knit together my bones, I have made myself whole and sound; I have become young once more; I am Osiris, the Lord of eternity in the mountain of Amenta.

Hail Soul, thou mighty one of strength! Verily I am here, I have come, I behold thee. I have passed through the underworld, I have seen my father Osiris, I have scattered the gloom of night. I have stabbed the dragon-guardian Set to the heart. I have done the things needed by my father Osiris. I have opened every way in heaven and upon earth. I have become a ruler, I have become glorious. Hail, all ye gods, and all ye shining ones.

I am the same Osiris, dwelling in the mountain of Amenta. Stand up, therefore, O Horus; Osiris hath counted thee among the gods. I have become worthy of honour by reason of his honour. I am formed out of the atoms of all the gods.

Let not my heart be taken away from me!



Le Puits in the *Lascaux* Cave (France)



A Bear Track Symbol, common in Rock Carvings

Written by Marie CACHET

Inspired by and based on *The book of the Dead of Ancient Egypt*

translated by E.A. Wallis Budge