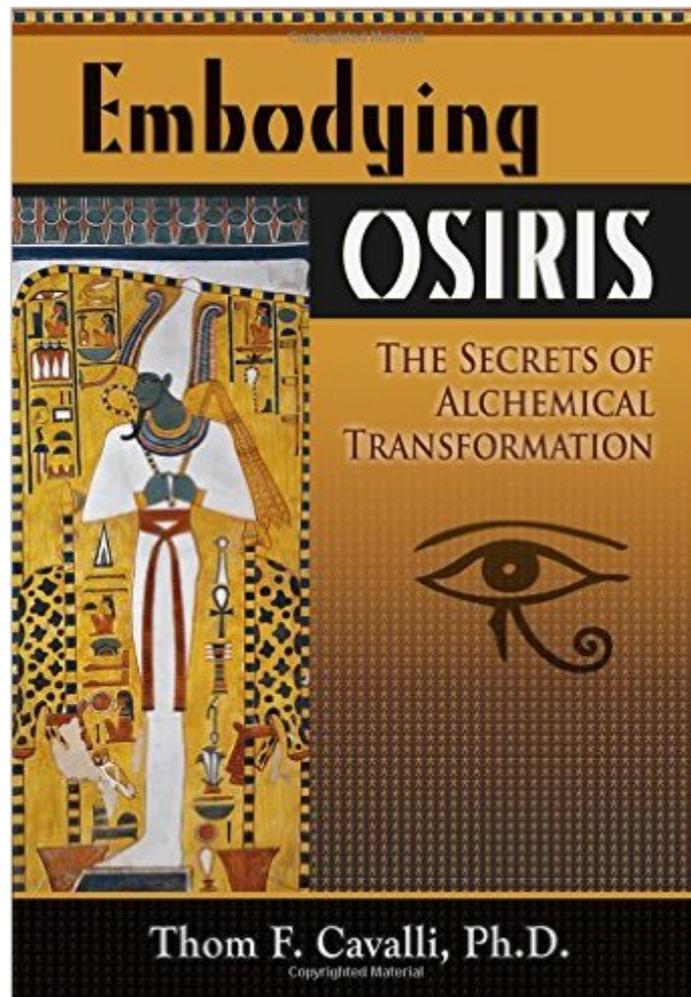


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# Embodying Osiris: The Secrets Of Alchemical Transformation



## Synopsis

The modern Western movement to embrace Eastern spiritual traditions usually stops with India and the Orient. Westerners have yet to discover the wisdom that dates back even further to ancient Egypt. With a Jungian perspective, clinical psychologist Dr. Thom F. Cavalli plumbs that wisdom through the myth of Osiris, the green-skinned Egyptian god of vegetation and the Underworld. As no one else has done, Cavalli draws on Osiris's death and resurrection as a guide to spiritual transformation. The myth represents the joining of the conscious and the unconscious, the light and the dark, life and death, and shows how to live our temporal existence in service to and anticipation of eternal life. Cavalli sees the ancient art of alchemy -- which attempted to turn lead into gold -- as the key. The alchemical recipe "solve et coagula" (solution and coagulation) encoded in the myth describes the integration of all parts of a person and the method for achieving an experience of immortality in life and eternal life after death. The Osiris myth thus provides a model for the contemporary quest for individuation, the Jungian term for integrating ego and self, body and soul, in the process of becoming whole.

## Book Information

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## Customer Reviews

Well, this is a decent book in terms of displaying the concepts of Osiris and his alchemical process. But really, if you just realize that Osiris allowed what would come and trusted in the overall process of life, then you have the main concept of this book. As Egypt is fairly well researched and Egyptian consciousness does have a few books on the subject, what becomes important is what does this book deliver that is unique. Though, of the books many sources, we have influences from Schwaller de Lubicz (barely) and Jung, this book is primarily a Jungian rather than symbolist work. For that,

some aspects of the larger, non-individuated aspects of consciousness (anthropocosmos) are skipped/omitted in favor of personal development. The book's treatment of Egyptian figures/gods/neters from the beginning is fairly conventional. It's not really until the last chapter that the author can leave behind retelling most of what others have said and comes into their own synthesis strongly. I felt the book should have emphasized its unique points/perspectives more strongly and sooner. Its contribution to the field is notable but not remarkable. If you understand KMT and have read Schwaller or John Anthony West (Serpent in the Sky) then this book has little new to offer, unless perhaps you are a psychologist. If you want a deeper book on this subject (alchemy) then look here [The Sungod's Journey through the Netherworld: Reading the Ancient Egyptian Amduat](#).

During this time of unrelenting change and deep uncertainty, when we must - more than ever before - take charge of our life's journey, Thom Cavalli's book: *Embodying Osiris: The Secrets of Alchemical Transformation* is a light that will help keep us on our chosen path. Alchemists see and experience the world as intertwined forces or centers of energy that operate on three levels: the spiritual, the psychological and the physical. Their interaction is the engine of continuous creation that is alchemical transformation. This transformation occurs when we allow ourselves to be open to all three forces simultaneously. Cavalli understands this and takes us through the key steps on the psychological level as only a writer with the perspective of a Jungian therapist can do. A major contribution of this work is a complete story of the Osiris epic woven together in one place by Cavalli based on his extensive review of major sources. While other researchers may tell the tale with other details, this version allows us to clearly see the relevance of the Egyptian god's experience to our own growth and transformation. Cavalli's well written and researched story of Osiris' mythic journey through death and re-creation is a fascinating read. Cavalli sees the alchemical formula for transformation in the myth and is able to share that with us - his readers - in a way that pulls us into the story of Osiris' life, death and ultimately his re-creation. The secrets revealed are actually lost knowledge, an awareness of the process of continuous creation and the critical steps required to apply this knowledge to ourselves. Cavalli equates the Egyptian underworld, a revealing part of this myth, to the unconscious.

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