

GREEK MYTH

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  - HELIOS

Personifies the sun, warmth, light & life



Helios

THE SUN GOD

- Hyperion, father:
  - Name means: "watcher from above"
  - God of the East
  - Father of the lights of heaven: Selene / Mene (Moon), Eos (Dawn), Helios (Son)
- Theia, mother:
  - The sun maiden
  - Lady of the Aither, shining blue of the sky
  - Goddess of sight, vision & shining light
    - Helios' daughter, Lampetia (lamp) = 'shining' carried a glowing copper staff for the cattle
    - Helios' daughter, Phaethusa (faith) "radiance" carried a silver crook for the sheep
  - Gives gold their radiance & intrinsic value

- Brother to **Eos** (dawn) whom was the mother of the four winds (boreas-north, notus-south, eurus-east, zephyrus-west)
- Brother to **Selene / Mene** (moon) – she is often associated with Artemis
  - Equivalent Roman Goddess: Luna
  - Name means: light, brightness, gleam
  - Lunar Month (mene); root: "to measure"

Masculine Entity – Carries These Traits:
- Originates from the East
- Watchful eyes
- Foresight, Visionary & Prophetic senses
- Knowing store of value
- Beauty, brightness, luminosity

*Can be associated often with Apollo

- Drawn by [4] White Winged Horses (Pegasus)
- Fire Salve – protection from the heat
- Sailed northern reaches of Oceanos at night in golden cup
- Possessed gold in the far eastern stream of Oceanos
- Helios held the Tables of Phanes (astrological prophecies concerning the fate of the cosmos)
- Helios pastured herds of immortal cattle & flocks of sheep)

Helios had twin daughters who watched over the prized cattle & sheep (white with golden horns that did not age or breed):
- Cattle: Oxen of the Sun
  - 7 herds of cattle (50 in each herd); 7 herds of sheep
  - 350 total in each group, representing the days of the year in early Greek calendar years.

Sacred Animals

Rooster: Coming of the dawn

White Horse: his chariot drivers

Sacred Plants

Heliotrope: the flower that turns its head to the sun;

Black Poplar: amber-weeping black poplar trees

Frankincense: aromatic Arabian tree harvested for incense

Morning Sunlight



- ✓ Reset circadian rhythms - enhance focus, enhance sleep quality
- ✓ Boost serotonin levels - mood regulator, release cortisol
- ✓ Improve cognitive function, influence immune system,



- ✓ Dispel spiritual darkness; light shines in darkness [John 1:5]
- ✓ The sun is 'God' // The sun is your mind
  - ✓ The kingdom of God is within you
- ✓ Light of the world [John 8:12]
- ✓ "Lamp to my feet" [Psalm 119:105] - guidance, direction, the know withall on what to do, where to go
- ✓ "Your eye is the lamp of your body: when your eye is healthy, your whole body is full of light" [Luke 11;34]



EGYPTIAN MYTH

RA

Ra [Zenith]

- Pronounced like the word “Ray”
- Represents sunlight, warmth, growth
- Supreme deity of the sun, **creation, and** light: <u>God who created everything</u>
- Entire body was human; except for his head, which was a **falcon**
  - Falcons are known for their incredible speed and **sharp vision**
  - **Falcon head** crowned with a sun disc
    - Encircled by a cobra snake named Uraeus
      - **Uraeus**: Greek for *of the tail, cobra*
      - **Uraeus:** Egyptian for *rearing cobra, the risen one (upright, lifted, poised to strike)*
- **Role:** Sail (by boat vs chariot) across the heavens – Boat “Barque of Millions of Years” or “Madjet” when emerging from the East toward day (meaning, becoming strong); at the end of the day, as “Semektet” (becoming weak)
  - It was believed that Ra died to the underworld every night, leaving the Moon in his place to light the world
  - Dawn: rebirth of the Sun
  - Fought main enemy: Apep, the Evil Serpent (Lord of Chaos)
- Ra created himself from the primordial chaos (known as Re and Atum as well)
- Ra’s Sun Temple = Heliopolis (sounds like Helios)

9Ennead

<u>Ennead</u> comes from Greek: 9

- Egyptian Term: “pesedjet”

9 Core Creator Gods of Heliopolis:

1. Atum [primordial creator, “the complete one” or “finisher”, represents the evening & setting sun]
   1. Shu [air & dry wind] – “emptiness, he who rises up” - god of light, peace, lions, air, and wind.
   2. Tefnut [moisture & rain] – feminine; produces water, “eye of Ra”
      1. Geb [earth], “father of snakes” // laughter creates “earthquakes” // allowed crops to grow
      2. Nut [sky] – goddess of sky, stars, cosmos, astronomy (depicted as a cow); water-pot over her head
         1. Osiris [god of fertility, afterlife, agriculture]
         2. Isis [god of magic, healing, motherhood; god of fate]
         3. Set[h] [god of deserts, storms, chaos] – “lord of the Red Land”
         4. Nephthys [protective goddess of the dead & darkness]

*Horus is not part of the 9 Creator Gods yet he Ruled the “Black Lands” – fertile grounds & was born from the temporary revival of Osiris/Iris.