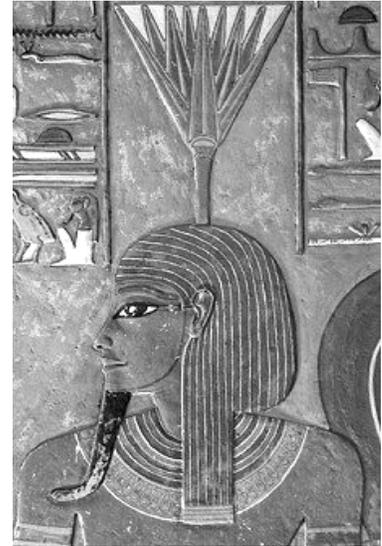


## The Sacred Blue Lotus – Flower of the Gods

Excerpts from “Priestess of the Blue Lotus”, © 2017  
Rev. Katherine Aryshta Dean

For over 3000 years, the Sacred Blue Lotus (actually a Water Lily) was used medicinally and spiritually by the priesthoods of Egypt, Greece and Rome. So important was this flower that the Egyptians dedicated a god, Nefertem, the son of Sekhmet and Ptah, to protect and care for it. The Blue Lotus, or *Nymphaea Caerulea* by its scientific name, was revered as a symbol of something sacred and holy to the ancients – and the fact that this plant was seen as a god *itself* is an indicator of its spiritual significance to the Egyptians.

Representations of offerings of Blue Lotus were carved and painted on every temple and every tomb – even King Tut was found covered in these sacred flowers. Yet, for all of our knowledge about the Egyptians, the mystery of the Blue Lotus has remained an enigma for hundreds of years. The question of what was so important about this flower has been debated as long as people have gazed upon these ancient images.



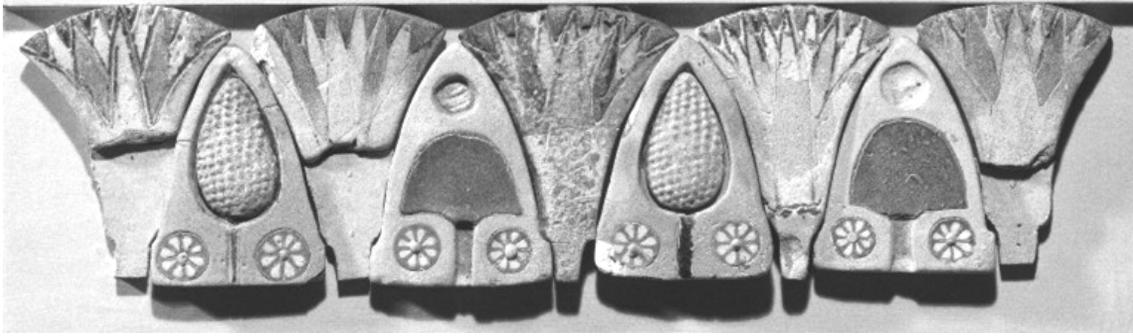
In the 1800's early archeologists first assumed the Blue Lotus was prized for its perfume – as many of the pictographs showed the flower being held up to the nose. Nefertem himself was considered to be the god of perfume, primarily because of this imagery.

However, there is another, more symbolic meaning to presenting an object to the face that way – that the people in these images were “receiving” something sacred from the gods, specifically as a spiritual gift or blessing.

Perhaps more importantly, there are other ancient pictographs of the Blue Lotus which are far less enigmatic. In the mid to later dynasties, Blue Lotus offerings were frequently depicted draped over jars – begging the question, what was in the jar?

If this representation was some sort of Blue Lotus sacrament, then the symbology couldn't be much clearer. Yet, this conclusion has been hotly debated and officially denied by Egyptologists for over 150 years – even until today.

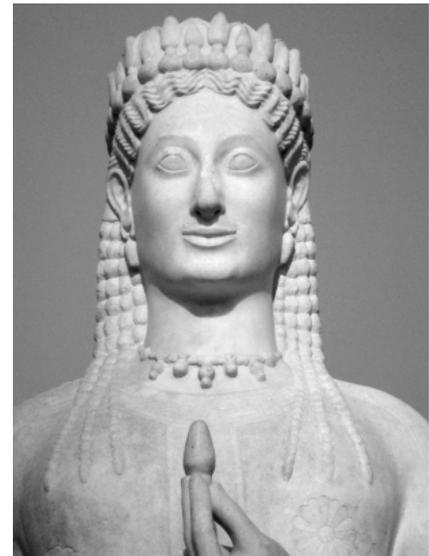




In the ancient world, religious and sacramental drinks were always psychotropic. The modern term for these is **Entheogen** (/en·the·o·gen/), from Greek, literally meaning "generating the divine within", which defines any psychoactive substance that induces a spiritual experience.

To illustrate the use of entheogens by the Egyptians, the relief shown above from Abydos depicts Blue Lotus, Mandrake fruit, mushrooms, and opium as a sacramental formula. There can be little doubt that the ancients knew of the psychoactive properties of opium and psilocybin mushrooms – the evidence of prehistoric use of these substances has been well documented. The inclusion of Blue Lotus within this grouping makes for a powerful statement that it too was known as a psychoactive.

Perhaps one of the most stunning archeological discoveries of the twentieth century occurred in 1972 when an archaic Greek funerary statue was unearthed near Athens of a woman named Phrasikleia – adorned in Blue Lotus flowers. Immediately the Greek government proclaimed these flowers were “rosebuds” and actively began to suppress the disconcerting evidence. The discovery of Blue Lotus on an archaic Greek statue, dated 540 BC, would completely upset history – because these flowers could have never grown in Greece. In fact this woman had to have traveled to Egypt, where she evidently had been initiated as a shamanic Priestess of the Blue Lotus. Not coincidentally, the cult of Nefertem, the god of the Blue Lotus, was very popular around the same time. Small bronze statues of the god have been discovered all across the Southern Mediterranean indicating a vast popularity from 700 BC through 500 BC.



In 1977, Dr. William Emboden presented the first scholarly paper on the Blue Lotus being an entheogen in his groundbreaking article entitled “Sacred Narcotic Lily of the Nile”. Even though it was dismissed by Egyptologists at the time, many psychotropic enthusiasts took curious note. However, with the “War on Drugs” in full swing, it wasn’t until twenty-one years later that the topic of a psychoactive Blue Lotus began to be addressed seriously.

In 1998 the BBC produced a mini-documentary series called “Sacred Weeds” and the Blue Lotus was featured in one of their episodes. In an unscientific televised test, Blue Lotus flowers were soaked in wine for a few days and given to two volunteers so see how they would respond. The

resulting mild, seemingly pleasant effects shown were enough to gain the attention of entheogenic researchers worldwide and spark further investigations. By the turn of the millennia, a small group in California began experimenting using Blue Lotus in conjunction with cannabis and other psychoactive substances. Several years later, this author was guided to take the next logical step to actually ferment the Blue Lotus flowers with organic grapes to attempt to recreate a sacramental Blue Lotus wine. For the first time in 1600 years Blue Lotus was being used again in entheogenic ceremonies, and in 2010 the sacrament was carried back to Egypt as an offering to Nefertem and his mother, Sekhmet.

Coincidentally, (or not) that same year research began to surge worldwide on the medical use of psychoactive substances, including the first MRI studies on the effects of psilocybin and LSD on the brain. In addition, several papers were published shortly later on the effects of the two active chemicals in Blue Lotus, Aporphene and Nuciferine. Amazingly, aporphene was found to actively bind to the same neural receptors as psilocybin – and, in such a way that could profoundly change the entheogenic experience. This early research indicates that the DNA of these neural receptors is actually being modified by the aporphene, slipping into the molecular gaps of the double-helix. Psilocybin, on the other hand, binds to the outside edge of the DNA providing a more temporary bond.



Intercalation

Groove Binding

The effect of the aporphene and nuciferine chemicals within Blue Lotus are, by themselves rather benign – however, they have a powerful effect as catalysts and modifiers when combined with other entheogens such as psilocybin. This phenomenon is absolutely unique and unlike anything else seen in this field of science. As well, the subjective effects of this combination are equally unlike anything else in the entheogenic arena – they are lasting and can profoundly change the way we think.

So, how could ancient peoples with virtually no scientific understanding have discovered this? Trial and error, over thousands of years is one possibility. However, in the Amazon jungle where the entheogenic drink Ayahuasca is made from two different plants, the elders say that the forest told them how to make it.

Is it really coincidental that many images of the Hindu sacramental drink Soma are also depicted with mushrooms and Blue Lotus? Or is it coincidental that all of greatest minds of antiquity, from Buddha to Aristotle, all lived within 200 years of each other – and all reportedly consumed entheogenic sacraments? Probably not.

Throughout history, human beings have always sought the mystical experience of transcendence. For thousands of years people have used meditation, fasting, sensory deprivation, ecstatic dance, and psychoactive plants to induce a mystical state – that oneness with the Divine and the universe. Is it really any wonder that the most advanced ancient civilization would discover the most sophisticated entheogens? Probably not.