

Exploring the Sacred ~ Stan's Gleanings

Sacred: Worthy of reverence or respect
from Indo European Root: sak = to sanctify

Sacrifice: The act of homage or offering [to a higher power]
from Indo European Root: dhe1 = to set, to put

→ **Old English: don = to do**

→ **Old English: dom = power, judgement; the words DEEM, DOOM are related**

Thus sacrifice = power to judge & sanctify, to put something into the spiritual realm. ~ ST

*The quote below is from an intense book by Helen MacDonald entitled *H Is For Hawk*, a complex, dark, and deep read of her reactions to the death of her father. One passage seems to capture for me all the textures, surprises and emotions that we experienced in the days, weeks and months following the death of our parents. ~*

Doug Woodall

The archaeology of grief is not ordered. It is more like earth under a spade, turning up things you had forgotten. Surprising things come to light: not simply memories, but states of mind, emotions, older ways of seeing the world.

Helen MacDonald from *H Is For Hawk*

Men will pray to God to kill them, but they will not be able to die. Bob Dylan & my Grandfather who suffered for a month before dying in agony, after contracting pneumonia then spinal meningitis, from working 48 hours nonstop, in a snowstorm to rescue train wreck victims. ~ ST

Ars Moriendi late Medieval death and dying manual consisting of six chapters:

1. The first chapter explains that dying has a good side, and serves to console the dying person that death is not something to be afraid of.
2. The 2nd chapter outlines the 5 temptations that beset a dying person, & how to avoid them: lack of faith, despair, impatience, [spiritual pride](#) & [avarice](#) (overweening greed).
3. The third chapter lists the seven questions to ask a dying person, along with consolation available to them through the redemptive powers of Christ's love.
4. The fourth chapter expresses the need to imitate Christ's life.
5. The fifth chapter addresses the friends and family, outlining the general rules of behavior at the deathbed.
6. The 6th chapter includes appropriate [prayers](#) for a dying person.

*Priests, who often were also medical practitioners, attended the dying. Simply being breathed upon by a Black Death sufferer could result in horrid death 2 days later. This created a great shortage of priests, and that spawned the first European death and dying manual written in 1415: the *Ars Moriendi*, so lay people could better tend the dying.*



Richard at the Altar, Mary's Chapel, Glendalough, Eire

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Weighing the Heart of the Deceased opposite the Feather of Truth, belonging to Maat, the Egyptian Goddess of the Earth

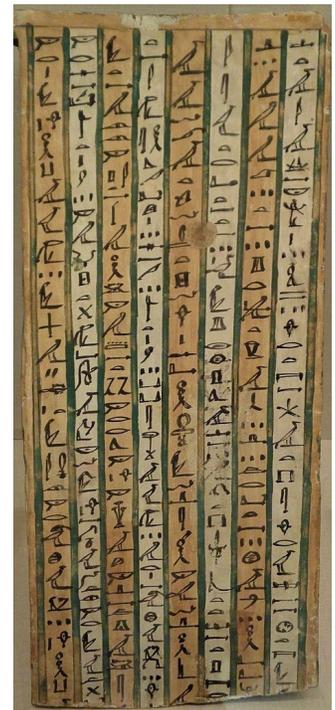
The Egyptian *Book of the Dead of Qenna* (Leemans T2, Rijksmuseum, Leiden, Netherlands)

You will enter the house of hearts, the place which is full of hearts. You will take the one that is yours and put it in its place, without your hand being hindered. Your foot will not be stopped from walking. You will not walk upside down. You will walk upright.

(Wikipedia)

42 Negative Confessions (Ancient Egyptian Papyrus of Ani)

1. I have not committed sin.
2. I have not committed robbery with violence.
3. I have not stolen.
4. I have not slain men and women.
5. I have not stolen grain.
6. I have not purloined offerings.
7. I have not stolen the property of the gods.
8. I have not uttered lies.



Egyptian Book of Coming Forth by Day (aka *The Egyptian Book of the Dead*) painted on a coffin lid, ca. 747 – 656 BCE: 'Spells' #79 & #80: Attaching the Soul to the Body; & Preventing Incoherent Speech.

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9. I have not carried away food.
10. I have not uttered curses.
11. I have not committed adultery.
12. I have made none to weep.
13. I have not eaten the heart
 [i.e., I have not grieved uselessly, or felt remorse].
14. I have not attacked any man or woman.
15. I am not a man of deceit.
16. I have not stolen cultivated land.
17. I have not been an eavesdropper.
18. I have slandered no man or woman.
19. I have not been angry without just cause.
20. I have not debauched the wife of any man.
21. I have not debauched the wife of any man
 (repeats the affirmation addressing a different god).
22. I have not polluted myself.
23. I have terrorized none.
24. I have not transgressed the Law.
25. I have not been wrath.
26. I have not shut my ears to the words of truth.
27. I have not blasphemed.
28. I am not a man of violence.
29. I am not a stirrer up of strife (or a disturber of the peace).
30. I have not acted (or judged) with undue haste.
31. I have not pried into matters.
32. I have not multiplied my words in speaking.
33. I have wronged none, I have done no evil.
34. I have not worked witchcraft against the King
 (or blasphemed against the King).
35. I have never stopped the flow of water.
36. I have never raised my voice (spoken arrogantly, or in anger).
37. I have not cursed or blasphemed God.
38. I have not acted with evil rage.
39. I have not stolen the bread of the gods.
40. I have not carried away khenfu cakes from spirits of the dead.
41. I have not snatched away the bread of the child,
 nor treated with contempt the god of my city.
42. I have not slain the cattle belonging to the god.