

# Bringing More of You to Life

By Daniel Lally

As I look back on my life and my journey toward healing and well-being, I have always been fascinated by mysterious ancient Egyptian images and myths, especially those of Isis and Osiris. Something in me has always quietly whispered, that in terms of its healing potential, the myth had been deeply underestimated, misunderstood and taken out of context. As time has gone by, I have come to believe that the Isis Osiris myth was not only deeply connected to the healing practices of the ancient Egyptian mystery schools, but that it could also have a profound effect on our modern healing models and paradigms.

The myth unfolds essentially as follows: Brother and sister Isis and Osiris are king and queen of Egypt in a remote golden age, and all is right with the world. Yet their brother Set, insanely jealous, murders and dismembers Osiris into 14 'parts' and scatters his 'parts' throughout Egypt. Isis and her sister are devastated, but search for and find all of his 'parts,' and Isis then "magically" resurrects Osiris.

The deeper meaning and wisdom of the Isis/Osiris myth is that the opposite of remembering is not forgetting. It is *dis-membering*: figuratively 'slicing off' or excluding 'parts' of others or ourselves. So healing begins with a willingness to look for the parts that have split off and a willingness to re-member. (By the way, I wish I could remember where I first read that, for it is not my idea. But I have unfortunately "dis-membered" the source of that wisdom, so my sincere apologies to the author.) But over time, as I delved into the deeper meaning of that myth, I began to look back on my life and my journey to healing through the eyes of this ancient wisdom and healing dynamic.

I believe that when we are young, we all start off as an Osirian golden child, whole and majestic in spirit, mind and body - "his majesty the baby," as John Bradshaw called it - and I was no exception. But from about the age of 6, parts of me began to split off as I silently observed and sponged up family's wounds and was wounded myself. Not to discount my experiences, but now I know that my parents were acting out the wounds that they received when they were young, and for which there was little understanding or healing models. But back in the 70s, no one was there for me either to talk to, process and heal everything that was happening in my home and inside of me--not yet anyway--and I felt overwhelming grief, anger, fear and shame as I obeyed the family rules of "Don't talk, don't trust, don't feel." And with no one to turn to, those parts of me got 'sliced off,' while I sought relief, praise, approval and recognition from teachers and coaches for academic and athletic performance. I became a "human doing."

I consider myself very lucky though. At age 7, my mom started working on emotional healing and recovery, and took my sister and I with her. And although it was all very confusing at that young age, it was an important part of my healing journey, and I came to understand that healing is a program, journey and a lifestyle...not an event. And I am so grateful to my mom for inviting me onto the healing path, creating new family patterns, and helping change my life script from the Set/Osiris - victimizer/victim dynamic, to the Isis/Osiris - healing dynamic.

My first glimpse of experiential/holistic healing came when I was a junior in high school in Louisville, Kentucky, when a teacher invited us to lie on the floor and experience progressive relaxation. I deeply relaxed and entered a state of consciousness that I never had before, and I awoke transformed, thirsting

for more. A few years later when my dad's healing journey began, he also got interested in progressive relaxation, and he let me borrow and listen to a relaxation recording that I still use to this day!

In the summer of 1984 when I was nineteen, my mom arranged for my sister and I to begin attending group therapy, and I began to process all the feelings and Osirian wounds from my past and got some of my 'parts' back. At the end of that summer, I was fortunate enough to study in France for my entire sophomore year, and that experience was profoundly transformational for me, and opened my eyes, mind and heart to healing and other realms of possibilities. What especially was helpful in the years that followed was the fascinating wisdom of *Illusions* and other books by Richard Bach, John Heider's *The Tao of Leadership*, Gayle Delaney's *Living Your Dreams*, and an amazing book my dad discovered, *Golf in the Kingdom* by Michael Murphy.

But books could only take me so far. In so many ways, I felt emotionally dead, and knowing that I wanted to break the unhealthy family patterns and feel fully alive, my mom recommended that I return to therapy. So in 1988 I returned to group experiential therapy and attended other self-help groups through 1994. I cannot understate the importance of those experiences and having a safe place to have them, and how it was the first place that I could verbalize and physically express my pain, rage, shame, fear and sadness...where I could own them fully without being shamed, shut down, discounted, minimized, made fun of or have someone try to take them away from me because they were never allowed to fully experience their own pain. I began to understand then that you can only take someone as far as you have been, and - in the words of John Bradshaw - "If you don't work it out you'll act it out...or you'll act it in...or project it onto other people." And it was during those years that I began to feel the metaphorical healing presence of Isis, and the Osiris side of me begin to get my 'parts' back and come back to life.

In 1990 at the age of 25, I also began learning chi gong and tai chi from Michael Whiting, and six months later, I began teaching water aerobics, as healing movement deepened my healing process. And I will never forget the day in November 1992 when, while practicing a chi gong movement, I felt *chi* for the first time - an experience I never even knew was possible - and I understood that it was my gift to be a holistic healer, and I didn't want to waste it. In 1993 I began acupressure classes, followed by metaphysics, reiki, yoga and acupressure certifications. And all the while, as I performed my tai chi movements (which had been referred to by Bill Moyers as "physical attitudes" and "connecting to nature through movement" by Dr David Eisenberg in the PBS special "The Mystery of Chi"), a thought began to creep up in the back of my mind..."What if there was a way to connect to *human nature* through movement?" In other words, what if there was a way to become a better person and to deepen personal growth through movement?" And the answer to that question would show up two years later in 1997 when I was introduced to professional astrologer and Shadow Work coach Jeff Baugher.

A retired engineer who had been on the holistic healing path for twenty years, Jeff referred to the signs of the zodiac as instincts and archetypes, as if they were all internal software that we all have. And as I began to study with him and contemplate the characteristics of the signs of the Zodiac and the mysterious concept of how body parts were associated with each sign, I couldn't help but wonder if there was a connection between the body parts associated with the astrological signs, the 14 body parts of Osiris, and Isis re-membering and resurrecting Osiris. Then one night in January 1999 I had an epiphany that brought together everything that I had been studying into one cohesive healing model: an astrological form of tai chi! "What if," I thought, "there was a movement for each sign of the zodiac? And what if performing the movements that represent those signs could bring more of you to life and help you heal and move into balance? What if that was all a part of the deeper meaning of the myth of

Isis and Osiris, and perhaps a forgotten legacy from the Egyptian mystery schools? In other words, what if the 12 parts of the zodiac + you (as Osiris) + a partner (Isis) = the 14 parts alluded to in the myth?" The epiphanies, possibilities and creative bursts went on and on.

With Jeff, I developed Astrolo-Chi to help do just that, and together, we have brought a fresh holistic perspective to a 5000 year old ancient healing paradigm. Our experiences and trainings in [Hakomi](#), [Shadow Work](#) and [The Mankind Project](#) have brought even deeper meaning to these healing tools, as we use processing skills and mindfulness-based experiential exercises to invite people to connect with their body wisdom and move into a state of wholeness.

And after all these years, I think that the best thing about the healing tools that we developed is that they are a simple, fun and easy to learn. With simple step by step instructions and breathing patterns, our movements are an easy way to RE-MEMBER the beauty and lushness of life, who we are and how we feel, to feel into and bring to life the parts of us that may have been metaphorically dis-membered. And there is a simple program to learn them: first, learn all 12 movements step by step; then the 6 pairs of opposite movements; then the AM and PM forms; then the 4 Element and 3 Mode forms. These forms blur the boundary between fun and personal growth, and like a celebrity used to say, "If you're not careful, you may learn something before it's done!" And the cool thing is, because the movements are universal and archetypal, they can be used to support your life, dreams and goals by combining them with affirmations, mission statements, wise sayings and sacred wisdom from any tradition.

The Isis/Osiris paradigm has begun such a vital part of my healing philosophy and practice that you will see the image below adorning the wall in my studio in Louisville, Kentucky.



We invite you to experience this healing paradigm with us, a fun and unique way of re-remembering and bringing more of you to life.

Contact Daniel Lally, watch free videos and learn THE MOST IMPORTANT MOVEMENTS OF YOUR LIFE at [www. AstrologicalTaiChi.com](http://www.AstrologicalTaiChi.com).