

**A Manual of Instructions for a Better Afterlife,
formerly known as the *Book of the Dead***

Essam Elsaed and Paula Veiga

Researching Osiris and his association with some elements of the vegetal kingdom is very prolific in ideas concerning what ancient Egyptians used in life and what they used when preparing for the afterlife such as the Field of Reeds or ancient Egyptian heaven, as they called it. Listening to specialists about the *Book of The Dead* spells, prayers or incantations is always enlightening, and in particular getting to know more about spells that were later included, now the object of detailed research, in order to filter their most profound meanings and also as to be classified as funerary or not.

Many considerations and theories are being developed, as some of the so-called chapters or spells in the canonical *Book of the Dead* (such an ambiguous name), may in fact describe no other than magical, medical and ritual practices, designed for living humans, and not preferably intentionally created for deceased ones.