

## Sacred Geometry

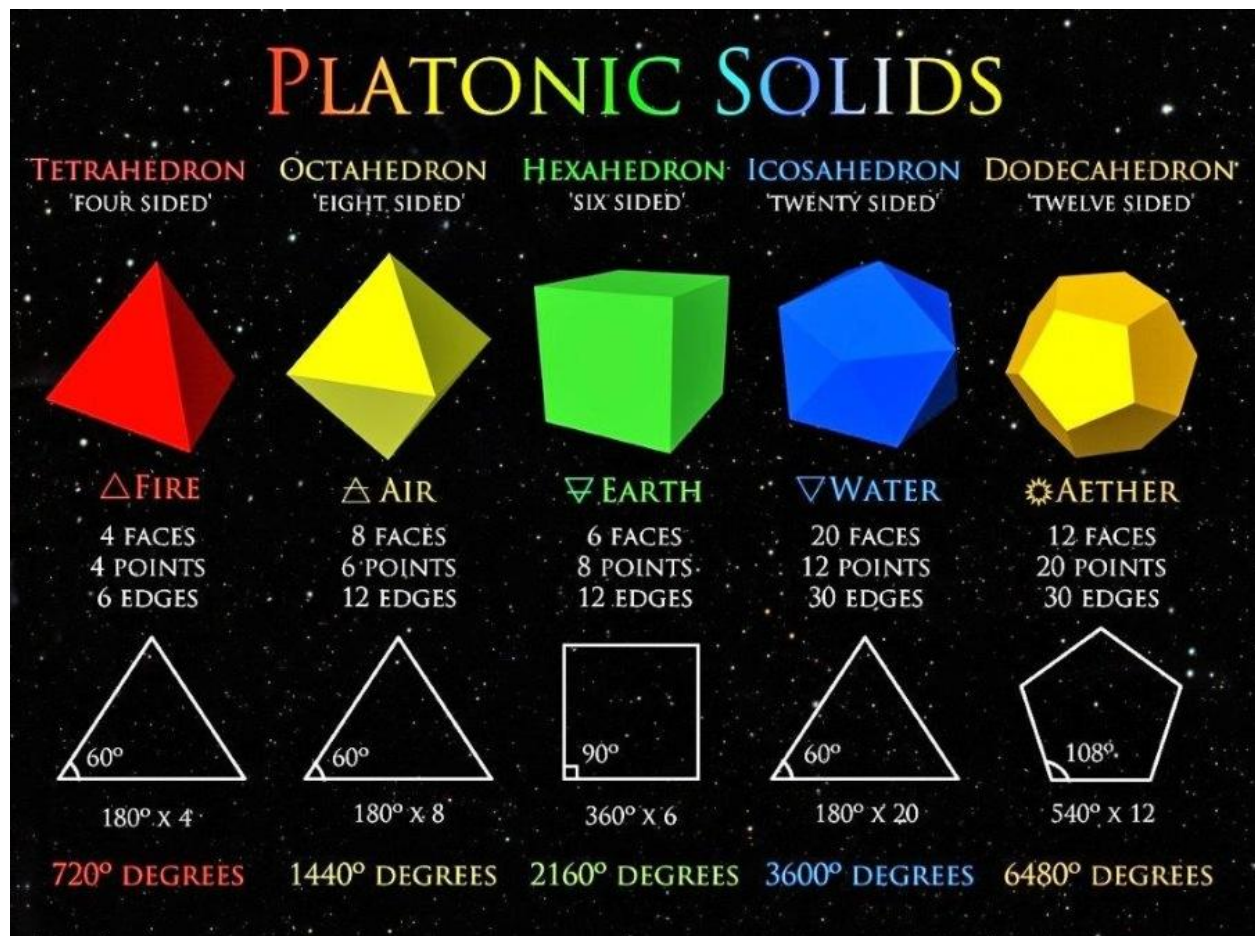
“The Golden Number is a mathematical definition of a proportional function which all of nature obeys, whether it be a mollusk shell, the leaves of plants, the proportions of the animal body, the human skeleton, or the ages of growth in man.” ~ **R.A. Schwaller de Lubicz, Nature Word**

Sacred geometry, simply put, is grounded in the mathematics of shapes and how these shapes form the foundation of everything in the universe. From the patterns seen in roses, trees, sand, blood vessels, rivers, stars, and an infinite multitude of things in Nature, it is undeniable that spirituality is grounded in the mathematics of numbers.

The basis of sacred geometry is founded on the primary shapes that then form the basis for an infinitude of patterns that are then used as powerful vehicles to shift consciousness. When we look at these sacred geometrical patterns like the flower of life, the metatronic cube, the merkaba, the shri yantra or various other sacred symbols from cultures around the world, we do not necessarily have a conscious understanding of the symbol, but we might a deeper felt sense of the energetics instead. Very much like looking at artwork, we feel it, rather than try to rationalize it.

In the mystical traditions, like the kabbalah, sacred geometry holds the blueprint of all of creation and is considered the origin of form from the formless. Sacred geometry is an ancient science that explores and explains energy patterns that are in existence. And every pattern in nature is based in one or more geometric shapes. Everything, from the blades of grass, to our cells, to the Milky Way is encoded with geometric shapes at its core.

## The Platonic Solids



The 5 platonic solids were studied in the ancient Greek Mystery Schools 2,500 + years ago and are considered to be the foundation of sacred geometry.

“A platonic solid is a three dimensional shape where each face is the same as a regular polygon and has the same number of faces meeting at each vertex. A regular, convex polyhedron with identical faces made up of congruent convex regular polygons is called a platonic solid. There are 5 different kinds of solids that are named by the number of faces that each solid has. These 5 solids are considered to be associated with the five elements of nature. Plato, who was studying the platonic solids closely, associated each shape with nature.”

Human beings have an intuitive understanding of the meaning of shapes whether they are cognizant of it or not. We can see how buildings are created with a square foundation for support and stability, while triangles were constructed on religious buildings to connect to the ascendant quality of worship. In tribal cultures, sitting in a circle created the energy of unity and amplified their connection with Nature and Spirit.

When we can not just be a passive observer of how geometrical patterns exist all around us, but rather use our awareness in active participation with these shapes, we can alter the energy around us.

### **Tetrahedron (Pyramid) - Fire - Powerful Manifestation**

The tetrahedron is probably the most popular and well known of the platonic solids, and can be best represented through the Pyramids of Giza. This solid is related to the solar plexus chakra and its ability to manifest from a place of personal power. The upward pointing nature of the pyramid resembles the power of how fire transmutes the old into the new. It is symbolic of humankind's upward ascent on the path of awakening.

### **Hexahedron (Cube) - Earth - Destress, Reset and Ground**

The hexahedron is created by squares and is related to the root chakra. Essentially, the cube is created with squares. And if you think about the 4 corners of squares, you think instantly of stability. The energy of the cube is about grounding to Nature. You can also connect to the energy of focus and concentration through this solid.

### **Octahedron - Air - Integrate through Forgiveness, Acceptance and LOVE**

The octahedron is associated with the heart chakra and the element of air. It is the design of integration as it is essentially two pyramids put together. One points up with the ascent quality of evolution, and the other pyramid points down towards the grounding quality of Nature (as above, so below). The heart chakra is the middle point between the 7 chakras, and is where we integrate the lessons learned from the lower and higher chakras. It is where we practice forgiving the past, accepting ourselves and then experiencing compassion as a vibrational way of living.

### **Icosahedron - Water - Surrender to the flow.**

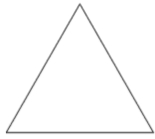
The icosahedron aids in the harmonizing of one's second chakra, i.e. emotions, sexuality, identity and fertility. This mainly helps to amplify the creative potential within (the shakti), and in doing so, you transform from one who is emotionally blocked, to one who allows the flow of authentic expression to take hold.

### **Dodecahedron - Ether - Infinite Divine Intelligence**

The dodecahedron is composed of 12 pentagrams. The pentagram is the culmination of all 5 elements, and because of that, it carries the frequency of the higher chakras, throat, ajna, crown and above. The dodecahedron raises your internal frequency and the external frequency of your environment to create a merging quality where divinity is embodied in its highest form.

## The Primary Shapes

### Triangle

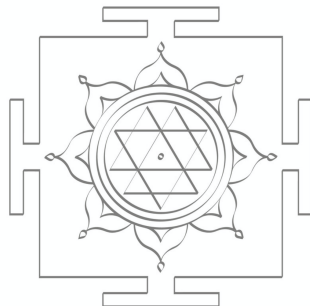


The triangle rises like a flame. It is about humankind's ascension in their awareness and consciousness. It is symbolic of the indigenous cultures and some eastern religions where God is not considered to be an external entity that will descend from the heavens, but rather God is a quality to be actualized through the transformation of the Self, and as a result, man becomes God. The triangle also represents the Holy Trinity (the Father, the Son, the Holy Spirit), the universal order of Brahma, Vishnu, Shiva (Creation, Perseverance & Transformation), (mind, body, spirit), (physical, mental, emotional), (past, present, future), (birth, life, death), etc.

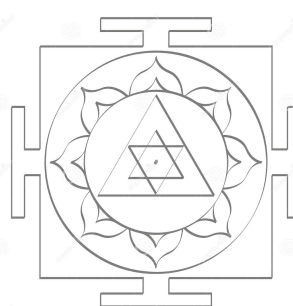
Arrows that mark the streets are very much triangles. Triangles point the way toward a more aligned and higher way of being. In this way, triangles are powerful leaders that have the capacity to direct and redirect energy with courageous intention.

The triangle in Buddhism represents the Trikaya or the three bodies of Buddhahood (Body of Essence, Body of Enjoyment, Body of Transformation), and so the triangle is very much a symbol of enlightenment and the evolution of the self towards their divine nature.

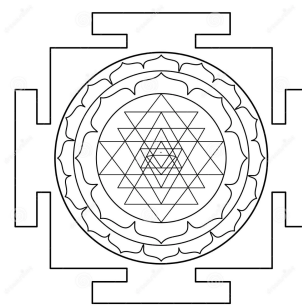
In Hinduism, triangles appear in various yantras (mystical diagrams) like the Durga Yantra, Ganesha Yantra and powerful Shri Yantra. These triangles of the yantras are tools that invite or direct energies that are best aligned for spiritual evolution.



**Durga Yantra**

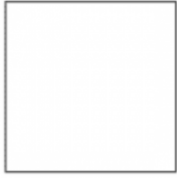


**Ganesha Yantra**



**Shri Yantra**

## Square



The square is the ultimate frame. Think about the frame of paintings, a window or the foundation of a house. The square is the foundation of safety, security and stability. It represents the balance of the 4 elements and is very much about the rational law and order of the physical world.

In numerology, the number 4 holds the vibration of the hard working pragmatist. It is a linear and sequential way of viewing the world. We might hear the phrase of calling someone as being too “square” as describing their overly practical and in the box way of thinking. However, when used in the proper dose, the frame of logic, order and structure, gives us freedom to thrive. It’s what the Buddha said about finding formlessness within the structure of form.

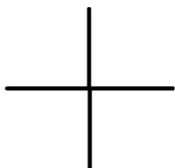
In Buddhism, 4 is a powerful number, as it represents the 4 noble truths (dukkha, samudaya, nirodha and magga). In the Yoga Sutras, this mystical book of ancient yogic wisdom is divided into 4 main padas or chapters. In Christianity, we hear of the four angels at the corners of the earth, the four evangelists (Matthew, Mark, Luke and John).

In Feng Shui, the square energy in your home is associated with the Earth element and setting strong roots.

In astrology, the 4th house deals with domestic affairs and the foundation of the home, And whenever there is a square aspect somewhere in the chart, it represents the challenges or repeating life lessons that need to be looked at further. The square also represents the planet Saturn who is the lord of karma, the master of structure and boundaries. The energy of Saturn is here to keep our egos in check by reminding us of our limitations through potentially difficult situations. And this might feel like we are boxed into a square at times in our lives when in fact, we are invited to learn to become more responsible for our actions and to practice more self-control.

And of course, in more indigenous cultures, the square represents the 4 cardinal directions and the 4 elements.

## Cross



The cross and the square are very similar in that they carry the frequency of 4. It is essentially the center of a square. And so, the cross is very much about the quality of connecting the energy of the 4 (the 4 elements, the 4 states of consciousness, the 4 drishti perspectives, etc).

In Christianity, the cross is most known as a holy symbol representing the crucifixion of Jesus Christ. On a deeper level, the cross is a meeting of two

lines. Like a fork in the road, the cross represents a turning point that can potentially bridge one state of being to another. You can say it might even be a meeting place of life and the state beyond death, or the meeting of earth and heaven, or bridging the personal and the universal.

In ancient pre-Christian times, the cross was a pagan symbol used throughout Europe and western Asia. They would use an effigy of a man hanging on a cross to protect the crops. It was a phallic representation of the Tree of Life that was often encircled with the shape of a circle to represent fertility very much like the ankh of Egypt.

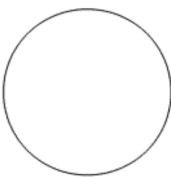


In ancient Chaldea (modern day Iraq - Kuwait), the cross was a circular sun symbol. They saw the sky as a vault split into 8 sections with 4 cardinal points. Eventually, the symbol evolved to not include the circle around the cross, and it was only the two intersecting lines. The Chaldean cross became a symbol of the Babylonian deity Tammuz, the Accadian sun-god. This cross depiction also is shared by the Celtic people



The ancient Norse people used the sun cross or Odin's cross was a cross encircled. The four arms of the cross represent the four paths of ascension and an invitation to step into a higher consciousness, while the circle represents the power of the sun - which is strong, unified and whole. This sun cross variation has been seen in various cultures across the world from indigenous Americans to India and Asia as well.

## Circle



The circle is a container that holds so many meanings. There is no beginning and there is no end, it is infinite, and eternal. It also represents the wheel of life, the cycle of reincarnation, the timelessness of perfect wholeness.

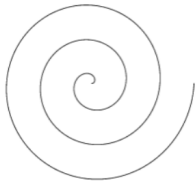
Unlike the square, the circle has no sharp edges or corners, and so the power of the circle can transport us from the linear to the non-linear, from the known, into the unknown.



In Zen Buddhism, the iconic enso circle represents togetherness, and the "moment when the mind is free to let the body create." It is the process of accepting your inner self by understanding the Zen principle that you are **empty and full** at the same time. The enso circle also mirrors the moon, the state of enlightenment, and the cyclical nature of birth, death and rebirth.



## Spiral



“Man has many levels of cognition, windows on the spiral staircase of his understanding, and even as the lighthouse-keeper, whose tower is based in the living rock, climbs to the level of the lantern where he tends the light which is not his light, so man’s evolving consciousness must climb from plane to plane until he finds, and learns to tend, the Light within, which shines eternally.” - Travers Humphreys, *Karma and Rebirth*

Just as the double helix in the DNA spirals, and energy from kundalini spirals up through the nadis, and the Milky Way spirals as one of the countless galaxies in the universe, the spiral is the most efficient and favoured way of how energy moves throughout all of Creation. The spiral is the eternal and organizing principle of life in the universe and can be found all over the world in the mystery schools, and ancient peoples as a symbol of spiritual development.

The yogis equate the spiral as the rise of kundalini through the seven main chakras. And as the serpent is coiled in a spiral shape that mirrors the shape of how the brain is coiled in spirals, the serpent has become a symbol of transformation and spiritual rebirth.

“One of the most beautiful manifestations of the spiral form in nature is the shell of the nautilus, a marine mollusc related to the squid, which approximates closely to the proportion of the Golden Ratio (1:1.618) which was integral to the geometry of antiquity in the construction of sacred buildings including the Giza Pyramids and the Greek Parthenon. The Ancient Egyptians’ term for the Golden Ratio was ‘neb’, translating as ‘the spiralling force of the universe’, also meaning ‘lord’, appearing in names of pharaohs, and used as one of the sacred names of the Sphinx.”

“There are countless examples of the spiral curve in the animal kingdom: the tusks of elephants and warthogs, the teeth of beavers and rodents, claws of cats, beaks of birds, horns of sheep, and the flight of birds. It is also found in the volutes of waves, the swirls of weather systems, and the shoots of plants, as well as in many aspects of human anatomy: the fibres in the ventricles of the heart run in spiral lines so that the muscular constriction by which the blood is forced onward, and the circulation kept up, is like the twist of a screw; in the ‘labyrinth’ of the inner ear, and coiled in the shape of a snail shell, is the cochlea, which analyses frequencies and consists of a spiral canal in which lies a smaller membranous spiral passage.” - Geoff Ward

The spiral is more than just a symbol, it is a vehicle for healing. In healing modalities like Reiki, the spiral is used to move stagnant energy and to invite cosmic life force energy to descend from the Divine. The spiral can be summarized by the micro-macro phrase “as above, so below, as within, so without.” It is undeniably one of the most powerful shapes you can work with in a guided transformational process.

## Merkabah



The Merkabah is created by the intersection of an upward and downward tetrahedron (pyramid) that spins in opposite directions which produces a field of powerful energy. The upward pyramid rotates clockwise, while the downward pyramid rotates counter clockwise. This energy is used to create a field of protection, as well as to help transport one's consciousness into a higher state of awareness.

The Merkabah comes from the ancient Jewish mystery school, and is a Hebrew word that means the throne chariot of God, which is a four wheel vehicle driven by the *chayot* who are living creatures with four winds and four faces. The word 'mer' means light, 'ka' means spirit, and 'ba' means the body. The purpose of this symbol is to help unify Spirit into the body through light.

Merkabah mysticism started to flourish in the 1st century CE in Palestine and was used as an object for contemplation among ancient Jewish mystics. The symbol was mentioned in the Old Testament in the book of Ezekiel about 44 times. The 2D version of the merkabah is the Star of David.

The yogis actually depict the heart chakra yantra with an upward and downward triangle, a 2D representation of the merkabah. This upward and downward connection represents the union of the masculine with the feminine (Shiva and Shakti; universe and earth; human and the divine).

## Golden Ratio by Marina Likhov



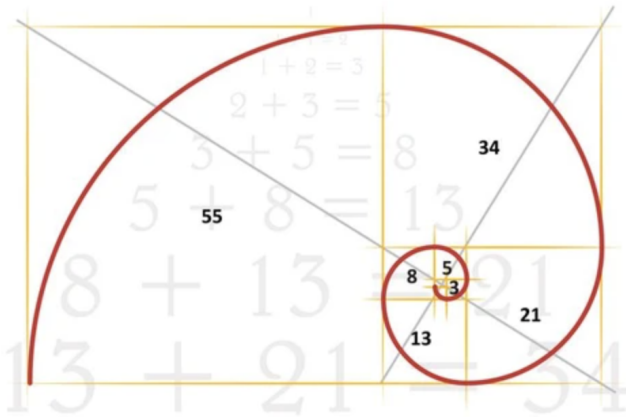
The Golden Spiral is based on a concept called the Golden Ratio that has been shaping our understanding of balance and proportion throughout millenia.

Also called the Divine Proportion, this golden ratio of 1.618 can be found in practically every area of our existence, including nature, geometry, the human body, and the solar system.

Humans have known about the Golden Ratio for at least 4,000 years, or maybe even longer! Some of the latest research shows that it was used in the design of hieroglyphics found on tomb walls, and also in the construction of Egyptian pyramids and other ancient structures throughout the world.



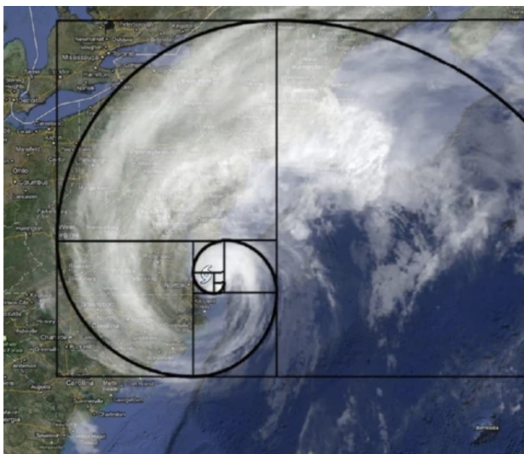
It has been called many names throughout history: Golden Section, Golden Ratio, Golden Mean, the Magic Ratio, and it is one of the most famous formulas in mathematics. Found practically everywhere in the universe, it is a kind of built-in numbering system to the cosmos, often called "nature's secret code".



The Golden Ratio was described in detail by Indian mathematicians around the 6th century AD and introduced to the West in 1202 by Leonardo Fibonacci of Pisa, the same guy that brought us the Arabic decimal system to substitute for the awkward Roman one that was used at the time.

The principle of the Fibonacci Sequence is simple - starting with 0 and 1, each new number in the sequence is the sum of the two before it.

0, 1, 1, 2, 3, 5, 8, 13 ... - the Sequence keeps unfolding in a never-ending pattern.



This formula appears around us everywhere in our daily lives, even though we rarely notice it.

See if you've ever noticed the Fibonacci formula in these familiar things:

- Flowers, leaves and branches in many plants are arranged in 1-3-5-8 pattern
- Petals of a pine cone are arranged in spirals crossing in both directions: 8 spirals in one direction and 13 in the other
- Giant millipedes, Monarch caterpillars, Snails and Pangolins all use this ratio of least resistance
- Faces that are most attractive to us are those that have main features with proportions closest to the Golden Ratio

*If you take any two successive Fibonacci numbers, their ratio is very close to the Golden Ratio (1.618).*