

Sacred Geometry applied to Energy Therapy

Expanding
Your Thinking
from the
Linear to
the Sacred

Part 2 of a 2-Part Article
(Part 1 appeared in the Sept/Oct issue)

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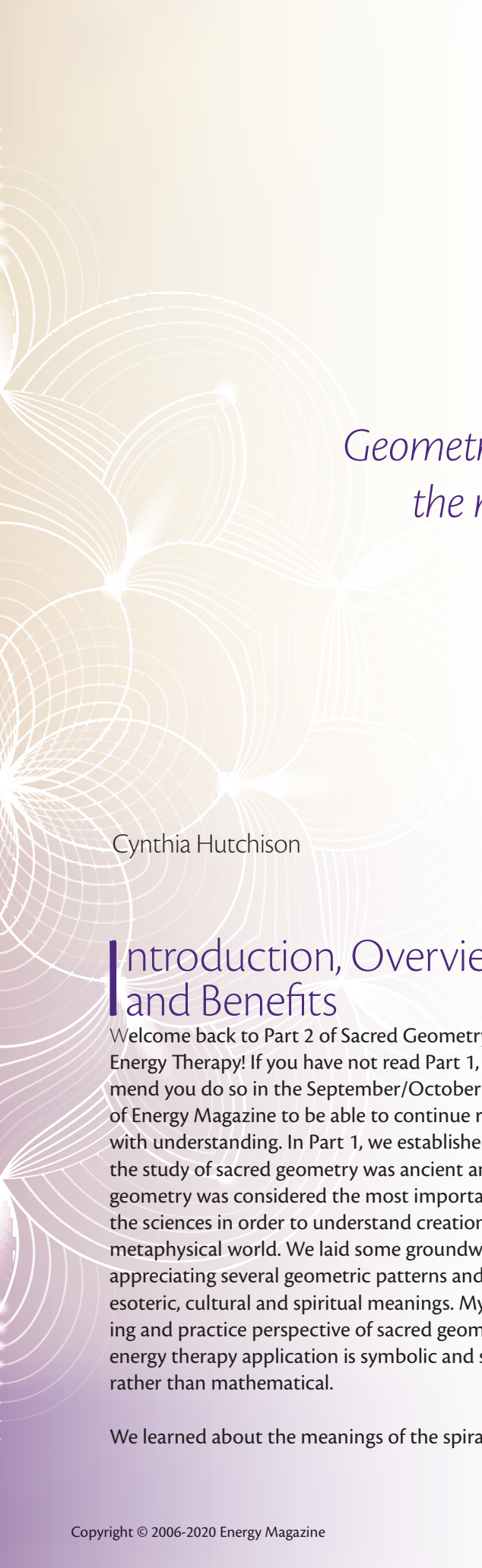
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*Geometry is the bridge between
the many and the One.*

Cynthia Hutchison

Introduction, Overview and Benefits

Welcome back to Part 2 of Sacred Geometry and Energy Therapy! If you have not read Part 1, I recommend you do so in the September/October issue of Energy Magazine to be able to continue reading with understanding. In Part 1, we established that the study of sacred geometry was ancient and that geometry was considered the most important of the sciences in order to understand creation and the metaphysical world. We laid some groundwork for appreciating several geometric patterns and their esoteric, cultural and spiritual meanings. My teaching and practice perspective of sacred geometry for energy therapy application is symbolic and spiritual, rather than mathematical.

We learned about the meanings of the spiral, circle/

sphere, cross, lemniscate, vesica Piscis, triangle, square/cube, 5-, 6-, 7- and 8-pointed stars. These are some of the geometric forms I teach about in my Sacred Geometry and Energy Therapy course. In this article, I will introduce you to a simple sacred geometry (SG) self-care treatment that will provide you with a personal experience of geometric patterns to support body-mind-spirit health and healing.

Sacred geometry (SG) is part of, and can be applied in, just about any science or discipline I can think of. And yes, it applies to energy therapy like a hand fits in a glove!

The greatest benefit I have received so far is my own soul growth is a much deeper appreciation of creation and a firmer faith in my belief of a loving creator. Just walking around my neighborhood noticing the plants, trees and flowers, I am continually seeing



more and more SG in their forms. I am reminded of playing games as a child while riding in the car with my parents when we had to “find” numbers, words or letters on license plates or street signs. Now I find myself looking for spirals, vesicas, concentric circles, triangles, 4-, 5-, 6-, 7-, 8- and 9-pointed stars in nature, as well as finding various geometric forms in art and architecture. Experiencing or seeing SG in the human physical body and energy bodies is fascinating, fulfilling and fun!

A second benefit for myself in practicing with SG is support for controlling my “monkey mind.” If you are like most human beings, you likely have some issue with staying focused and not becoming distracted while meditating or while providing an energy therapy treatment. When I am administering an SG treatment on behalf of others, I am much more able to stay centered and attuned with my client because the geometric pattern enables me to be more directed, focused and grounded.

Thirdly, I notice that I am continually having more SG energetic experiences the more I utilize integrating them into a treatment. Instead of feeling like I am filling my cup of the vast amount of SG that I could learn, I instead feel that the vessel keeps growing larger and larger like an expanding universe, so that at any moment in time, I am only accessing one of a million possible windows into the beauty and blessings of creation.

Lastly, I see benefit for the client. After sessions, clients will often comment on experiencing geometric patterns or meanings associated with the healing aspects of these forms, even when they had no idea I was working with SG. Plus, they love learning how to apply SG to their own self-care, which is empowering, fascinating, and supports their healing of the body-mind-spirit.

Geometry is the bridge between the many and the One.

When you study sacred geometry, or consciously integrate it into your life, you are opening your mind to the Three Transcendentals of *Perennial Wisdom*:

Truth, Beauty and Goodness. This perennial philosophy is the theoretical framework out of which I teach.

Highlights of a Self-Care Sacred Geometry Treatment

If you have never worked with SG energetically, or if you are not a health care practitioner, I recommend that you begin your learning through a self-care treatment. This will provide you with a foundation for introducing it to others when you are ready.

First, create a block of undisturbed time and a sacred space for yourself to focus on healing. If you can be in nature or look out a window at Mother Nature, the connection with natural beauty and its form will support you. If you enjoy meditative music, the SG of the tones and sequences will also enhance your experience and support a relaxation response, making you more perceptive and receptive. (Yes, sacred geometry is also in music and tones!) Bring some blank paper with you, and colored pencils or crayons.

As you quietly reflect, set the intention to put into words or images (or both) what it is that you are seeking healing for. You can write your intention down with words, symbols/geometric forms and with use of color. Scribing with your own handwriting engages and strengthens your will forces.

Second, practice drawing some basic geometric shapes. It is fun and engaging to draw the forms in sequential order of their *numerical qualities*. One easily becomes focused and meditative in this experience.

A basic sequence of SG drawing is: *One* = circle, sphere and Seed of Life; *Two* = Lemniscate (Figure 8; Infinity Sign); *Three* = Triangle; *Four* = Square, Rectangle, Cube; *Five, Six, Seven, Eight, Nine* = Stars with corresponding numbers of points; Spirals; Vesicas; Concentric Circles; and if you want a bit of a challenge, the Sri Yantra!

Then start putting them together in groups or your



own creative arrangements. This is not only fun and creative, but the sacred geometric forms will start working within you and become embodied as you uniquely hand draw them and use various colors and arrangements. The patterns work at conscious and unconscious levels of your soul, and you may be surprised at the revelations and insights that emerge just from doing this creative activity. Reflect on what each shape symbolizes to you. The idea is not to seek perfection in form, but reflection in form!

Next, explore where the sacred geometric forms live in your energy and physical bodies. You can find out more about this by exploring the internet, reading books, finding films or signing up for my course. In your own creative ways, you can *re-imprint* the forms within your field and body. I say “re-imprint” for a reason. When we work with SG in energy therapy, we are re-establishing and strengthening what already lives in us energetically and physically, based on how we are already created.

For example, when we place our hands in such a way to focus on the seven-pointed star in our individual energy field (IEF), through the points of the feet, hips, shoulders and crown, we are not introducing the body/field to the seven-pointed star, because it is already there! What we are doing in a treatment is helping our body and soul to “RE-member” the geometric patterns in our creative matrix and strengthen the SG patterns within us for the health and healing of our body, mind and spirit.

Magnetic Passes: Hands-in-Motion and Hands Still

I assume many of you are familiar with Alice Bailey's basic energy therapy method, *Magnetic Passes: Hands in Motion and Hands Still*, described in her text *Esoteric Healing* (1953). It is a foundational way that energy therapy practitioners work with their hands that can be creatively applied in “drawing” SG patterns. With *Magnetic Passes: Hands in Motion*, one can energetically “draw” spirals, circles, lemniscates and lines of light to imprint and strengthen the SG that is part of the matrix of the human body.

Applying *Magnetic Passes: Hands Still*, you can sequentially place your hands onto different parts of the body, imprinting one line at a time (between two hands) to create a particular form. For example, you can create four energetic lines of light to create a square, rectangle or three-dimensional (3D) cube to strengthen and vitalize your physical body. You might first place a palm on each hip, creating the first line of light, holding this placement for a minute or longer as you visualize the form imprinting more deeply and with a beautiful bright, pure light. Then you might add the line of light between the shoulders, doing the same, followed by the hip and shoulder of the left and right sides, so that you complete the four sides of a two-dimensional (2D) square/rectangle. It is interesting to note that if you start out visualizing or experiencing a 2D form, it may transmute in your energetic experience or visualization to a 3D cube.

It is also possible to apply the various geometric patterns and their meanings with your intentions for healing totally with your mind and intention, without hand placements. It is generally easier for those new to this type of healing work to actually use direct touch and hand placements to support the visualization and intention, but some people are very good at visualization within the mind's eye and with intention, so the message is... Do whatever feels natural for you!

Hands-On Intervention: Basic Sacred Geometry Self-Care Treatment

Continue with the hands-on step of SG self-care treatment. For me this is a prayerful, devotional and strengthening experience.

Attunement

1. HEART – Standing up, point your joined hands downward at your root. Slowly bring them (still joined) up through the next six chakras through to the crown center. Then, let them flow up and out creating the rounded bifurcation of the heart shape. In closing, return them back in a V-shape to reconnect at the root, holding there for a period of time to experience



and integrate the shape of the heart within your field. As you know, the heart represents love — love of self, love of others, love of your creator, love of life and love of the whole world.

2. VERTICAL LINE – Standing up is the best way to experience this. Standing straight and tall, feel your vertical connection to both heaven and Earth, with a point grounding you to the *Above* and a point grounding you to the *Below*. The *Above* reaches up to the macrocosm, the Universe, the Central Sun of the Milky Way, to the heavenly realm, or whatever way you cosmically connect to Higher Power. The *Below* point can be imagined or experienced as anchored in the center of Mother Earth, holding you in physical form while you have your years of experience in “Earth School” while in your physical body.

This vertical column of light aligns with your biofield in one dimension (*your chakras and their correspondent fields*) as well as your *hara*, a finer dimension of your being, known as the “soul.” (See Barbara Brennan’s excellent explanation in her text, *Light Emerging*, 1993).

The human soul’s three capacities are our ability to *think*, *feel* and exert our *will* force. These capacities have physical touchpoints at the *head*, *heart* and *lower belly* (or *limbs*) correspondently. At the *hara* dimension, we hold our birth intention, life’s purpose or destiny for this life, which is always related to love. The *hara* holds both our birth intention overall for our life, as well as our daily and moment-to-moment intentions.

While consciously focusing on the vertical column of light, recall your current, specific intention for healing. With firm will, unite your will with divine will. Let the *hara* column of light grow brighter and stronger as you feel strengthened in your will to be aligned with truth, beauty, goodness and love.

3. CROSS – Once your vertical is consciously (re) established through the experience of your column of light connecting you to heaven and earth, you can add the horizontal line by physically extending your

arms outward left and right, and being aware of your heart being at the intersection of the cross you have created with the gesture of your body. Holding the “horizontal” contains your intention of embracing your Earthly life with all its ups and downs, triumphs and disappointments, joys and sorrows, certainties and uncertainties, the people you love as well as those who annoy, anger and challenge you. If you can honestly embrace all your life and the whole of humanity with compassion, with all our God-given magnificence as well as our fallen nature, then you are truly in the energy of the cross.

Holding the cross is also an effective way to embody the experience of the intersection and blending of the unity of *Above/Below*; *Heaven/Earth*; *Invisible/Visible World*; *Time/Space*; and *Spirit/Matter*.

Since I am only able to share some highlights of *Sacred Geometry in Energy Therapy* in this article, here are two of the eleven SG forms you can apply for self-care.



Quality of “2” – Duality and Connection: The Lemniscate

The three points on the lemniscate in the body are: 1) Thinking (at the crown) with the intention of alignment with its highest vibration, Truth; 2) Feeling (heart) with the intention of aligning with its highest vibration, beauty; and 3) Willing (root/limbs) with the intention of aligning with its highest vibration, goodness.

This Hands-in-Motion movement is applied with a moving hand that gently flows in an infinity sign movement from the heart to the root; back to the heart; up to the crown and back to the root. Continuously repeat this flowing pattern in a slow, rhythmic and devotional way, accompanied by positive, focused intention, for a few minutes, or until you feel complete.

As you repeat this movement with visualization, with love and healing intention, it becomes more meditative



and strengthening. You can speak a prayer or affirmation quietly or aloud, such as *"May my thinking, feeling and willing be aligned with truth, beauty, goodness and love;"* or simply *"Truth...beauty...goodness...love."*

Notice how you may be feeling differently in body-mind-spirit after imprinting the heart, vertical line, cross and lemniscate in your field.



Quality of "5" – The Five-Pointed Star

The esoteric meaning of the 5-pointed star includes alignment of the personal will with divine will. It is also associated with the strengthening of the etheric body. Holding oneself in this gesture is one way to experience yourself as a "shining star" here on Earth to radiate your light and love.

Standing up with your feet and arms apart and head erect, naturally places you in the form of a 5-pointed star! (Look up the image of Leonardo da Vinci's *Vitruvian Man* to see a classic image you will recognize).

Another option of re-membering the 5-pointed star within you includes separate hand positions and requires less strain on your arm muscles.

1. Visualize yourself standing in a five-pointed star position and being aware of the sensation of the five points of your star: head, hands, feet, with the heart in the middle.
2. Standing or sitting, bring one hand to your heart and the other to your crown. Give a blessing to your head and set the intention to align your thinking and your words so that you will think and say only what is good, true, beautiful and beneficial for humanity. Breathe in this intention and sense the energy of it within you.
3. Bringing both hands to your heart, offer the intention to align all acts done with the hands to do only what is good, true, beautiful and beneficial for humanity.

4. Bringing your hands to your feet (or knees, if that is easier), offer the intention to align all acts done with the lower limbs to be only what is good, true, beautiful and beneficial for humanity.
5. Return to a relaxed pose to continue integrating the SG pattern of the 5-pointed star.
6. Bring your self-care treatment to completion gently and gradually. If you have some time to dwell in the energy for a while, you might experience further insights or energy shifts. What I have noticed within myself, is the more I work with sacred geometry, the more the spiritual world reveals to me insights that place me in states of awe, wonder, reverence, gratitude, humility and adoration.

You can apply many other SG forms within your field/body for self-care, such as triangles, vesicas, six-, seven-, and eight-pointed stars, spirals, concentric circles and the Sri Yantra. If you are a practitioner, you can learn to energetically imprint them for client care and teach your clients how to engage in sacred geometry self-care. In my experience, there are no limits to the possibilities of how sacred geometry can be applied to facilitate healing, growth in consciousness and evolution toward with our highest human potential to align with truth, beauty, goodness and love. I invite you to join me in this infinite adventure of the world of Sacred Geometry and energy therapy! €

Recommended Reading: [A Beginner's Guide to Constructing the Universe: The Mathematical Archetypes of Nature, Art and Science](#) (1994) by Michael Schneider



If you would like to learn more about Sacred Geometry and Energy Therapy, please visit Cynthia's website BoulderHealingTouch.com