


Sacred Geometry applied to Energy Therapy throughout Life Cycles



Expanding Your Thinking
from the Linear to
the Sacred

Part 1 of a 2-Part Article

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*Simply put, the Golden Mean Spiral is a doorway that weaves
the ethereal and material dimensions together.*

– Ronald L. Hotl, (20th Century Professor of Anthropology, Weber State University, Utah)

Cynthia Hutchison

Did you know that your body and the world of nature is full of sacred geometry? And that the same geometric forms make up the microcosm (smaller than the eye can see, such as DNA) and the macrocosm (that which is beyond what a person can visualize in the magnitude of the Universe)?

From the time of infancy, we visually begin recognizing shapes as meaningful to our lives. “Symbols,” including geometric shapes, have deep, esoteric spiritual meanings that speak to us unconsciously at a soul level. As you reflect upon the chapters of your life in light of geometric symbols, you will discover how they may have influenced you consciously or unconsciously.

The study and application of sacred geometry in health and healing is an adventurous pursuit and may

even be life-changing, due to the sense of awe, reverence, wonder and mystery that is awaiting you! Based on my personal experience, I believe that incorporating sacred geometry into our thinking and practices can expand our consciousness, deepen our faith and prayer lives, enlighten the understanding of the healing process and enhance the healing responses of our clients. Come explore with an open mind and heart!

Studying geometry during my sophomore year in high school was, frankly, boring and intimidating. It was taught without any meaningful context. Gradually as I grew into adulthood, and pursued prayerful and meditative practices for inner growth, I began discovering the power and beauty of geometric shapes associated with spiritual teachings and practices. Geometry became fascinating, meaningful and powerful when applied in a spiritual context! If you have children, please start teaching them some of



the meanings associated with shapes to help them become conscious of their significance. Experiencing sacred geometry in their bodies, in nature and in the world of beautiful art is empowering and healing.

Sacred geometry is evident in the artwork of all great cultures and religions over time. I have enjoyed studying and experiencing several world religions as a way to understand humanity's thousands of years of evolution of consciousness; thus, I bring this content with a great deal of respect to world cultures and religions. Knowledge of sacred geometry has enhanced my own affinity with the Christian path based on having found so many esoteric and exoteric references within the faith tradition.

The topic of sacred geometry has become an extremely popular area of study in both scientific and spiritual circles. Type "sacred geometry" into your internet search and see for yourself the plethora of websites, articles, artwork and products.

Art and Healing as Soulful Expression

Art is an individual or group expression, experienced through the human senses and soul, with an intention to portray or inspire truth, beauty and goodness in life experience. The artistic dimension of healing could be thought of as a practitioner's ability to tap into intuitive qualities, and into one's intention of fostering alignment within another person's soul dimension; and the conscious, devotional enactment of a treatment session. It should have a "sacramental" quality, meaning that the client/recipient/patient is given full dignity, respect and heart-centered focus as an individual human being.

According to perennial wisdom, the soul dimension of the human being is described as one's ability as a human being to think, feel and exert will force, known more commonly as Thinking, Feeling and Willing (TFW). These three soul dimensions develop gradually during the stages of life, provided that the child has a relatively safe and loving environment in which to explore her/himself and the world.

When our thinking, feeling and willing are harmonious, functioning at a high vibrational frequency, they then correspond with what theologians and philosophers refer to as the "three transcendentals"; Truth (elevated spiritual thinking and desire to know); Beauty (feelings and outward expressions that desire seeking truth, showing love and are inspired by beauty); and Goodness (aligning thinking and feeling to an altruistic or moral action). Alignment of one's thinking, feeling and willing with Truth, Beauty and Goodness facilitates balance and movement toward love and body-mind-spirit healing, along with what some energy therapists refer to as "hara alignment" (see Barbara Brennan, *Light Emerging*, 1993; and Healing Touch Program© professional curriculum, Level 3 authored by Cynthia Hutchison).

Sacred Geometry (SG)

Traditionally, geometry is thought of as a science within the field of mathematics. Scientists, engineers and architects depend upon geometry to solve a myriad of problems in making life on Earth more practical, sustainable or survivable. On a deeper level, as quoted by Plato, "*Geometry is the clearest model by which to describe the metaphysical realm.*"

Great thinkers, philosophers, artists and scientists such as Pythagoras, Galileo, Plato, Michelangelo and Leonardo da Vinci studied the shapes in the natural world and found common geometric forms within nature and our bodies. They felt that through discovering these patterns they could enter a level of understanding of the "Mind of God." Over time, more discoveries of the role of geometric shapes within matter and force have scientifically validated their presence and role in Creation and life. The study of sacred geometry in the macrocosm and microcosm, and everything in between in the visible world, should put us into a place of awe, wonder, reverence, humility and mystery!

According to Dr. Robert Gilbert, scientist, scholar and author of *The Seven Keys to Creation: Sacred Geometry and the Patterns of Life*, who has researched the geometric basis of modern science and new technologies,



"Geometry is the blueprint of creation and the genesis of all form." He defines sacred geometry as an ancient science which explores and explains the energy patterns that create and unify all things and reveals the precise way that the energy of Creation organizes itself. He tells us that, "On every scale, every natural pattern of growth or movement conforms inevitably to one or more geometric shapes" (see www.Vesica.org).

According to Drunvalo Melchizedek, a well-known modern teacher of sacred geometry, all the forms in our energy field are geometric (*The Ancient Secret of the Flower of Life*, Volume 1, 1990). Sacred Geometry demonstrates to us that forms in nature are not random, but created through natural law. They are found in the human body, in the world of nature, in art, architecture (most notably in the great cathedrals, synagogues and mosques), in dance and movement. Sacred geometry is found in both the macrocosmic realms, in spiraling cosmic galaxies, and in the microcosmic realms, as in the study of microbiology, DNA and the shapes of all the elements in the periodic table.

Through both historic esoteric teachings and modern quantum science, there is recognition of patterns that correspond to the macrocosmic and microcosmic levels of existence. The first known cited reference to this is in the ancient text, The Emerald Tablet, by Hermes Trismegistus in the well-known maxim, "As above, so below. As below, so above."

Energy Therapy and Sacred Geometry

The significance of sacred geometry can be taught to children early on through story, games, conversations, observing artwork and nature, and drawing geometric shapes. It is never too late to begin this learning process. It did not happen for me until my forties, and it continues to become more exiting and fascinating all the time. In my Sacred Geometry classes, students from their twenties through their eighties drink in the concepts and practices with eagerness, enthusiasm and joy! It is as if a person puts on a new pair of glasses and can experience the world in new ways

that give more meaning in the perennial wisdom of the transcendental virtues of Truth, Beauty and Goodness.

In the practice of hands-on energy therapy (long distance or in person), I have found that by creating an awareness of the energy of the shape and/or movement of various sacred geometry forms within, or superimposed within the human energy field, that a healing response may be facilitated and strengthened. Thus, with visualization and intentionality, energy therapy practitioners can explore the power and beauty of combining energy therapy with sacred geometry.

"Sacred Geometry charts the unfolding of number in space...Number, Music, Geometry and Cosmology are the four great Liberal Arts of the ancient world. These are simple universal languages, as relevant today as they have always been, and still found in all known sciences and cultures without disagreement"
– Miranda Lundy, Sacred Geometry (1998).

Examples of some Geometric Shapes and Their Meanings

1. Circle/Sphere – Quality of "1."

A circle is a universal symbol rich in meaning. It is two-dimensional and has no beginning and no end. Therefore, it represents life cycles and eternity, such as the daily sunrise and sunset, and spring always following winter. A circle has rich symbology and also represents vitality and health, the Cosmos, Divinity, perfection, oneness, completeness, integrity, harmony, balance, unity, equality, wholeness, inclusivity, connection, community, the cycle of creation and Source energy or God. The circle represents the number "zero," a sign of embryonic potential and can also symbolize the number "one," as in "All creation is One." In addition to the circle/sphere, the image of the Seed of Life and Flower of Life symbolically apply to the quality of one.





2. Cross – The intersection of a vertical and horizontal line.

The vertical line represents the connection to the heavenly or spiritual realm, to Source/Creator, and also the dimension of time (as seen on a typical time graph). It also represents the human “I” (one’s individuality) because one of the qualities that set human beings apart from animals is that we are the only creatures who stand and function “upright” in vertical fashion, a symbol of our close connection to the spiritual world.

The horizontal line represents the earth plane and the dimension of space, as visibly seen when viewing a landscape horizon such as the ocean. In the shape of a cross, the vertical and horizontal lines represent the intersection of time and space, as well as the meeting of heaven and earth, or spirit and matter.



3. Lemniscate – Quality of “2.” The lemniscate reflects the quality of two, a deviation from the quality of one (oneness, unity, union). Also known as the infinity

sign or Figure-8, it is composed of two circles with one shared intersecting point. This shape is often depicted as more oblong and flowing in movement from one side to the other. The infinity sign reminds us of the flow of life, always returning to the center, and the importance of balance. It is as often represented horizontally as it is vertically, depending on its symbology. This sacred geometry is beautifully found in our brains with the corpus callosum being the center of the brain that connects the two sides of the cerebral cortex. A lemniscate that is equal, as in a mirror image of the two loops, indicates balance, whereas unequal sized loops represent imbalance. Example: The more freedom we are given (one loop), the more responsibility we must apply our freedom rightly and morally (opposite loop). Freedom without correspondent responsibility leads to chaos, disorder and unaccountability. Responsibility without correspondent freedom could be a form of slavery.



4. Vesica Piscis – The vesica piscis is the

intersection portion of two circles whose centers exactly touch. It represents union, common ground, shared vision and mutual understanding. Similarly, it can symbolize the peaceful union of opposites. The Vesica Piscis is an ancient symbol of the alchemical marriage and the intimate union between Creator and the created. This sign is frequently used as a symbol of marriage, as in two overlapping wedding rings where two lives join to create a union, and where two become one in body and spirit.

The vesica can symbolize a doorway, bridge or threshold between the spiritual world and world of matter/Earth, the place where two worlds come together. The vertical vesica Pisces clearly represents the Hermes famous adage “As Above; So Below...”



5. Triangle – Quality of “3.” The triangle, a three-pointed star, represents the divine triad, the number 3, and the Trinity within Hinduism or Christianity. Considered the

“perfect number” and an important number for stability, it represents the soul because it combines and reconciles the numbers one (representing divinity) and two (representing duality).

The threefold nature of the soul includes the human beings’ ability to think, to feel and to will (act). When thinking (intellect), feeling (heart) and willing (action), through one’s head, heart and hands, are in a state of high vibration, they align with truth, beauty, and goodness, the three transcendental aspects of love. This is also expressed in terms of faith, hope and charity as the three fundamental virtues.

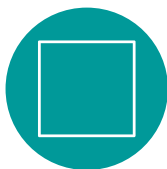


6. Six-pointed Star – Quality of “6.” When the upward and downward facing points of the two triangles are united, they become a six-pointed star. This may represent the

union and balance of the divine feminine with the divine masculine, the union of Father-Mother God, the union of heaven and earth, the principle of “As Above, So Below,” a variation of the Yin and Yang, and



the joining of complementary opposites to bring balance and harmony. The Star Tetrahedron, or Merkaba, is the three-dimensional six-pointed star.



7. Square – The square represents Earth, dense matter and physical life, and firm foundation. This includes all things that have density (shape/form/weight) and are visible. Solid matter are particles of light that are vibrating at a speed slower than the speed of light. Light particles vibrating at speeds faster than the speed of light are not normally discernable with the physical eye or five senses without extra sensory perception. The square form also represents the four seasons; the four elements (earth, air, water, fire); the periods of human life (early childhood, youth, middle age, old age); and the four archangels (Michael, Gabriel, Uriel and Raphael).



9. Five-pointed star – Quality of “5.” The Pentagram is one of the most widely recognized religious symbols, having been used by Pagans, Israelites, Christians, Wiccans, magicians and others. It is also applied to many regional, organizational and national flags. The 5-pointed star represents the human being as a reflection of the starry world or heavenly origins. While the triangle, square, diamond, pentagram, hexagram, septagram, octa gram, and nine-pointed star can all be drawn in star-like forms, the five-pointed star is the most known and loved.



10. Seven-pointed Star – Quality of “7.” Septagram or Heptagram has many meanings in various cultures, religions and in nature.

Examples include the following:

- The quality of “7” in Judaism means totality or completion, such as in the 7 days of Creation.
- In Islam, it is used to represent the first seven verses in the Quran.
- In Paganism it is the Elven or Fairy Star.
- In Astrology, it refers to the 7 planets.
- In Alchemy, it is the 7 metals (Silver, Mercury, Copper, Gold, Iron, Tin, Lead)

- In Geology, it is 7 groups of crystal structures.
- In Knowledge and Wisdom, it is the 7 Liberal Arts: Logic, Rhetoric; Grammar, Number, Music, Geometry, Cosmology
- In human physical anatomy, there are 7 endocrine glands.
- In the human energy anatomy, there are 7 major chakras or energy centers, each which correspond to an endocrine gland.
- In the vibrational Color Spectrum of Visible Light, there are 7 colors of the rainbow, 3 primary colors (red, yellow, blue), which when they blend, create 4 more colors.
- In Music, there are 7 tones/notes that correspond to the chakras — each having corresponding higher and lower octaves.

In Christian Hermeticism, seven is found in key aspects of the alchemical transformation of the spirit, soul and matter, from the primordial purity prior to “The Fall” of humankind, to the state after The Fall and to that of Reintegration through Salvation offered through Christ. From this perspective, seven can be spiritually experienced through: the 7 Days of Creation; 7 Stages of the Fall; 7 Miracles of St John’s Gospel, 7 “I AM” sayings; 7 sayings of Christ from the Cross; 7 Stages of the Passion; and, the 7 Sins and Virtues. (See p. 621 in *Meditations on the Tarot: A Journey into Christian Hermeticism*, by Valentin Tomberg).



11. Eight-pointed Star – The Quality of “8.” An Octagram is a Cross and an “X” intersecting, or a square and diamond overlapping. In Chinese tradition, the 8-pointed star was a way to concisely depict the entirety of the Universe.

- In Hinduism, it represents the 8 forms of wealth.
- In Judeo-Christian theology, the number eight frequently represents beginnings, resurrection, salvation and super-abundance.
- The 8-pointed star began to appear in Islamic art in the Middle Ages. It is referred to as khatim, meaning the “seal of the prophets.”
- Archetypally, 8 represents *As Above, so Below: As Below, so Above*; indicating the teaching of



the reflection of the Macrocosm in the Microcosm.

- It was used by the Rosicrucians in the seventeenth century as a symbol for the eight points of a geometrical Universe.
- In Buddhism, the 8-spoked wheel represents the 8-fold path to escape suffering: Right View, Right Speech; Right Action; Right Livelihood; Right Effort; Right Mindfulness; Right Concentration.



12. Spiral – The spiral represents growth, evolution, progression, spaciousness, one's path in life, going inward (when moving from the periphery toward the center), expanding outward (when moving from the center to the periphery) and the path of life flowing in spirals rather than a straight line. As it expands outward, it has the potential of continuing into infinity. It has been discovered that our planets and solar system travel in spirals rather than in circular orbits. Labyrinths represent the healing power of spiral energy.

Closing

Energy therapy is one of the ancient and contemporary healing arts that is informed both by science and spirit. Brief overviews were provided on understanding the symbolic meanings of a sample of forms that can be applied to sacred geometry healing sequences. Learning sacred geometry is of interest to people of all ages and stages of life because it is who we are and how we are made. It is intrinsically meaningful, mysterious and fascinating! Building upon this knowledge, examples of hands-on application of sacred geometric shapes will be the focus of Part 2 of this article in the next issue of Energy Magazine (November-December 2020).



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Note on Cynthia's Sacred Geometry Classes: Currently, Cynthia's course *Hands on Application of Sacred Geometry to Energy Therapy* is offered as an in-person 12-hour CE course around the country. On Demand **Online Class**, Coming Soon! Autumn 2020. Geometric shapes that are dealt with in the course include: Circle, Cross, Flower of Life, Lemniscate, Triangle, Square, Pentagram, Hexagram, Septagon, Octagon, Spiral, Concentric Circles, Vesica Pisces and the Sri Yantra.