

FLOWER OF LIFE RAINBOW COLORS/THINSTOCK

Sacred Geometry

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Thought to be the blueprint of Creation, sacred geometry is a window that allows us to appreciate Mother Nature's beauty and our own divine inner realm

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No one can deny the breathtaking beauty of Mother Nature – a symphony of patterns and colours that she organically births without ruler or swatches. Consider the shell of a nautilus, the pattern of flower petals, a honeycomb or a snowflake. Her intricate geometric patterns and designs have provided inspiration to artists, astrologers, architects and philosophers in untold ways, and it is fascinating to learn that the study of

nature's exquisite form has roots in the world of mathematics. The merging worlds of art, philosophy and mathematics have shaped the development of a system that is now called sacred geometry.

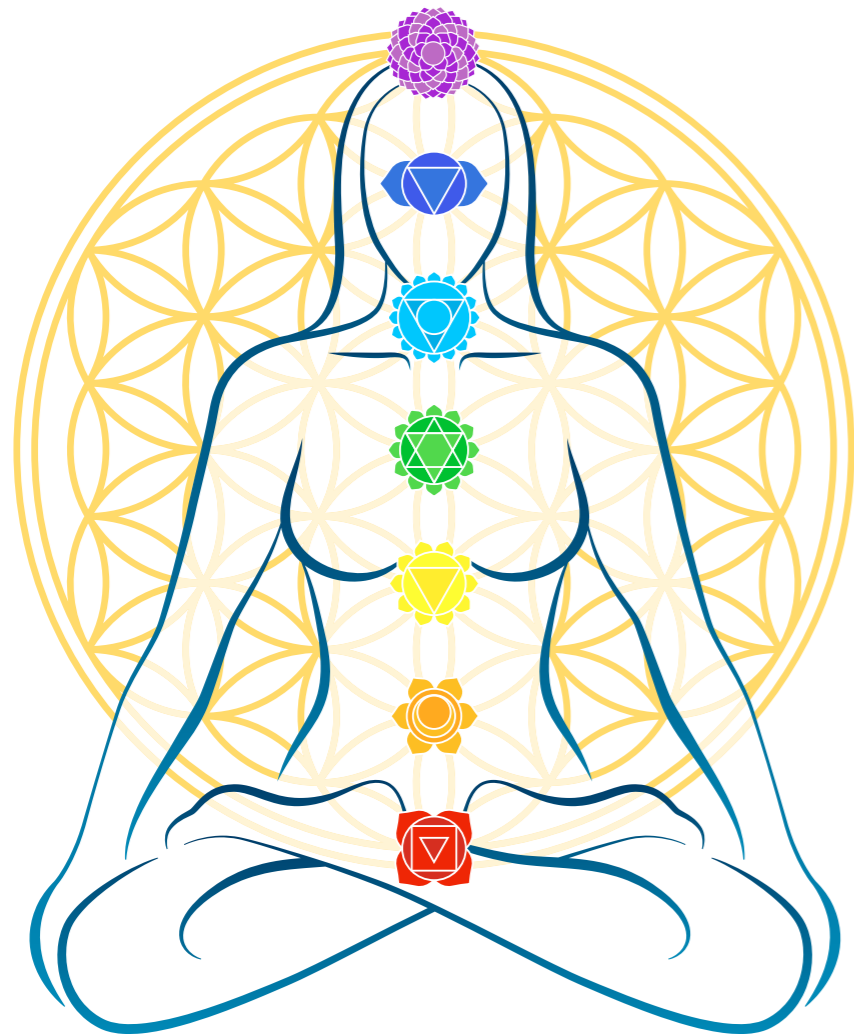
Many cultures during the course of human history have attributed cultural or religious significance to sacred geometry as fundamentally divine forms of space and time. Galileo, the Father of Modern Science and Observational Astronomy,

wrote, “[The universe] is written in the language of mathematics, and its characters are triangles, circles and other geometric figures.” With an abundance of sacred geometry in nature, it is not so difficult to believe that these geometric patterns and equations can help us to unravel the mysteries of the universe.

All life forms as we know them have emerged out of timeless geometric codes, and during the course of human history it's evident that civilisations have observed and designed what nature has inspired. Our predecessors have laboured to bestow upon us some of the world's most revered structures: Neolithic monuments at Stonehenge; the Great Pyramid at Giza and many of the world's greatest temples, cathedrals, mosques and shrines – all inspired by nature's sacred signatures.

The work of artist and Renaissance Man Leonardo da Vinci, philosopher and mathematician Pythagoras, and astrologer and mathematician Kepler can be better appreciated if we consider the symbolic and philosophical fundamentals of these patterns and codes, for they are symbolic of our own inner realm and the subtle structure of awareness. To these luminaries, nature's sacred codes related spirit to geometry, and the profound mystery of awareness.

As far back as 2,500 years ago, the Greek Mystery schools taught that there are five perfect 3-D forms that are the core patterns of physical creation. Named after the Greek philosopher Plato, these five regular polyhedra are collectively called the Platonic Solids: the tetrahedron (four faces), hexahedron or cube (six faces), octahedron (eight faces), dodecahedron (12 faces) and



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icosahedron (20 faces).

In his treatise *Timaeus*, Plato described the Platonic Solids and their relationship to the elements. He saw four of the solids as the archetypal patterns behind the four

FLOWER OF LIFE: CHAMBERAS/WOMAN/THINKSTOCK; DOME OF A MOSQUE/THINKSTOCK

OPENING PAGE: The Flower of Life is a geometrical figure consisting of a minimum of seven overlapping circles. THIS PAGE: Sacred geometry can be found in many religious structures. OPPOSITE PAGE: The Flower of Life and the seven chakras

elements – fire, earth, air, and water – while the fifth was seen to be the pattern behind the life force itself, ether. It wasn't until the 1980s that Professor Robert Moon at the University of Chicago demonstrated that the arrangements of protons and neutrons in Periodic Table of Elements are intimately related to these five shapes and form the foundation of everything in the physical world.

According to this understanding, the foundation of all life and all creation is hidden in the geometric language in nature

and because shapes are essentially a pattern of energy movement frozen in space, we know that different shapes create different energetic effects. As such, the basic patterns of existence are perceived as sacred, since contemplating their geometrical pattern is to contemplate the blueprint of Creation and origin of all things. By studying the nature of these forms and their relationship to each other, one may seek to gain insight into the scientific, philosophical, psychological, aesthetic and mystical laws of the universe.

As an ancient science, sacred geometry

explores the energy patterns that create and unify all things and reveals the precise way that the energy of Creation organises itself. Geometry and mathematical ratios, harmonics and proportion are also found in music, light and cosmology, suggesting that one or more geometric shapes are at the base of every natural pattern of growth and movement.

Where physicists once believed that the essence of creation is matter, they now know that the matrix of space-time is actually a flexible geometric energy grid behind

The foundation of all life and all creation is hidden in the geometric language in nature



THIS PAGE: Spirals can be seen throughout the natural world. OPPOSITE PAGE: A beehive's internal structure with hexagonal cells made of beeswax is a perfect example of sacred geometry found in nature

Adding to the Platonic Solids and Golden Ratio, two well-known patterns in sacred geometry are the Flower of Life and Metatron's Cube. The Flower of Life is a geometrical figure consisting of a minimum of seven overlapping circles and has been found etched in red ochre in the Temple of Osiris at Abydos, Egypt, a Roman Temple in Cordoba Spain, the door sill from the palace of Dur-Sharrukin in present day Iraq, to name a few. Many ascribe spiritual meaning to the Flower of Life and believe it contains a great Akashic system of information and fundamental aspects of space and time.

Derived from the Flower of Life, the Fruit of Life is composed of 13 circles and is said to be the blueprint of the universe. By connecting the middle points of each of the Fruit of Life's 13 circles, 78 lines emerge to form the pattern known as Metatron's Cube, and from within it all five Platonic Solids, including a star tetrahedron, emerge. These five shapes and all their combinations are the building blocks of everything in the universe.

Do not despair if the mathematics behind these sacred formulas are elusive, because whether you meditate upon their geometric form or observe their expression in the natural world – you will open the door to witness all life forms emerging from their timeless geometric codes. We should never underestimate the power



of what is unseen and how it can mirror our consciousness and influence the transmission of higher frequencies of energy. With this appreciation, sacred geometry will illuminate – our own divine nature and the sacred all around us. 🌿

matter. Today, we see modern science looking to nature's intricate patterns in order to understand the dynamics of energy and create cutting-edge technology.

Whether you are six or 60, the best place to begin your exploration of sacred geometry is with a circle. A circle is not just a circle for it holds within it extraordinary potential. First of all, a circle has no beginning and no end – it is continuous with all sides equidistant from the centre. A circle is in fact a sphere and is also the shape of many of the most influential forces in our universe – atoms, cells, seeds, the moon, sun, and our own planet, earth.

There is no denying the perfection in the simplicity of the sphere and if we consider movements that bring us into higher states of awareness, you will recognise that the

circle is at the centre. In a ceremony called Sema, the Sufi mystics revolve in circles to symbolise the human spiritual journey, and evolution and harmony with all things in nature from the smallest cells to the cosmos. The Dervishes whirl in active meditation to testify the existence and the majesty of the Creator. Perhaps in a similar way when we are children, we also love to move in circles – summersaults, cartwheels, spinning, hula hooping to invoke a feeling of peace and expansion.

Spirals are seen throughout the natural world from the nautilus shell to the arms of spiral galaxies that expand from a central concentration of stars into a flat, rotating disc of stars, gas and dust surrounded by a faint halo of stars. Creation itself is considered to take place in what is known

as 'no time and space', and it then enters into dimensionality through the intra-dimensional doorway known as the Golden Mean Spiral. To meditate on the Golden Mean Spiral is to create the frequencies of a contained place of deep silence – the intuitive place of the 'silent witness' that has no beginning or end, and where we can release discordant thoughts and feelings and be present to all that is.

For thousands of years, the Golden Mean Spiral (derived from the Golden Ratio) has been embedded into the design of sacred sites in order to produce spiritual energy that facilitated connectivity with spiritual realms through prayer. An approximation of the Golden Spiral, the Fibonacci spiral can be witnessed in nature in the form of a snail shell, the sequence of leaf patterns as

WORKING BEES/THINKSTOCK, SPIRAL FERN LEAF/UNCLUNG/THINKSTOCK, SINGLE ROMANESCO VEGETABLE ISOLATED ON WHITE/THINKSTOCK

they twist around a branch, and a myriad of places in nature where self-generating patterns are in effect.

German psychologist and philosophy and mathematics enthusiast Adolf Zeising found the Golden Ratio revealed throughout the plant world, animal anatomy, the geometry of crystals and the proportion in art. Illuminating the beauty of the Golden Ratio, he asserted that it operated as a universal law, "in which is contained the ground-principle of all formative striving for beauty and completeness in the realms of both nature and art, and which permeates, as a paramount spiritual ideal, all structures, forms and proportions, whether cosmic or individual, organic or inorganic, acoustic or optical; which finds its fullest realisation, however, in the human form".

