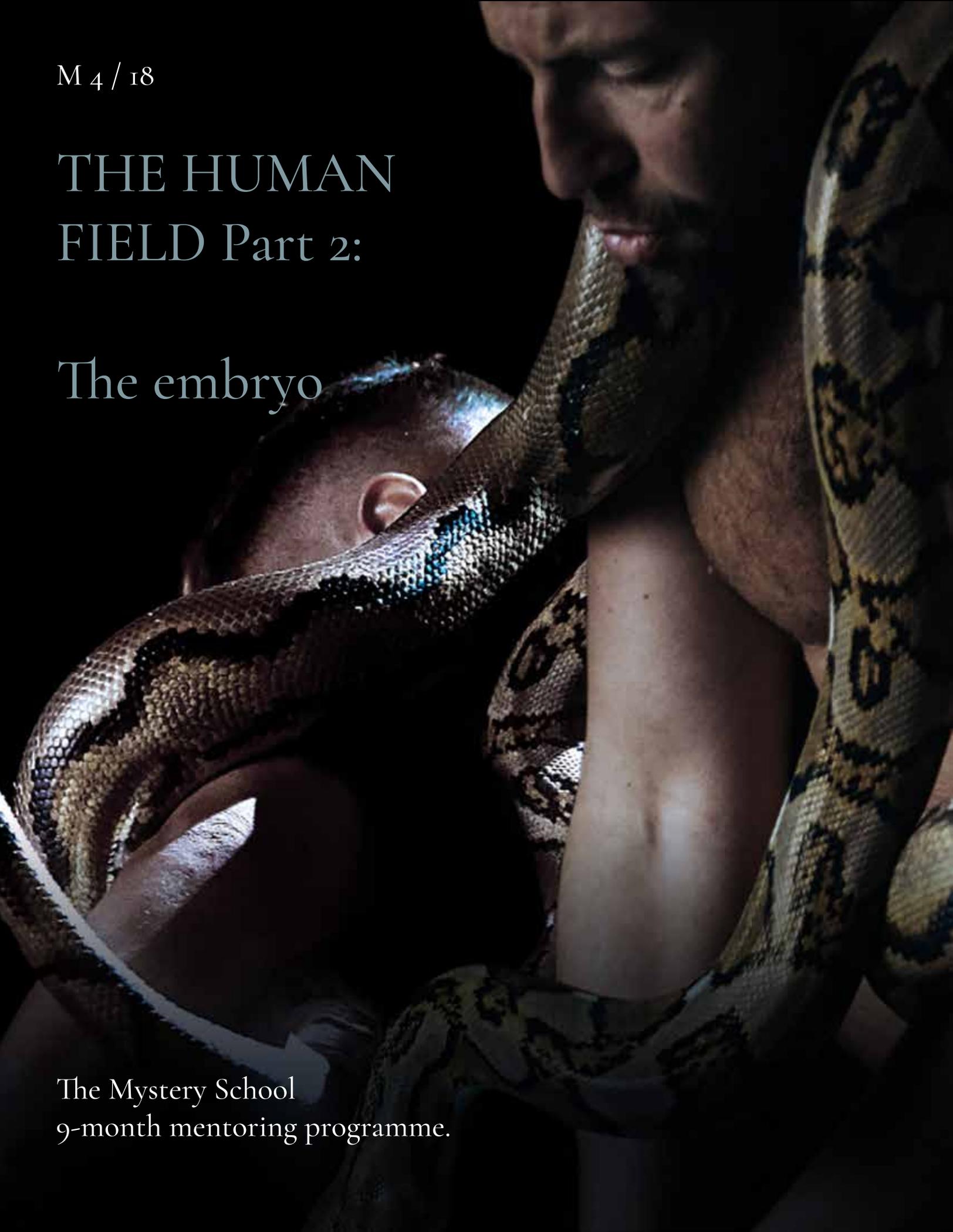


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# THE HUMAN FIELD Part 2:

## The embryo

The Mystery School  
9-month mentoring programme.



“ Know thyself,  
and thou shalt  
know the  
universe and  
God.

*- Quote from the  
temple of Apollo  
at Delphi.*

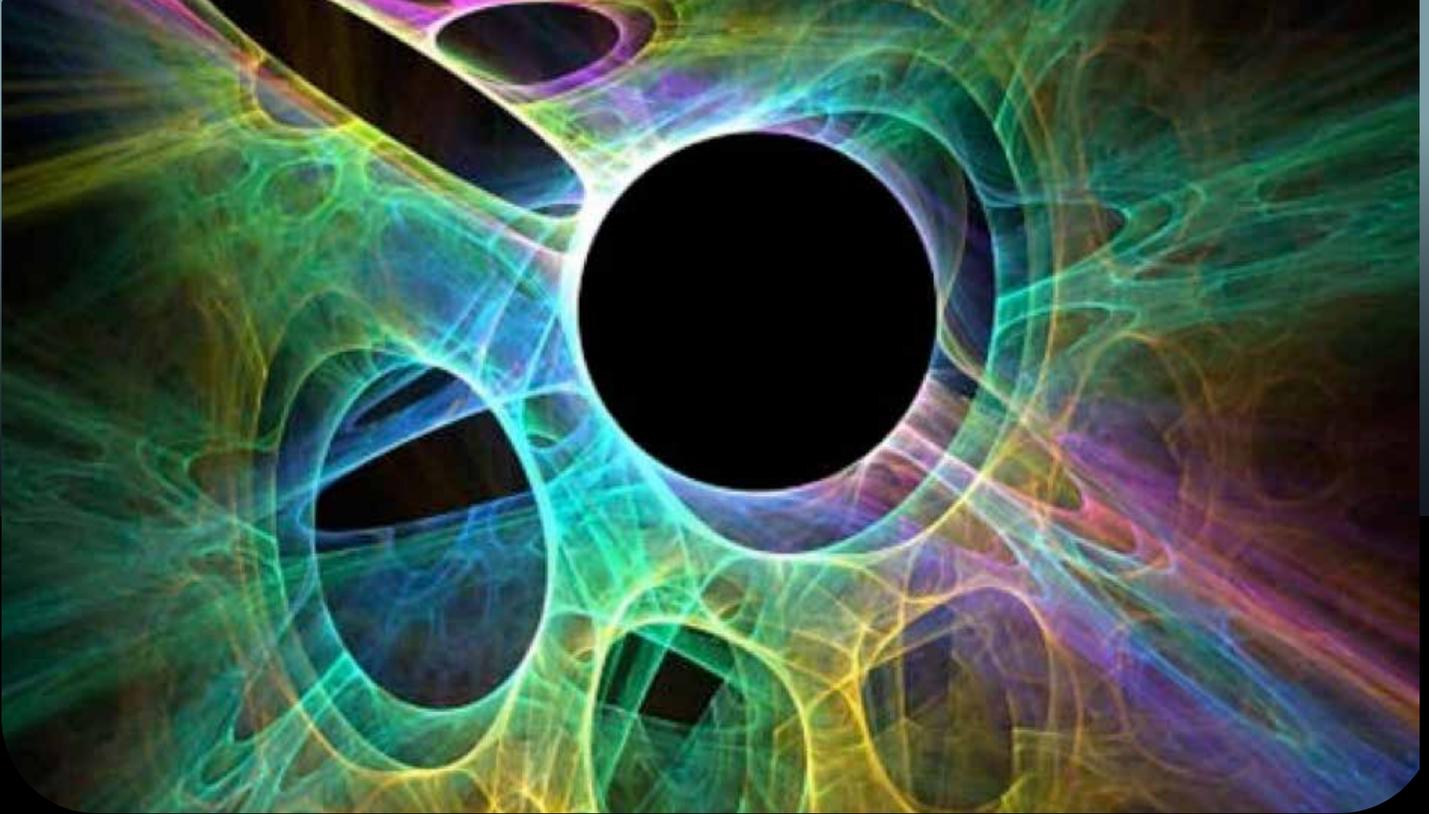
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Beyond the shadow of any doubt,  
when we study the embryo, we study  
the place where the movement of the  
mystery comes to life within each of  
us.



# I.

## CONNECTING TO THE COSMIC THROUGH THE BODY

We now know that the Mystery School practices are formed from the idea that we can reach our highest potential by connecting to the cosmos.

We also know that the first stage of the Mystery School process is to connect more deeply with the body, recognising that it's our greatest tool to achieving direct engagement with the realm of source. In the previous module, we looked at various elements of somatic practice and how they can support us in connecting to the oneness field of the universe.

Here we will review some of the principles of our human body and its engagement with source.

We've learnt that the human being is an aggregate of an energy field that is connected to everything in existence. In a universe that's characterised by limitlessness, the human body is the part of our being which is limited in time and space. What we call a body is an open-ended expression of an ongoing universal process that is in constant flux, arranging and re-arranging, experimenting as new formations come into existence.

In quantum physics, theories such as string theory, the theory of relativity and the wave/particle duality related to the "double-slit experiments" of quantum theory have demonstrated, if not proven, that the universe is one

whole composed of two inter-connected fields which affect everything.

These two fields are the non-local (also known as the hologram field) and the local (also known as the holographic projection field).

The non-local, hologram field is also known as potentia, the energy-verse, the bubble of energy composed of strings, rings and empty space which surround the universe's physicality. It's composed of vibrating frequency waves which are the origin of everything. It's where everything originates.

The local field, which we perceive as matter and which can be measured and touched, is the holographic projection we perceive.

Human beings exist in both. In fact, every being and every cell has a non-local existence as well as a local one. The two affect each other and relate directly to each other.

Each organism is an entity that's not confined within the physical body. We can't see nor measure it. The physical body is simply where the wave-function is densest, therefore it can be measured, touched and seen. Yet, on a collective level, we've been taught not to trust that which we cannot see. Therefore it's seldom for our perceptions to be able to expand beyond the physical.

We experience ourselves, our thoughts and feelings, as something separate from everything else, which is actually an optical delusion of our limited consciousness. In fact, invisible quantum waves are spreading out of each of us and interpenetrating into all organisms. Therefore, we each have the waves of every organism entangled within us. That means we are each supported by the entire universe.

It is also significant to recall the importance of movement. Movement is not something that we do, it's something that we are. A body is movement that has coalesced to live within a particular electromagnetic field. What we see is that our bodies are interpenetrating wave motions that have stabilised in time to survive successfully on the planet. They are wave patterns of varying intervals and existence is made of frequencies vibrating. When the frequencies are combined together they form a being, or what is called an "elements form."

We've began to explore the dance between energy and consciousness. Before we go further with this topic, it's important to understand that a being is where consciousness comes from. Some beings manifest with consciousness. These are human beings and animals. Beings that manifest without consciousness are other elements of form, such as rocks, trees and lakes.

What's interesting to note is that all living systems have similar cell structures. Beings with consciousness can intend energetically, while beings without consciousness can only radiate and direct energy. Moreover, all of our bodies flow around the universe freely until we incarnate as beings with an emotional body. Unfortunately, this can confuse things, making it more difficult to maintain a connection to more primordial energies.

We will look further into this in the next module when we begin to learn about the human energetic body.

For now, let's dive deeper into the body, into the embryo.

“ We begin our lives, as it were, a point: a tiny fertilized egg. In mathematics the point has location, but no dimension. Having no dimension, it is total possibility, and since it may expand equally in all directions, it is necessarily the center. When we magnify or ‘expand’ this point, we find that our fertilized egg has become a sphere. Our goal is to return to the sphere; the sphere of psychic wholeness..”

- *Jill Purce,*

*The Mystic Spiral:  
Journey of the Soul.*

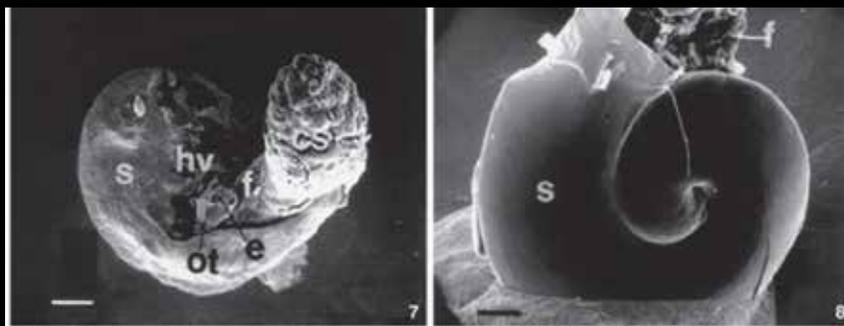


## 2.

# THE EMBRYO

In the previous module, we saw how specific elements of practice can allow us to enable a deep connection with the embryo. In this module, we will go one step further and examine the embryo as the stage in human formation which allows us to engage with this connection in a more direct way.

The embryo allows us a more intrinsic connection with the greater realm because of the deep resonance that exists between the two. This is rooted in the fact that the cosmos is a spiral of water and the embryo too is a spiral of water.





The embryo is therefore a direct representation of the cosmos.

What we see from observing embryological development is that at our earliest stage, we are made primarily of fluid. After the moment of explosion that happens at conception, where the sperm fertilises the egg, a fertilised egg-cell is formed. It's known to be the largest human cell due to its enormous amount of cytoplasm. This cell miraculously forms into the complete structure that is a human body and human being. The force that guides this process is a mystery, but one which we can tune into through our engagement with the Mystery School.

The fluid in our bodies, the fluid on the planet and the fluid in the galaxy all engage in a resonant stream of bio-cosmic nourishment. Our human expression is continuous with the fluidic expressions of the earth and cosmos.

To seek a more direct engagement with the universe it's helpful to explore our embryonic form because this is the moment in our development where our physical form is

closest to it, where that resonance is clearest. The embryo is in direct engagement with the cosmos, reconnecting us to that planetary process we've seen that we're part of. It's the force that guides the formation of stars and galaxies and the same force that powers a tornado or opens the petals of a flower.

We've seen previously that as humans we exist energetically (as a hologram) as well as existing physically (as a holographic projection). Research has demonstrated that we form in the unseen energetic realm before forming physically. This holographic projection in the unseen realm will be a blueprint that guides the creation of the physical form.

For example, when observing frog embryos, scientists noticed their faces forming energetically before it was visible physically. You can view this yourself by checking out this video link here: [http://youtu.be/OVULjzX\\_\\_OM](http://youtu.be/OVULjzX__OM).

“We are not separate from the fluid that spirals us as embryos. We are that spiralled fluid. Pulsating waves create the ocean behind all human activities. We are water beings destined to live on land on a mission that is unknowable.”

*- Emilie Conrad -  
Creator of Continuum  
movement*

# 3.

## ENTER THE 3 ANATOMIES: OUR FLUID JOURNEY TO THE COSMOS

In the previous module, we've seen the theory of the three anatomies which stem from the practice of continuum movement.

As humans, we have 3 different anatomical structures.

1. The cultural anatomy, which is experienced as linear and rigid
2. The primordial anatomy, which is experienced as fluid and lateral
3. The cosmic anatomy, which is experienced as slow and suspended.

The cultural anatomy relates to everyday actions that are linear and efficient. In this structure, our tissues become dense and our breath short. This state relates to the activation of our sympathetic, fight or flight nervous system. From the human side, we're designed to access this state for short moments when we're faced with primal conditions like to hunting for food or perhaps planning to escape an attack. After being in this state, we're designed to slow down and return to a more relaxed state.

Our fluid system, the primordial anatomy, is the bridge between the cultural anatomy and the cosmic anatomy. Its therefore part of the body's gateway into oneness. This is because in this state, all fluids are in one state of resonant unity; they all resonate with each other. The word "resonance" implies unity, the merging into something larger. It becomes a sympathetic vibration in which there is no time/space differential.

Therefore, the activation of the fluid system, relates to our direct engagement with the cosmic field. As embryos, we are

connected to everything in existence. This is a foundational element of the cosmic anatomy concept, which is related to the attainment of our highest potential.

As we engage in the practices which we've seen in the previous module, our beings begin to soften and become less dense. We begin to access the primordial anatomy and after a prolonged period in this practice, we can get closer to the state of the embryo. The small twitches we experience in our bodies are new neurological pathways that are created, the same as an embryo forms new pathways. The creation of new pathways is linked to the expansion of our potential. In this more fluid state, we may feel like a little embryo floating in nutritive amniotic fluid. Similarly, in this state we find ourselves accessing our early potential as embryos, diving below the patterns that organise our lives. Here, we may re-form ourselves within a different, more supportive context than the limited environment we may have experienced previously.

When we slow down even further, we enter the third tissue anatomy, the cosmic anatomy. Here, in direct resonance with cosmic bio-fields, we experience ourselves more as energetic beings, suspended in space. As mentioned earlier, the universe is one large water spiral. The embryo too is a water spiral. Within our human form, even as we evolve past the embryonic phase, our body is still mainly fluid and our body parts, upon closer examination, reveals spirals too. Our muscles spiral out from the midline represented by the spine. The connective tissues and fascia enveloping the muscles and connecting the whole of our bodies can be seen as spiralled lines spanning the entire length of the body.

# 4.

## A LIFE OF EMBRYOLOGICAL POTENTIAL

A life lived from our embryological potential is very much intrinsic to the philosophies behind this course and our practice.

We aim to live life from a place of honouring the inherent intelligence that guides our development.

We live from a place of being versus doing

We are in continuous discovery, exploration and curiosity, receptive to all that comes.

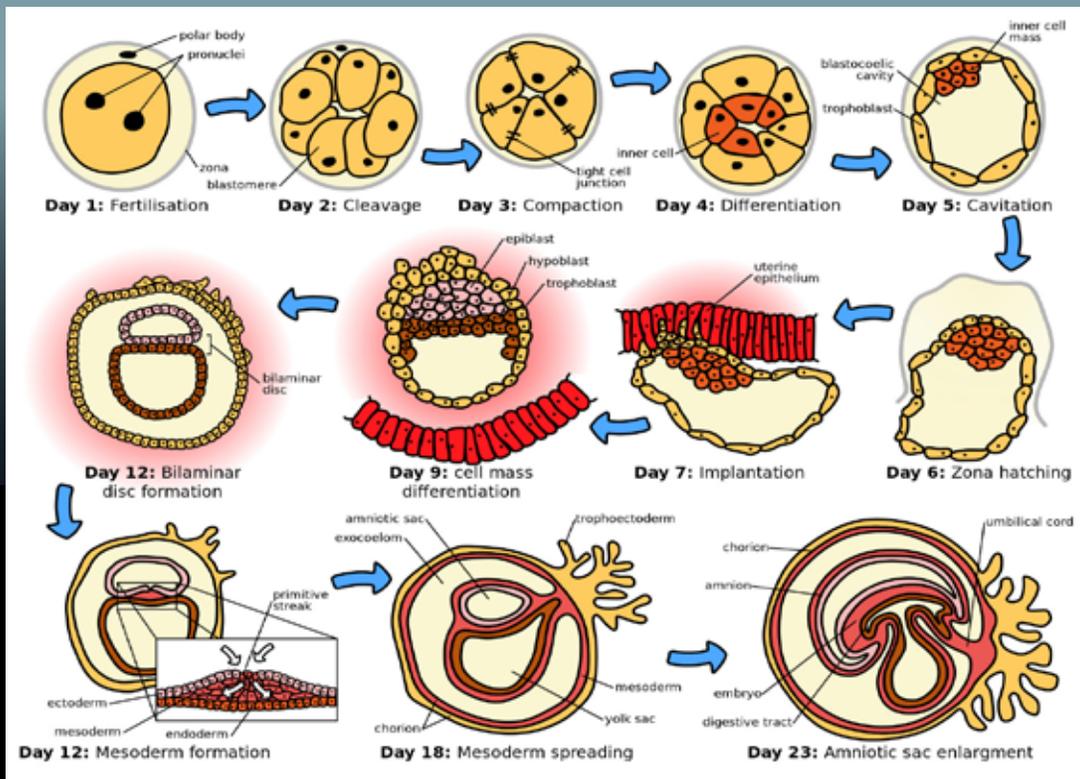
We observe with deep and exquisite sensitivity, the unfolding of our highest potential

We can feel the impact of the fluid resonance which exists in our beings, that which brings us closer to our source.

“

We can be seen as a fluid unfolding of innate intelligence. It is the same intelligence that is guiding the sperm and egg, the same intelligence that created the membrane of the first cell, the intelligence that moves galaxies and iguanas. We inhabit a sea of intelligent life beckoning us to enter. I see our 'bodies' formed by the liquid of our first cradle. Our early watery environment shapes and gives us its secret. This is our first home, our 'primordial field.' The fluid in our cells is our birthplace, our memory of the creative matrix in which all life is summoned.

*- Emilie Conrad -  
Creator of Continuum  
movement*



# 5. OUR JOURNEY INTO FORM

The embryonic development is about yielding and allowing the unfolding of a mysterious process. It gives us a perfect model for the wonder of spiralling fluid with the essential resonance that it carries.

The above diagram demonstrates the embryonic journey into form. For the purposes of this module, it's not necessary to understand it completely or to know it deeply. I have explained below the key information necessary for the teachings. If you require further information, please feel free to read up about it - there's a treasure of information online or in various medical text books.

## 1- Conception

It's important to know that an energetic explosion happens at conception. It's similar to that which we know as the big bang or to the chaos which preceded the coming into form of everything in the philosophies of the Mystery Schools in Ancient Greece.

## 2- The formation of the egg-cell

As the sperm meets the egg, it creates the egg-cell, the largest cell in human existence due to its content of cytoplasm. It's known as the sphere of psychic wholeness.

This is significant because it's akin to the human experience of wholeness in our physical form.

### 3- On day 6

The zona hatching begins to occur when the blastocyst that we are gets rid of the zona pellucida, the glycoprotein sphere that surrounds us. This leads to the stage of implantation on day 7, in which the embryo begins to adhere to the uterine wall. It's at this point that the embryo begins to receive oxygen and nutrients from the mother. As the implantation process relates to nourishment it also relates to trauma and co-dependency as it's the point in which we begin to reach towards our mothers and begin to receive their nourishment. If what we begin to nourish from is toxic, we can experience what is called the "double bind."

### 4- Day 14

Midline appears and there is a differentiation. The notochord is the physical representation of our energetic midline in the embryo. When the system can remember its midline, everything can return to its original blueprint.

### 5- 4th week folding

Here we experience the formation of the heart, the nervous system and the umbilical cord. The heart is a tube that evolves into a spiral.

### 6- The 4th week

This week is the embodiment. It's when we realise that we're pregnant. Anything other than celebration of that can lead to trauma. We yearn to be seen but we are afraid of being seen because we are afraid it won't be a good reaction. The yolk sac and amniotic sac form on either side of the midline.

# 6.

## CONNECTING TO THE EMBRYO WITHIN

By following the embryonic template, our body is capable of creating a new system.

In this section we will look at somatic elements which allow us to replicate these stages of the embryonic process.

### 1- The fertilised egg-cell

To replicate the stage of the fertilised egg-cell, we can learn to turn inwards and involute, receiving the internal nourishment of our system, by getting into specific postures.

#### Exercise

Bringing your hands and feet together and feel the energy that circulates within. "Do you feel more whole and complete?" This exercise should allow you to access the resources you have within and not rely on anything from outside if you.

### 2- The implantation

If what we nourish from in our mothers is toxic, we can experience the "double bind," effect which can cause trauma.

#### Exercise

To replicate the original process of healthy nourishment, press into mother earth. This gives us the feeling of safety to eventually reach the source within. We can then resource from the parts of the body that feel good and grounded.

### 3- The neuro-enteric canal wave

The neuro-enteric canal leads to the notochord which is the expression of our midline.

#### Exercise

We can activate this midline in our own bodies with a sound, such as the sound "O."

We can then lean forward into the yolk sac and back into the

amniotic fluid, feeling supported by both.

Here the interesting thing is that the cerebrospinal fluid, which supports the current of universal resonance and serves as one of the main connectors to our source, to the cosmos, comes from the amniotic fluid.

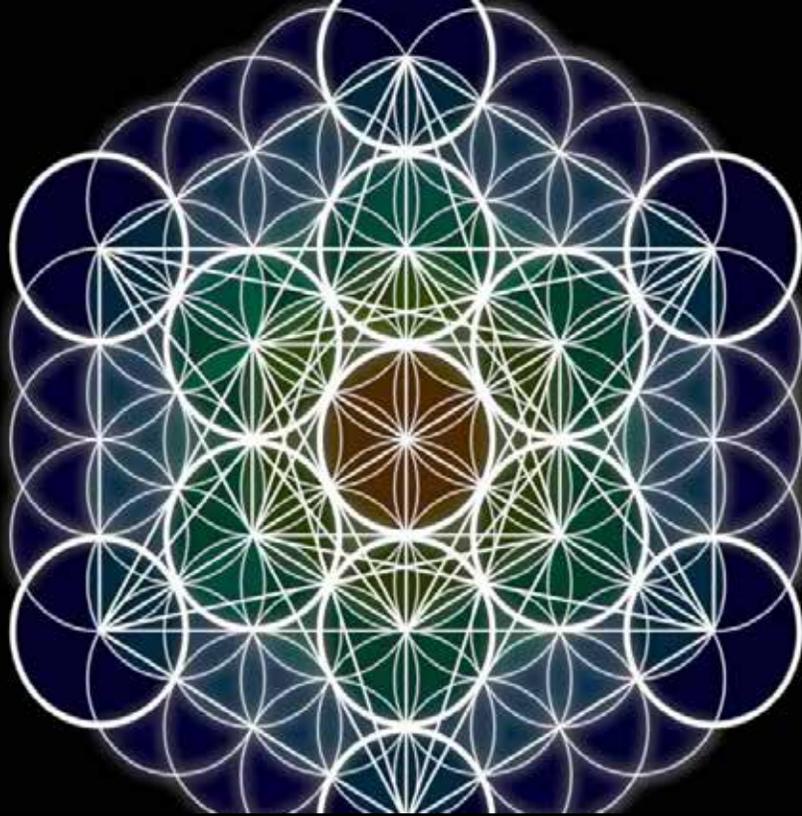
It's in the activation of the cerebrospinal fluid that we awaken the natural production of DMT. Working with the spinal cord is a way of working with the midline. The Maya, as well as other theorists such as Leonardo Da Vinci, believed it to be an antenna to the divine.

We can work with the diaphragm which is linked to the spine and the cranial fluid related to a broader band of spiral movements. When we open our diaphragm, we open into lateral movements which are oceanic.

When we open laterally, we also take on a spiral movement which is connected to universal shapes. These are intrinsic to our being and to the universe. Through this opening, the system can become more potent when it unplugs from our cultural context.

Slowing down is instrumental in the reconnection to the embryonic process. It's a slow process that can't be hurried. The Maya, understood this link between slowing down and achieving enlightenment as they displayed through the images of turtles in their resurrection caves.

When we slow down and actively listen, we discover waves, spirals, and pulsations moving within us as within earth and the cosmos. We resonate with a profound intelligence forming and supporting all of us. Breaths, sounds and subtle movements can slow our human rhythms, returning us to resonance with natural waves of earth and cosmos.



# 7.

## SACRED GEOMETRY

Further exploration of the human embryo and our physical form reveals some interesting links to the art of sacred geometry.

### *What is sacred geometry?*

Sacred geometry is known as the architecture of God. It's the mathematical organisation that exists at the root of everything and organises all naturally created cells. The understanding of sacred geometry is a baseline learning of the Mystery Schools. It was known for being the base of our understanding of the cosmos and the human relationship to it.

In this section, we will look at 4 principal shapes of sacred geometry and how these are reflected in our physical form, in the embryo and beyond.

These 4 shapes are present in our being:

1. The flower of life is the pattern behind the process of mitosis, of our creation
2. The golden ratio is present in an infinite number of expressions throughout the physical body
3. The circle square relates to our physical body in relation to its surrounding field
4. The torus shape exists in the process of the development of the embryo.

# 7.I

## THE FLOWER OF LIFE

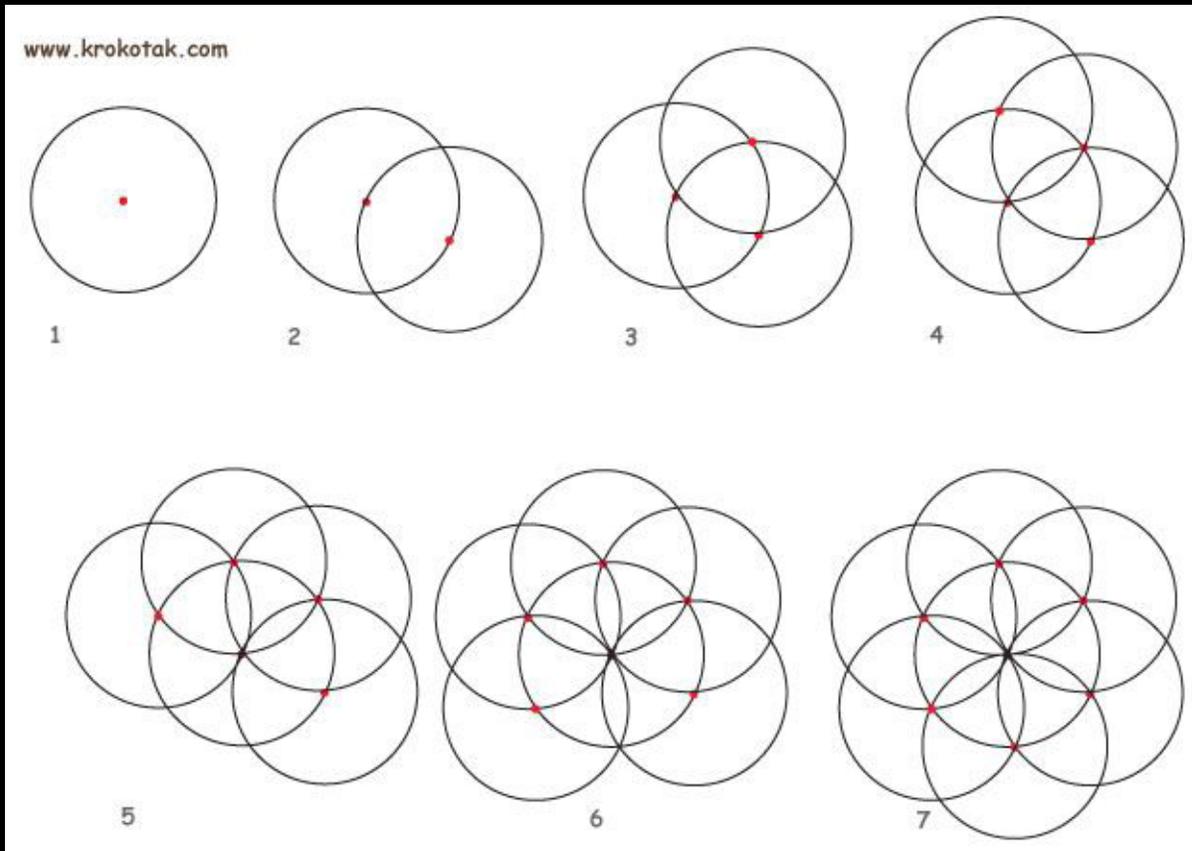
### 7.1- The flower of life

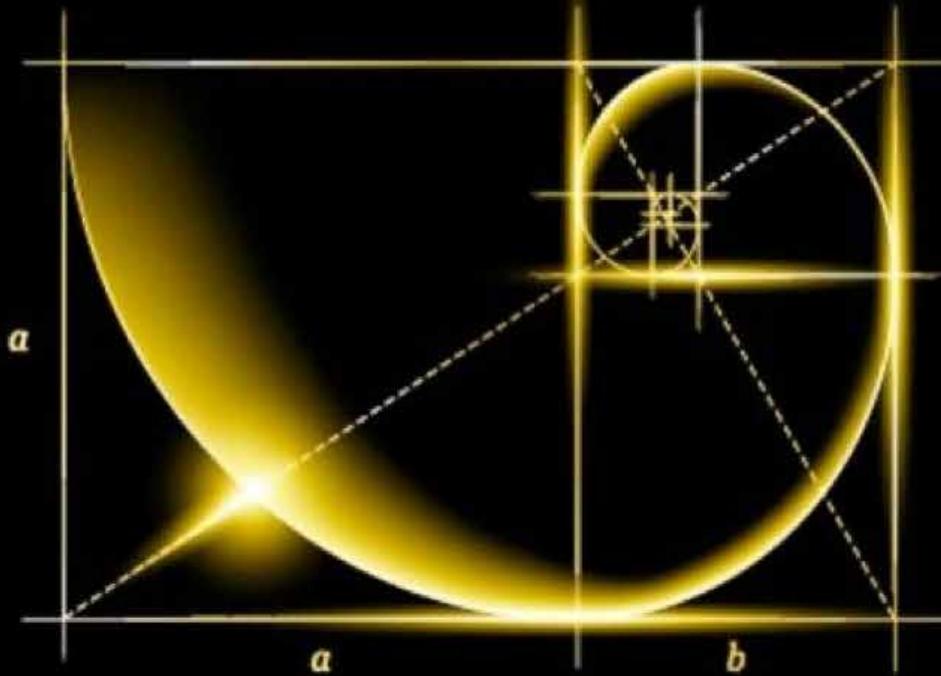
The flower of life is the pattern of unity and oneness in sacred geometry. It starts with what is called the seed of life shape: 7 overlapping circles that build outward, forming a flower-like pattern. This pattern has been used since ancient times and in many cultures around the world. It's said to be the basic template for everything in existence; all geometric forms can be found within it.

The flower of life symbolises creation and reminds us of the

unity of everything: we're all built from the same blueprint.

Intrinsic to the development of the pattern of the flower of life are two shapes: the vesica piscis represented by two circles overlapping and interconnecting at their centre and the tetrahedron, a triangular pyramid shape, formed of four triangular faces. The vesica piscis is one of the most intrinsic shapes in sacred geometry, representing the union of polarities. The tetrahedron represents transformation, as well as the fire element which represents transformation and the link between the divine and our form.

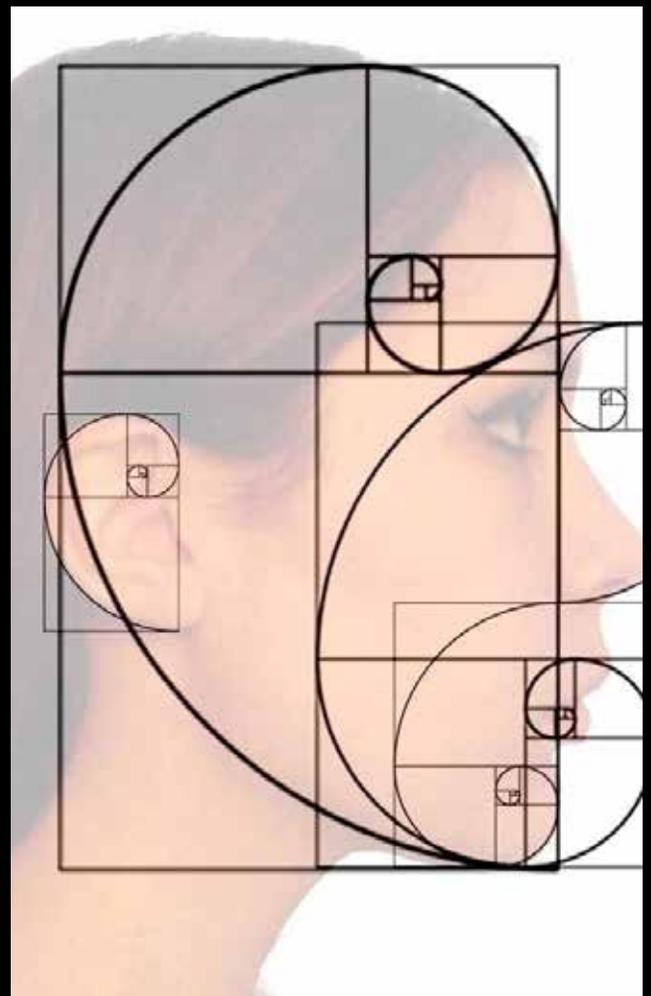




## 7.2 THE GOLDEN MEAN

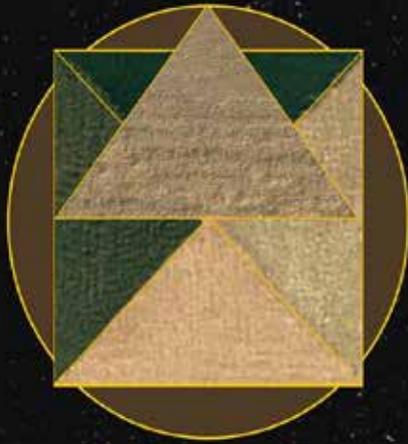
The golden mean is a proportion, a ratio, which when applied, forms a spiral shape. It's present in every living cell. Every bend in the body relates to the phi ratio. The phi ratio is related to the golden mean which is found an infinite number of times in the human body geometry.

These images show the different places in the physical body where the Golden Mean ratio can be found.



# SQUARING THE CIRCLE

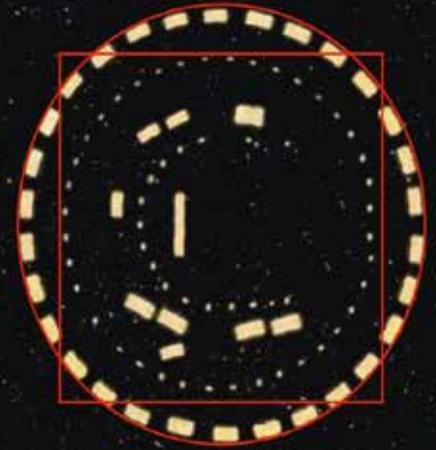
THE GREAT PYRAMID



EARTH AND MOON



STONEHENGE



## 7.3

### THE CIRCLE-SQUARE

The circle square is a relationship between two primary shapes which were used by many ancient civilisations. It symbolises heaven (represented by the circle) meeting the earth (represented by the square), which is known to be the purpose of mankind.

The circle represents the heavens while the square represents the earth. The circle square represents the meeting of the heavens with the earth.

The perimeter of the square has to be equal to the circumference of the circle. This shape has been used across history in sacred geometry, in the Mystery Schools, in Taoism and various other places such as Leonardo Da Vinci's art

work, the Freemasons, the Pagans and the Druids.

By the end of his life, Leonardo Da Vinci considered himself a scientist. He was the first to popularise the relationship between the human body and the circle-square shape with his Vitruvian man diagram.

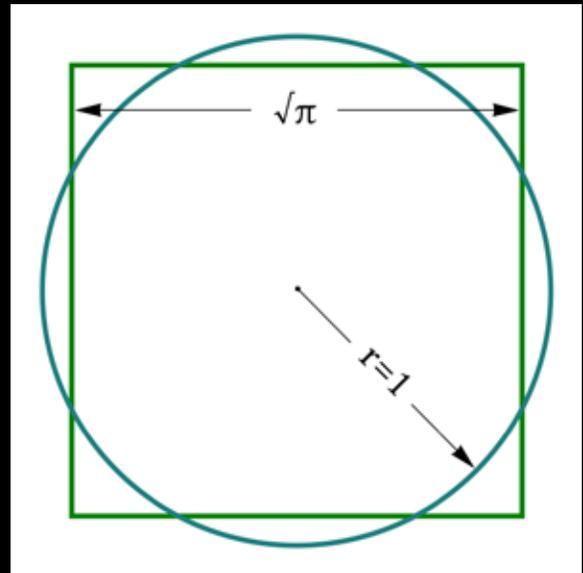
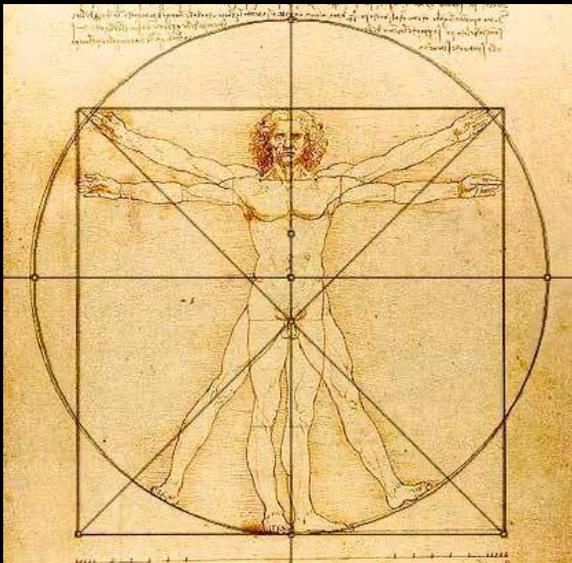
The interaction between the circle and the square creates the phi ratio. This diagram is an indication that the human body is the measuring stick of the universe, indicating that anything we need to know on the level of existence is contained in the human field.

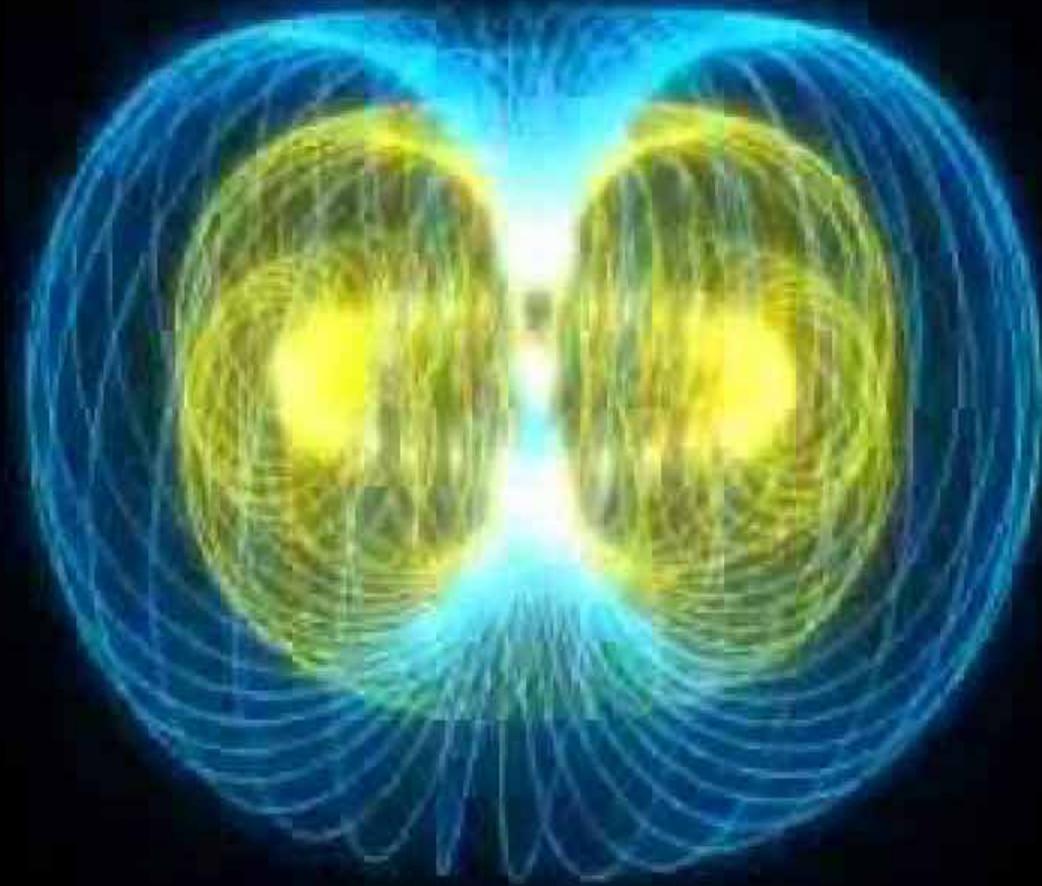
The centre of the circle is the navel. In the centre of the cube, the 8 cells sit.

At the base of the spine is the star tetrahedron.

There are 2 circle square shape diagrams. In one of them, the centre of the two shapes are aligned, in the other, they are not. They vary by a ratio of phi.

The circle square shape alignment shifts as a baby grows into an adult. When a baby is born, the navel is in the exact centre of the body. As he grows as an adult, it shifts by the phi ratio.





## 7.4 THE TORUS SHAPE

The torus shape is the shape of our universe, our galaxy. It's also the shape of the energy field of the earth, and the magnetic field of our heart. This shape is widely present in nature, through fruits and seeds and in the shape of the trees and how they relate to their roots.

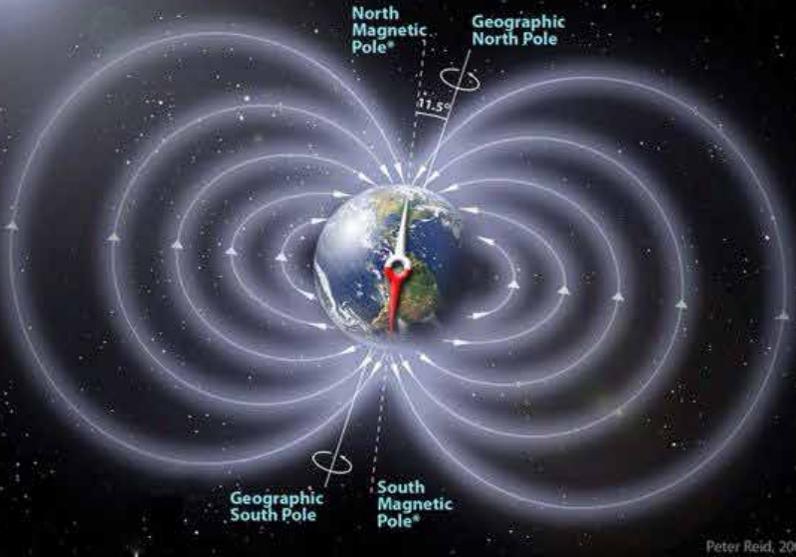
In connecting to this shape in our bodies and in our environment, we reconnect to the greater order of the universe.

Viktor Schauberger, a researcher known as the Austrian "water wizard," and medical science researcher, Arthur

Winfree, noted that everything in nature is organised within an energetic torus-shaped field or fields, each with a central midline. We humans are similarly organised within energetic fields.

Scientist Mae-Won Ho in her book, *The Rainbow and the Worm*, writes about her discoveries relating to the torus shape. She demonstrates that simple unicellular organisms have a quantum field with a quantum midline, which reacts to changes in the environment before the physical organism does.

EARTH MAGNETIC FIELD

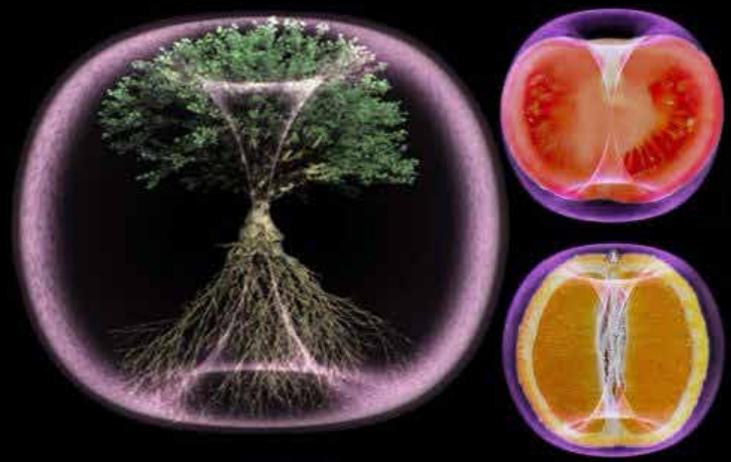


Peter Reid, 2007

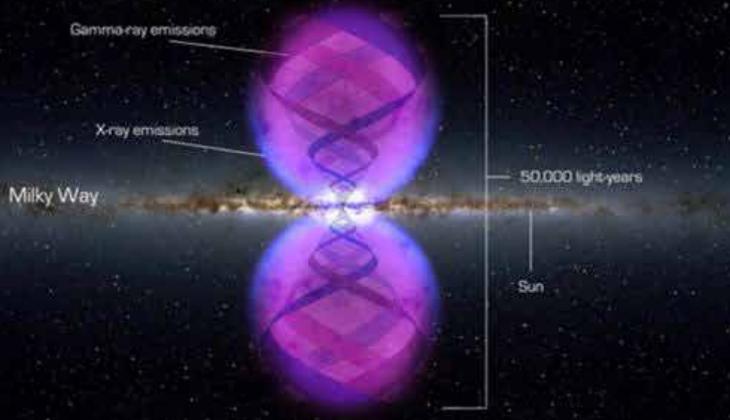
THE MOST FUNDAMENTAL SHAPE OF EXISTENCE; TORUS



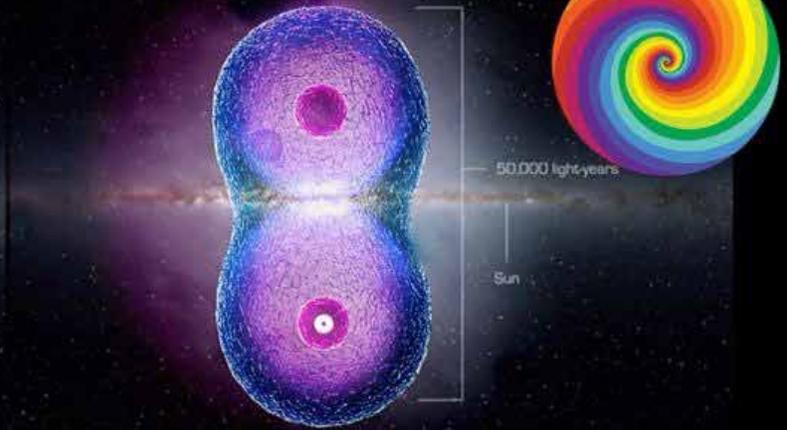
GALACTIC PLANE



CELL DIVISION

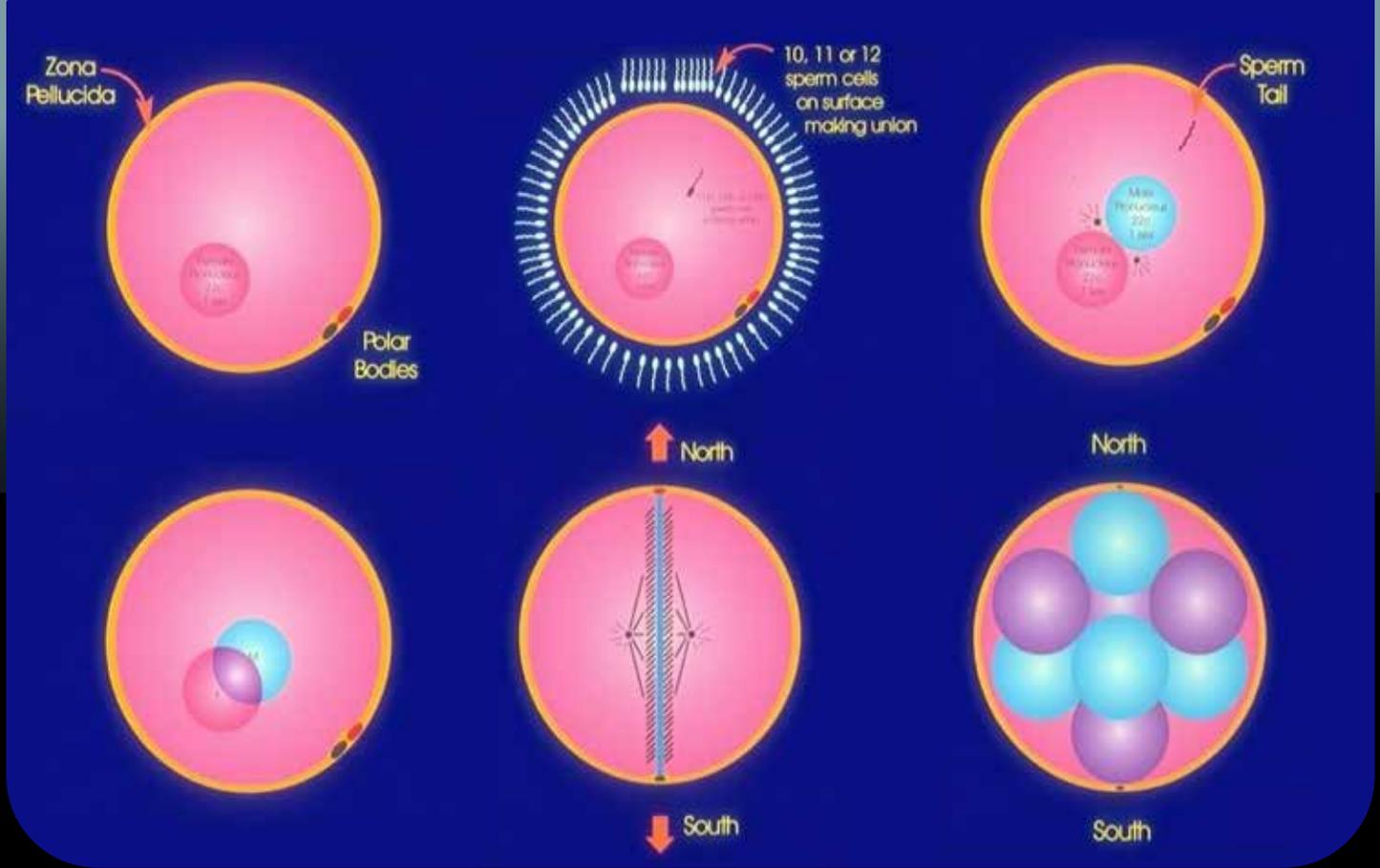


MACRO



MICRO





# 8

## THE PROCESS OF MITOSIS

Various sacred geometry shapes can be found as we observe the process of mitosis in the early stage of our embryonic development. In this process, the sperm enters the nucleus of the ovum to fertilise it. Interestingly, science has it that it takes 13 sperms to fertilise an egg, because a team of 12 are needed to create the energy container that allows the egg the strength to penetrate.

Some researchers have drawn parallels to the analogy of Jesus Christ arriving onto a round spherical earth and seeking the help of 12 disciples to penetrate the earth's consciousness.

The tail of the sperm falls away and it forms a sphere that is

the same size as the sphere of the female pronucleus. The male pronucleus and the female pronucleus merge together to form the vesica piscis. As they merge together they form the first cell of the human body.

From there, a tube starts to run across the centre. We then go from 1 cell to 2, then 2 to 4 which forms a tetrahedron as we connect the centres of the cells together. It then goes from 4 cells to 8 cells and forms a star tetrahedron, another tetrahedron facing another way.

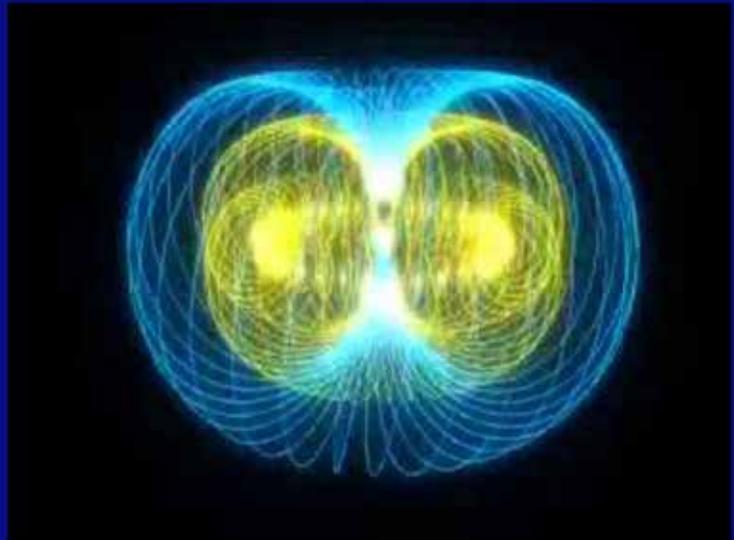
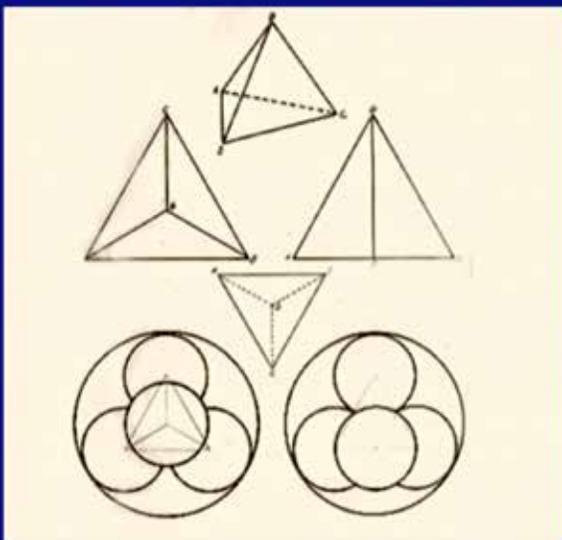
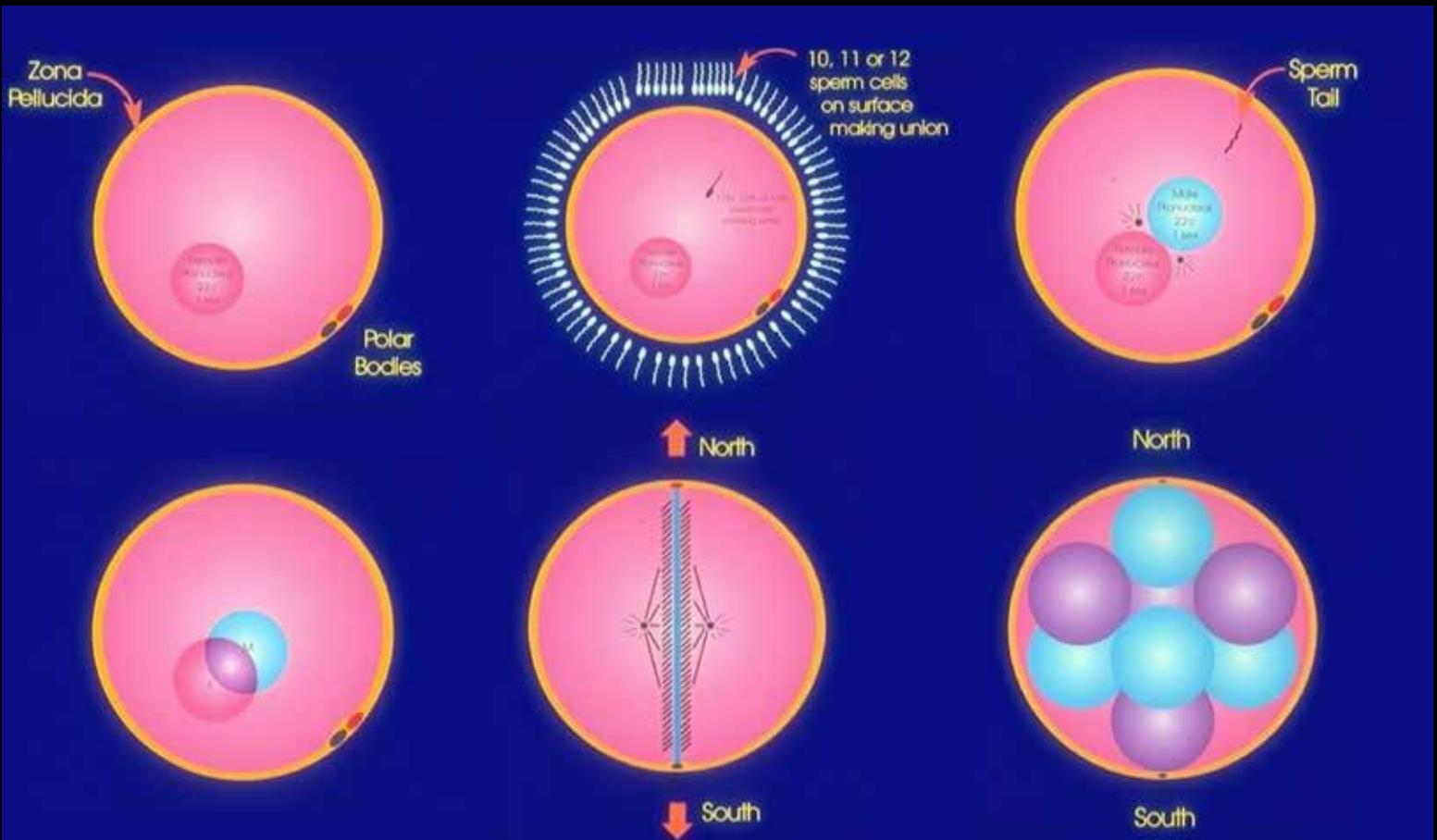
Every 5 to 7 years, our body regenerates completely, but these 8-cell star tetrahedrons remain. They are located

between the perineum and the base of the spine at the exact centre of the body. These cells are the closest to who we really are.

These 8 cells turn into 16 cells which turn into a hollow sphere that forms a tube running from north to south. This begins to form a torus shape, a toroidal pattern. The top opening becomes the mouth and the bottom opening

becomes the anus. This is the last time that every life form has everything in common.

Acknowledging all of this with the mind is the first step. We need to experience this at a somatic level to truly understand what pure connectedness is, what direct engagement with the cosmos is and how it can benefit our lives.



There are ways of reconnecting to the torus shape within our physical body through somatic practice.

## Exercises

### 1- The involutions

Bring the hands and feet together and create a closed-loop. Here we can experience the harnessing of our own energy within. As we create sounds and tune into our subtle sensations, we experience the flow of energy moving within our bodies.

### 2- Working with the midline

In the torus shape of our embryonic system, the top dent represents the mouth and the lower dent represents the anus.

For this, draw a connection between your anus and your mouth through the midline and produce a sound.

### 3- PC muscle contractions

Here, awaken the PC muscles by using gentle contractions. You can bring the contractions all the way up the midline of the body, past the third eye and to the crown of the head.

This generates an alteration of our brain chemistry which generates a torus shape in our energy field.

The ancient mystery schools believed that great power comes from acknowledging the presence of sacred geometry in our being. This relationship is significant in understanding the connection that exists between the greater order of the universe and our own individual beings.

How does it feel in your body to have acknowledged this in this way?



The mystery school 9-month mentoring programme.