

Module 16-

# Sacred geometry & sacred numbers



The Mystery School of orgasmic shamanism

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As initiates,  
we are transmitters.

As transmitters,  
we are forces of nature.

## 1- **What is sacred geometry?**

The path of the mysteries is mainly one of awakening our ability for energetic transmission. As transmitters, we are forces of nature.

Our power comes from our ability to be deeply connected to the universal system, which is intrinsic to all of creation. To fully understand that power, we must understand the greater order surrounding us. Exploring sacred geometry and sacred numbers can be a valuable tool for this process.

In the Mystery Schools, sacred geometry, sacred numbers, sound and cosmology were all considered the sacred liberal arts transmitted in words and teachings, but also in codes. Today, we get great value from understanding these topics theoretically, receiving their transmission and activating a deeper knowledge of this realm.

Simply put, sacred geometry is the mathematics of God. It's the system that organises the patterns and measurements by which the deeply intelligent system of our entire universe is created. It relates, for instance, to the distance between the sun and the moon, the divine proportions and ratio of the size of the earth with regards to the moon or sun. It's the set of geometrical and mathematical principles that creates everything.

These dimensions, ratios and measurements form sets of patterns that are also repeated in nature. They repeat and multiply as everything grows and amplifies. Yet the fundamental shapes are relatively simple and primordial.

Nothing is accidental in our universe. Everything has a purpose and has been created with an intent aligned with a deep intelligence that speaks to our interconnectedness. The root of the creation of everything is intrinsic to all of us and is quite simplistic, though it may appear complex. The formation of these basic shapes and measurements in specific patterns and ratios makes them powerful, allowing them to create unique forms.

Sacred geometry is deeply resonant to the human being. Its shapes exist within us - that is, they are part of our internal system. Recognising them allows us to emerge as the universal beings, connected to oneness and source that we inevitably are.

## 2- In our practices

Sacred geometry exists in our practices, both somatically and energetically.

For instance, notice how in our somatic practices, we use the same sounds, breaths and movements over and over and layer them, allowing them to grow and expand.

This, in fact, is a form of a sacred geometry pattern.

First: These baseline elements come from source; they are primordial.

The sounds are intrinsic, such as "AHH," "OHH" and "EEEHHH."

These are primordial intrinsic sounds to humans.

The movements are also slow and are inspired by the natural movements that happen simply in our breath and in the body's natural energy flow.

Many of our movements emerge from sensations. The sensations arise as we sit in our intrinsic energy field, connected to source. They are also connected to our breath and our heartbeats, etc. They are connected to the source of life.

Many of our movements relate to spirals. We see in sacred geometry that spirals are the most intrinsic shapes in the universe. They are also found in our bodies, bones, muscles and organs. The heart, for instance, is in a spiral shape.

These sequences are, therefore, like sacred geometry patterns. As we repeat and layer them, they create sacred geometry patterns and shapes across the field, nourishing us and allowing us to develop. By layering these patterns, we notice their impact on our bodies as we sit in the open space.

That space is eros, the meeting of the form and the formless.

### 3- Sacred geometry and sacred sites

We learned very early in this training that the Mystery School gatherings of our ancestors took place at sacred sites and temples, which were created for this purpose. We knew that the sites were chosen first for their location. These “builder gods” would often receive information that a site was potent and sacred and held a powerful energetic frequency. Therefore they would have already been an energetic power spot and a portal to a greater realm.

The mere gathering at such portal sites would have been enough to experience a profound energetic transformation. As these practices evolved, it was understood that it would be beneficial to erect structures at these sites for many reasons.

First: creating a physical site would allow a greater variety of rituals and rites to take place, such as the death/birth live-resurrection rituals that were frequent events.

Second: creating a physical site would remind us where the power spot was located, making it easier for an initiate to find.

Third: our ancestors had the foresight of knowing that the wisdom of the practices held at these sites and the energetic potency that was available there would be needed by the human race for a long period of time. Building a sacred site, especially that made of sustainable materials, would help support its longevity.

Fourth: The buildings and monuments that were created would be built in a way that would amplify the energetic frequencies that were found on the sites. They would use stones that contained quartzite, which magnified and amplified the energetic frequencies. They also used granite which held high amounts of magnetite and that would resonate with the magnesium found in our blood. They also portrayed imagery and art, awakening deep resonance in the initiates.

Then, most importantly, they were created in line with the measurements of sacred geometry and sacred numbers, which had two purposes:

First: a building created to the principles of sacred geometry and sacred numbers would be in higher resonance with the source field and with the universal system at the root of all creation. This would help to amplify the transmissions that was available in the field.

Second: the principles of sacred geometry that were used would awaken a deep resonance in the initiate that would visit the site. The site became a space holder for the awakening of the inner intelligence of the visitor.

All of this would happen subliminally of course, yet the most sensitive students and initiates would be able to notice the resonance and the experiences would be significantly amplified.

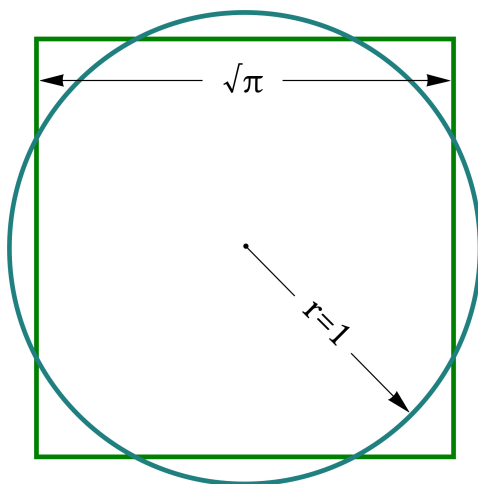
#### 4- The Egyptian pyramids

The Ancient Egyptians are often credited as the creators of the Mystery Schools. Alongside that, researchers believe that there is no doubt that the pyramids and other great monuments and temples were used as places of worship/prayer, hosting gatherings and death/birth rituals, rather than as mere burial sites.

It's said that the shape of the pyramids was inspired by a mound called the Dehenet, which was located near the Valley of the Kings. It was known that the Dehenet was a powerful site for prayer, communion and ceremony. Therefore our ancestors, the builder gods, would have wanted to replicate this same magic in monuments and buildings.

Like most sacred monuments, the pyramids are created using various principles of sacred geometry. To me, the most fascinating is the Circle Square which was used to determine the proportions of the pyramids and their overall ratios.

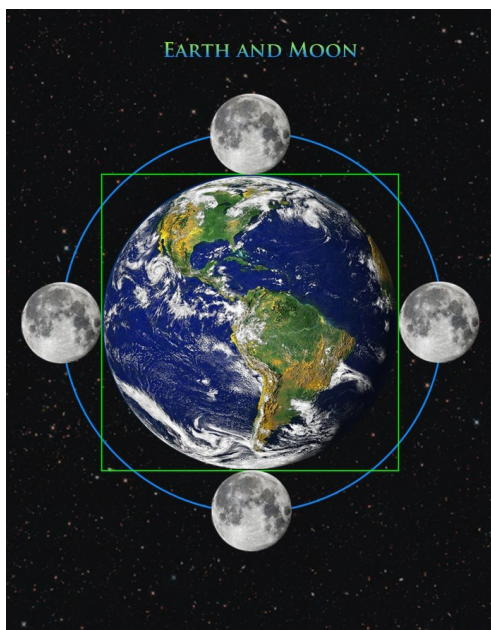
#### 5- The circle square



Squaring the circle is known as a process, a practice and also an exercise, through which the earth and the infinite find a place of unity.

The circle represents the infinite. It's the shape of our planets, it has no hard edges and therefore represents the infinite and continuity.

The circle too represents oneness and the interconnectedness of everything in existence. It's for that reason that the circle gatherings are so symbolic in shamanic tribes and other various spiritual groups.



From the image to the left, you'll see that the square represents the earth. Its four sides and four corners represents the coming into form and the materialisation of everything. The four sides refer to the four seasons, that is, the four parts of the year divided by the solstices and the equinoxes.

The circle square therefore represents the meeting of the earth, the material, with the infinite and the greater expanse.

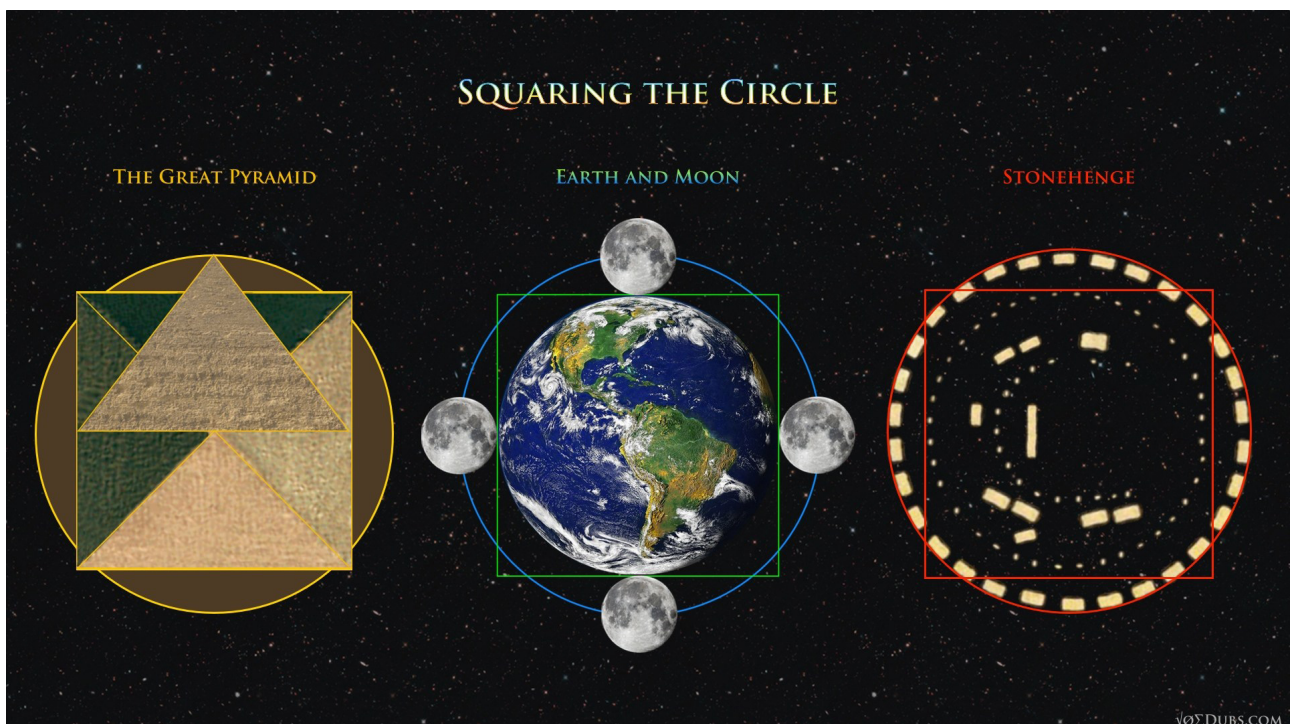
We can see in the graph below that the circle square can be found as a shape in our universal system as it demonstrates the relationship between the dimensions of the earth and those of the moon. If you placed our earth in the square shape (which represents the earth) and then placed the moon on the top bottom left and right of it, you would find that the circle around the square cuts through the centre of each of the moons.

There is therefore a clear link between the circle square shape and the important connection between the world of form, represented by the earth and the world of the infinite, represented by the moon.

When the Egyptians created the pyramids, they used this shape in their planning and drawings. We can see in the diagram below that the base of the pyramid is square, representing the earth and when you place the elevation of the side of the pyramid at the centre of that square, the top of the point of the pyramid aligns perfectly with the circle in the circle square shape.

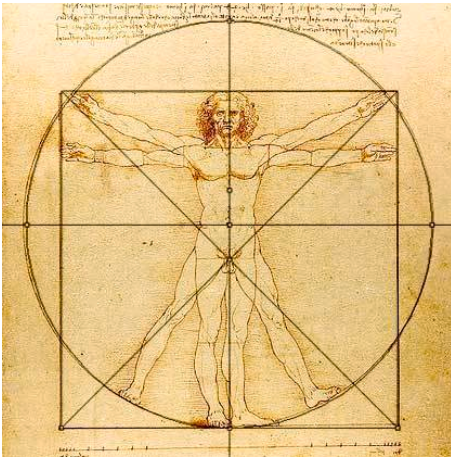
We can then justly say that the pyramid would probably have been built with the intent to connect the earth and the infinite.

It's also interesting to see through the graph below that the same principle and ratio was also found in the creation of the site of Stonehenge, another famous sacred site located in the UK. This again demonstrates that the intentions behind the creation of the famous stone circle was more than likely aligned in principle to those of the great pyramids. It's fascinating to find that completely different cultures at completely different points in time, located at very different geographical locations would have used similar principles in the creation of their sacred monuments. This speaks to the fact that the language behind our temples, which is reflected in sacred geometry is a language which is intrinsic to us all.





## 6- The Vitruvian Man



Painter, Leonardo Davinci, famously used the image of the circle squared in his portrayal of The Vitruvian Man (seen in the image on the left). Leonardo, who, by the end of his life considered himself more of a scientist than an artist, intended to demonstrate the relationship between the human form and the shape of the circle squared.

Theoretically, this piece indeed demonstrates that the human body is the gateway between the form and the infinite.

## 7- The golden mean spiral and the gnomons

The circle squared is not the only sacred geometry shape which we can find depicted in the human form. The golden mean spiral is another example (as we previously explored in module five where we looked at the human body).

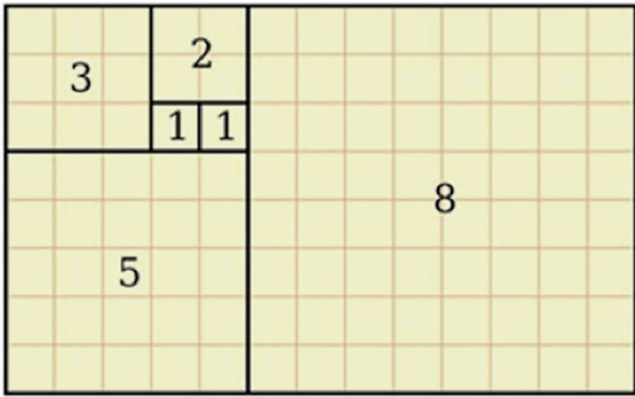
The golden mean ratio is recognised as a gnomon, that is, a principle in greek philosophy and mathematics that explains how growth and magnification occurs in nature. The gnomon is also important to the Greek antiquity and was known to be discussed by their philosophers such as Aristotle.

In the previous module, we spoke about how in nature, creation builds on itself. For instance, a branch of a tree will grow out of the trunk, another branch will grow off that branch and then a branch off that branch. Then, a root of a tree will grow and another will grow off that one and another off that one and magnification will happen in this way.

We can use this example to look at how our own development and growth evolves too. As we evolve as humans, we will reach a new baseline in our development from which more growth can happen. Only when we acknowledge the growth which has taken place and acknowledge its permanence, can more growth occur, in accordance with the developmental patterns in nature.

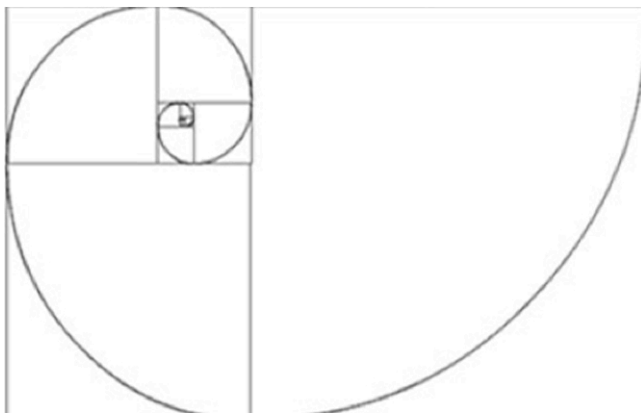
Gnomons are an interesting way to illustrate this principle which exists in nature and within ourselves and by exploring them, we get to understand nature's most common principles. Some of those can be found in the natural structures that are in our bodies, such as the way bones and teeth grow. We can even see the same in other natural structures such as in animal horns and sea shells.

A gnomon is a figure that when added to another figure, leaves the resultant figure similar to the original.



This might sound abstract, but the example of the golden mean ratio is a great way to explain it.

The golden mean ratio relates to the fibonacci sequence in which a number added to itself creates the next number in the sequence. When we see it by its image, the golden mean ratio is a spiral which is created in relationship to this numerical sequence.



If we start with the number one and add the number one to itself, we get two.

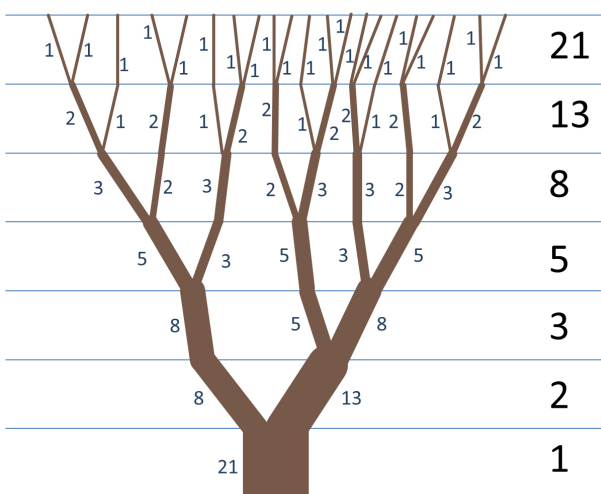
When we then add one to two, we get three.

We can then add two to three and get five.  
We can then add three to five and get eight.

1, 2, 3, 5, 8, ...  
form the beginning of the fibonacci sequence.

When we overlay these elements on a grid, we can see how it becomes a spiral shape. The spiral of the golden mean ratio is found everywhere in nature. It's the basis of all of creation.

As humans, we're also beings of nature and that means being part of the natural order. Therefore, we can consider this shape to be intrinsic to our being.



By knowing this, we can reconnect to the knowledge that we're intrinsically one with the intelligent system that runs the creation of all of existence.

The gnomon of the golden mean ratio, as we see in the chart to the left, demonstrates a principle which is key to this course.

It demonstrates how the foundational baseline in the elements of nature shifts continuously, giving rise for exponential growth to occur.

We can see how this is present within trees. For example, they have rigid trunks from which branches grow. Then from these branches, other branches grow and again, other branches grow from them.

From the outset, this may seem like foundational learning, however for me, it's been quite strong. Like many people I know, I'd learned to function with an understanding that everything always started from zero point and never acknowledged that any developmental shift had previously taken place.

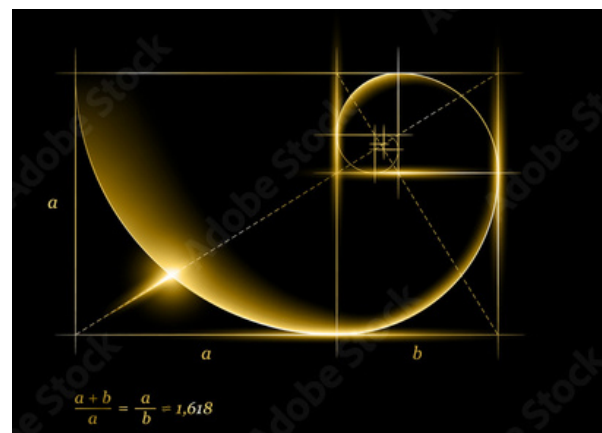
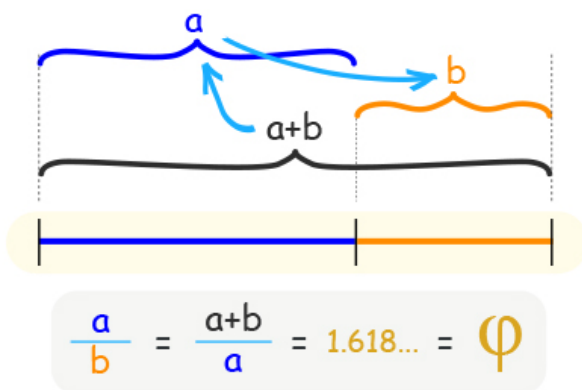
However, the gnomon demonstrates this principle of nature that arises within us. When we recognise it, we gain the ability to recognise the development that has occurred. Then by meeting it with consciousness, we can see how things grow.

## 8- The golden mean ratio

The spiral of the golden mean creates what is called the golden mean ratio. It's illustrated in the diagram below.

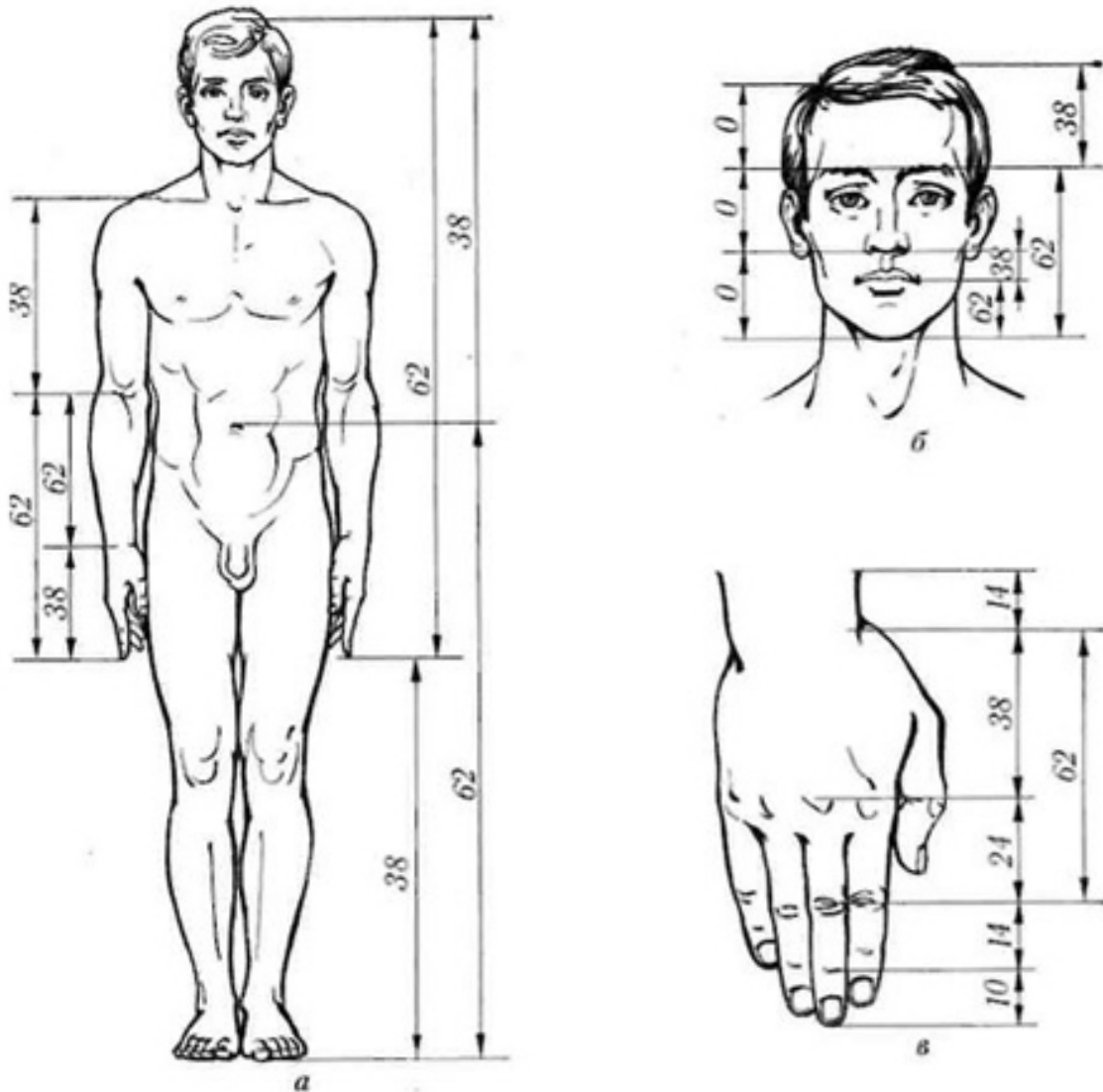
We find it in any line which is divided in two parts so that the total length of the line, divided by the longest part of the line, gives us the same ratio as the the longer part of the line to the shorter part of the line.

In the equation below for instance, A + B is the full line.  
A is the longer part of the line.



This ratio exists everywhere in nature and it also exists in the human body.

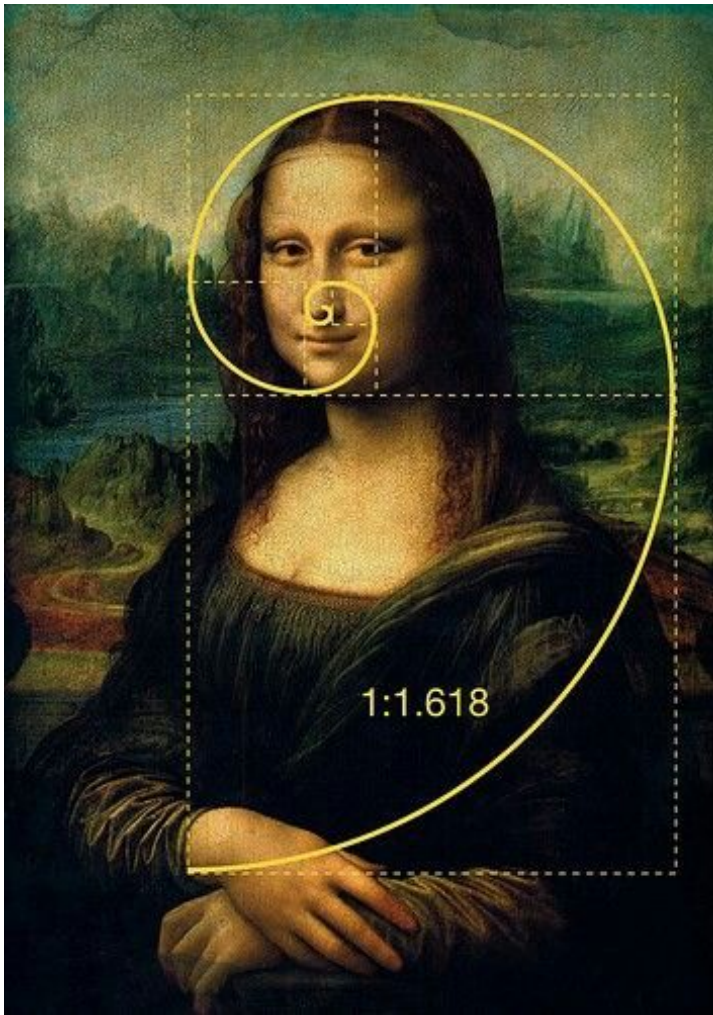
The diagram below demonstrates the various places where the golden mean ratio exists in the human body.



The most significant and clear one is the navel. From the floor to the navel, we will have 62% of our total height and another 38% from the navel up to the crown of the head.

In this case,  $A = 62$ ,  $B = 38$ .

$38/62 = 1,63$  which is very close to the golden mean ratio.



The golden mean holds a healing frequency, because, as we know, healing is about coming back to our truth, to our original nature.

When we create with the golden mean shapes and proportions in mind, what we create will naturally have more resonance for whoever interacts with it.

For example, Leonardo Da Vinci's Mona Lisa painting was created along with the golden mean ratio and spiral proportions.

This may have contributed to our collective fascination with this work of art.





## 9- Spirals

From the golden mean spiral, comes the understanding of other types of spirals that exist in our universal landscape. When we observe nature, we see that the spiral shape is intrinsic to it, not only through the golden mean, which we saw earlier, but in other areas as well.

When visiting sacred sites, or places of power, I've often been fascinated by the spiral shapes that we find in trees. For instance in Sedona, and in Gavdos, a sacred power spot island south of Crete in Greece, I noticed the trees in the images below.

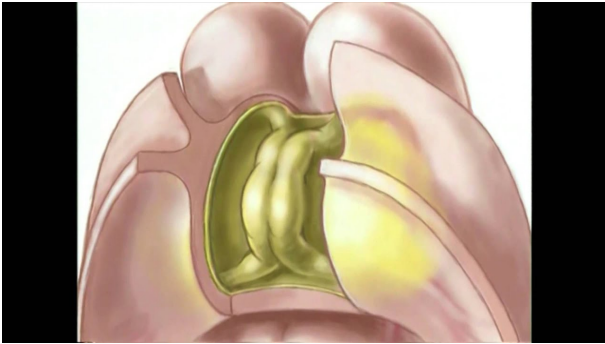
I began to understand that the shape of the trees was influenced by the shapes of the vortices which existed at these power spots. As we know, a vortex is an energetic pattern which is also an interface between the world of form and the infinite. The spiral shape is therefore a link to a greater realm beyond form, to the infinite.

Interestingly, looking into the body, we also find that at our foundation we're made of spirals. Our bones and our heart are spiral-shaped.

By following [this link](https://medimagery.com/untying-the-knot-your-heart-is-actually-a-spiral/), you'll find wonderful artists depictions of a human heart being rolled out, presenting it as a spiral. <https://medimagery.com/untying-the-knot-your-heart-is-actually-a-spiral/>



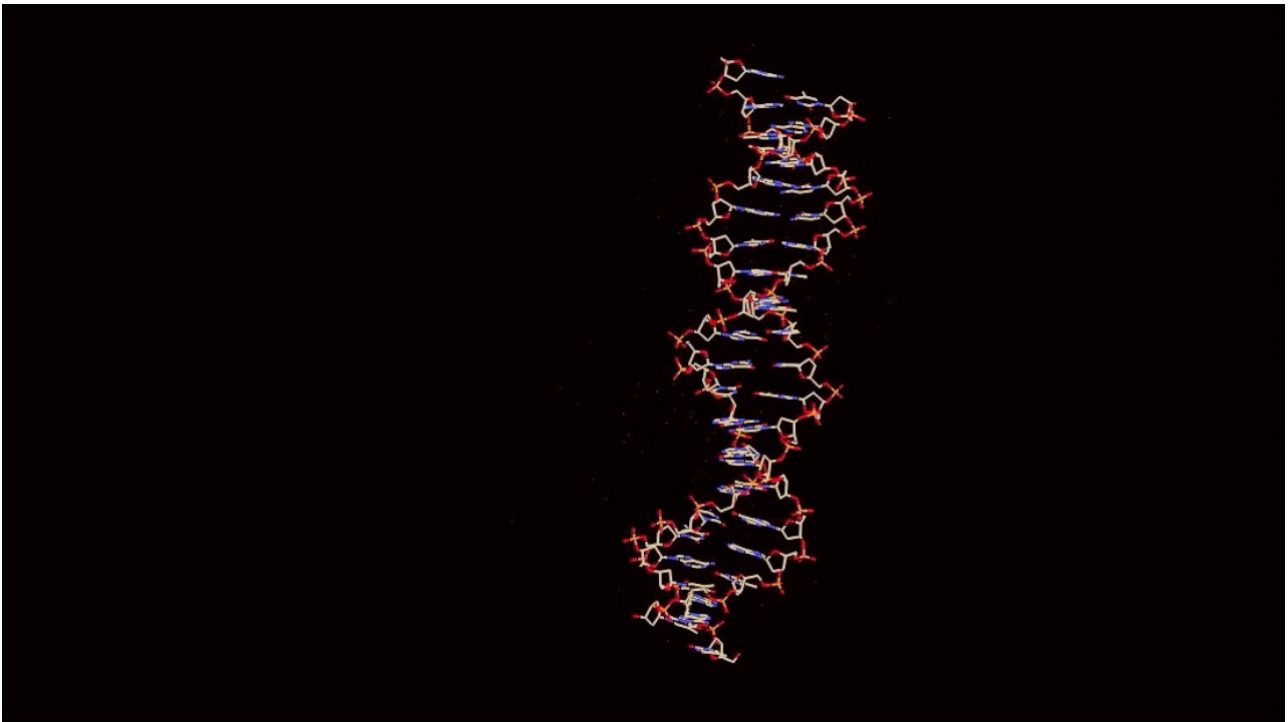
The following video on YouTube (click thumb) all demonstrates the spiral of the heart.



Similarly, the shape of our DNA, the double helix, is a shape formed of two spirals.

I often notice in our deep dive practices how the waves I experience at the beginning, shape-shift into spirals as I go deeper into the dive. I feel that as I get closer to my intrinsic nature, the spiral shapes emerge more easily in my body and in my field. From there I feel that I'm getting in touch with a deeper part of myself.

It's for these reasons that I invite you to play with spirals in a way that feels natural to you. But don't try too hard with it. Simply open the space and observe, as if spirals are wanting to emerge for you. I often find that the longer I spend in spirals, the deeper I dive into a deep altered state. That's when the spirals become a medicine.



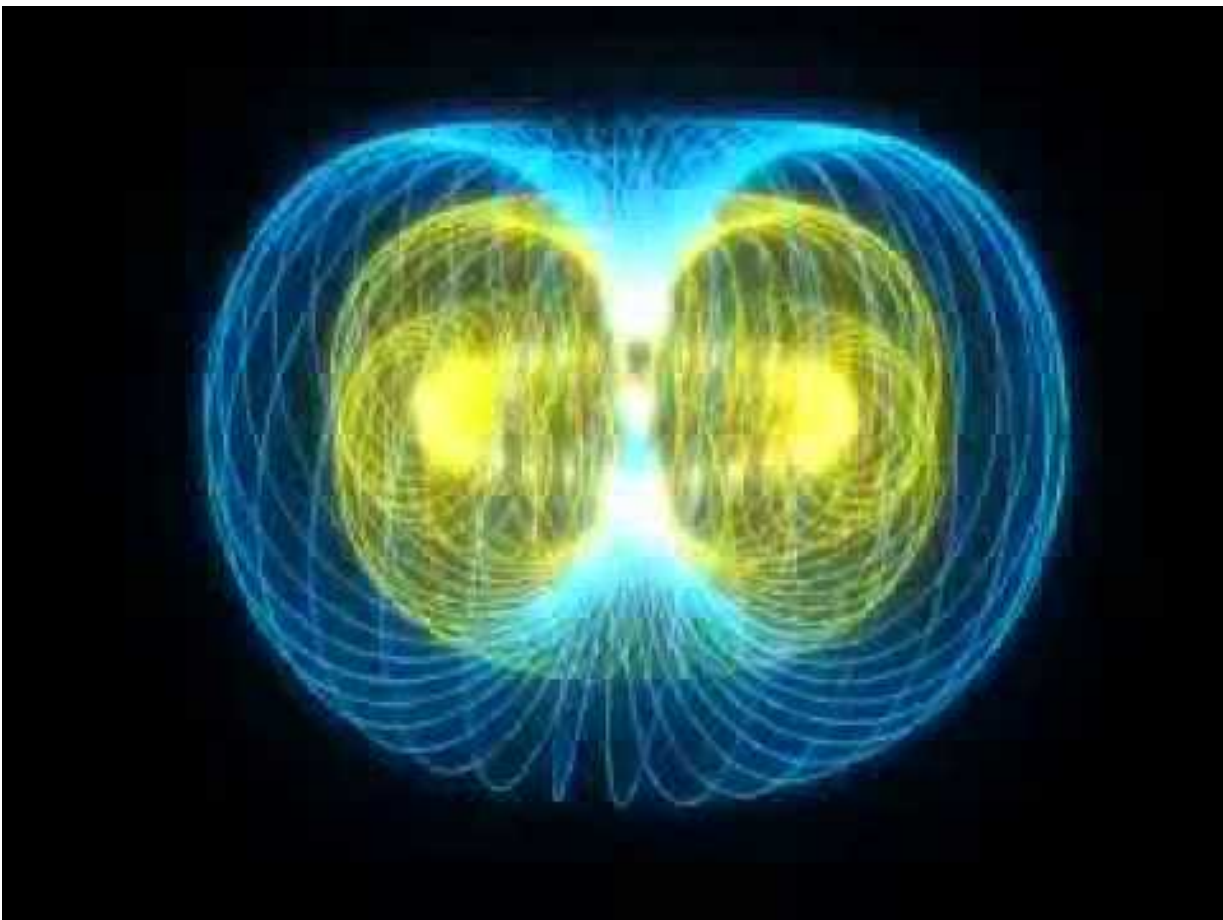
## 10- **Reminder from module four: the torus shape**

The torus shape and the process of mitosis (the development of the embryo).

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 is 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.

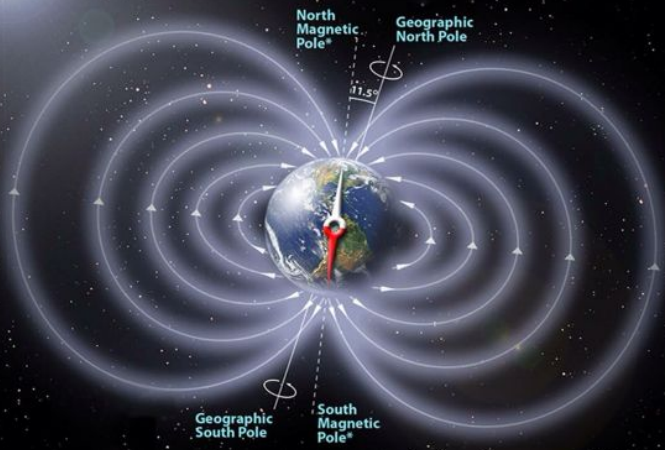
Viktor Schauberger, a researcher known as the Austrian “water wizard,” and medical science researcher, Arthur Winfree, noted that everything in nature is organised within an energetic torus-shaped field or fields, each with a central midline. They claim that we humans are similarly organised within energetic 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

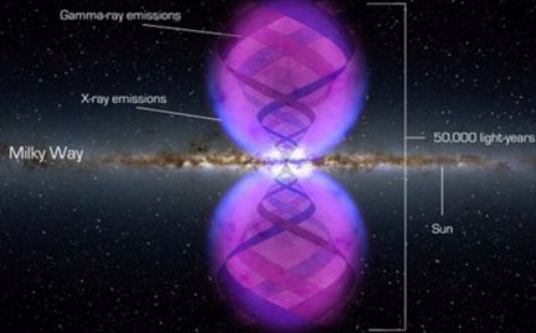


Peter Reid, 2007

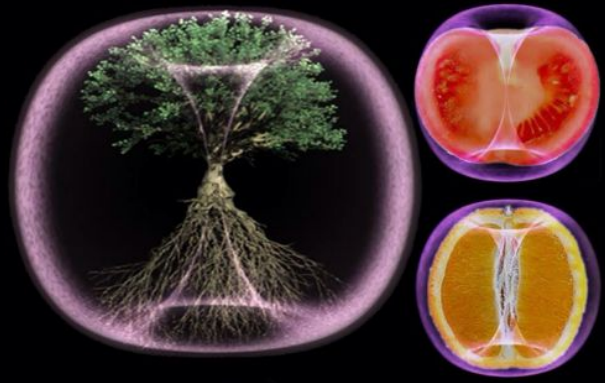
THE MOST FUNDAMENTAL SHAPE OF EXISTENCE; TORUS



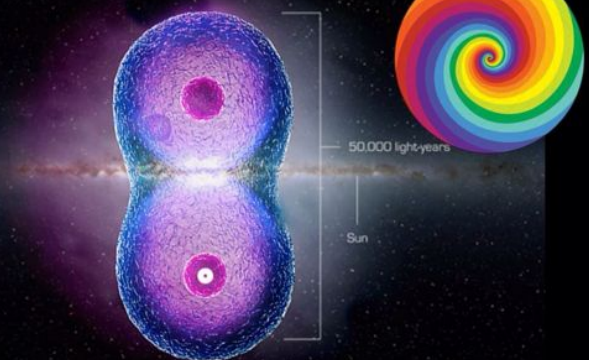
GALACTIC PLANE



MACRO



CELL DIVISION



MICRO

## II- The process of mitosis

Various sacred geometry shapes can be found as we observe the process of mitosis involved in the early stage of our embryonic development. In the process of mitosis, the sperm enters the nucleus of the ovum to fertilise it. What's interesting is that it's claimed to take 13 sperms to fertilise an egg, because a team of 12 of them 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 arriving onto a round spherical earth and then seek the help of 12 disciples to penetrate the earth's consciousness. The tail of the sperm falls away and forms a sphere that's the same size as the sphere of the female pronucleus.

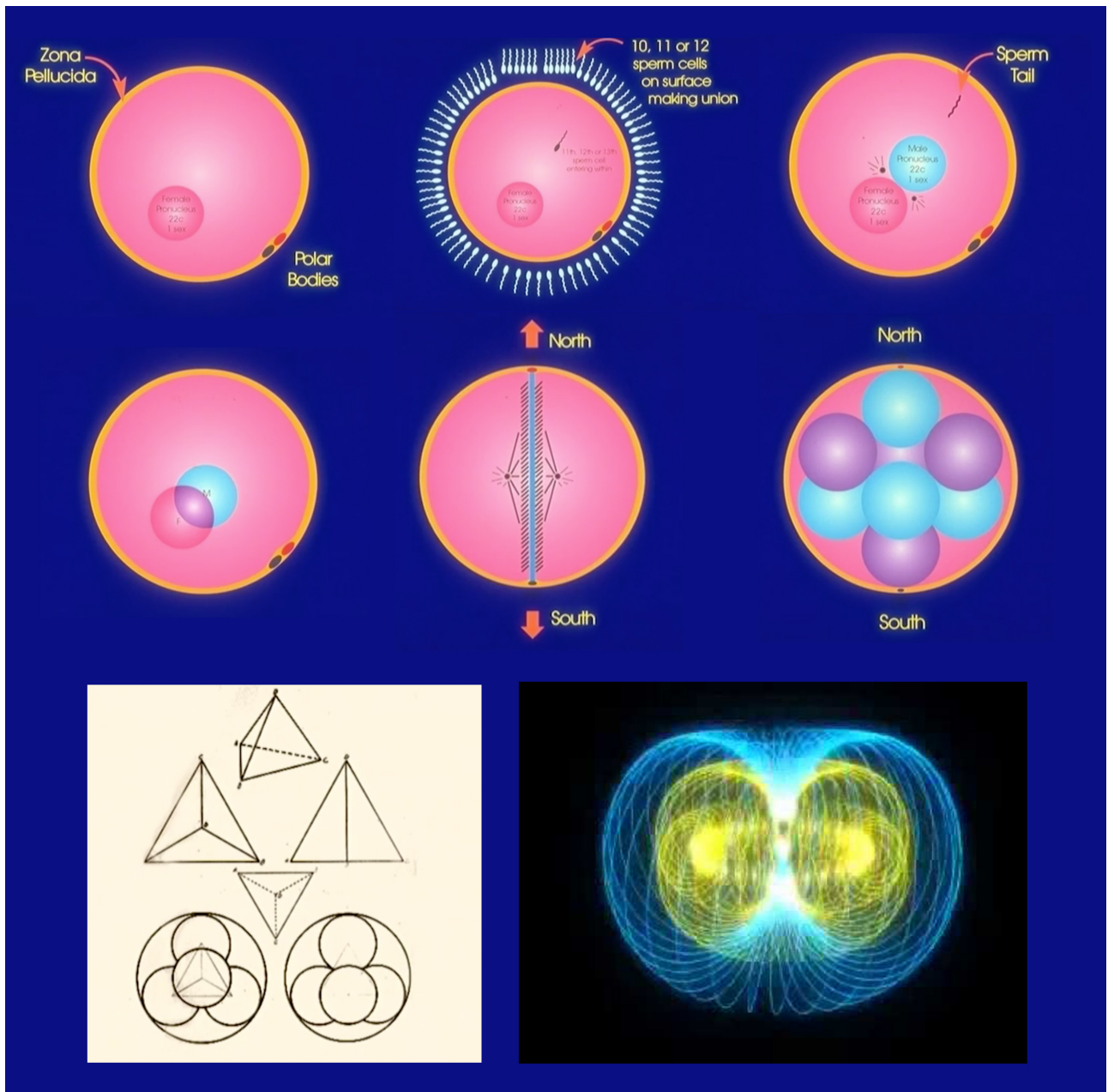
The male pronucleus and the female pronucleus merge together to form the vesica piscis. As they merge together they form the first cell of the human body. A tube starts to run across the centre. We then go from one cell to two, then from two to four which forms a tetrahedron as we connect the centres of the cells together. It then goes from four cells to eight cells and forms a star tetrahedron, another tetrahedron facing another way.

Every five to seven years, our body regenerates completely, but these eight-cell star tetrahedrons remains. 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 eight cells turn into 16 cells which turn into a hollow sphere with a tube running across it from top to bottom. 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.

When we acknowledging all of this with conscious awareness, we're taking the first step. But 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 us.

# The process of mitosis - a graph



Through practice, there are a few ways that we can reconnect to the torus shape within our physical body.

#### 1- The involutions

Bring the hands and feet together and create a closed-loop in which you can experience the harnessing of your own energy within. As you create sounds and tune into your subtle sensations, you should begin to experience the flow of energy moving within your body.

#### 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. We can therefore use sound to draw a connection between our mouth and our anus through the midline.

#### 3- PC muscle contractions

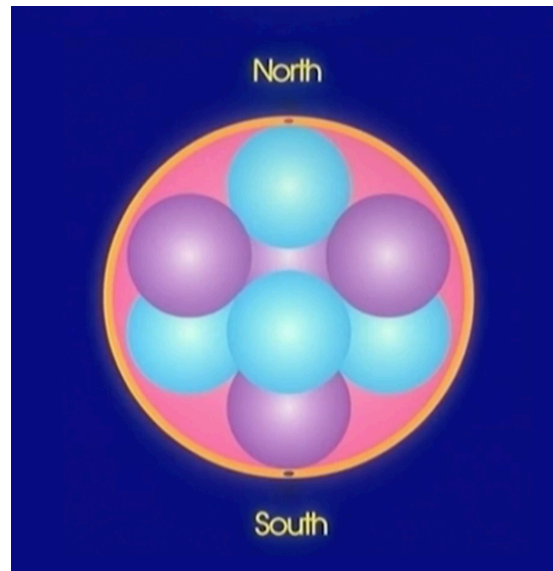
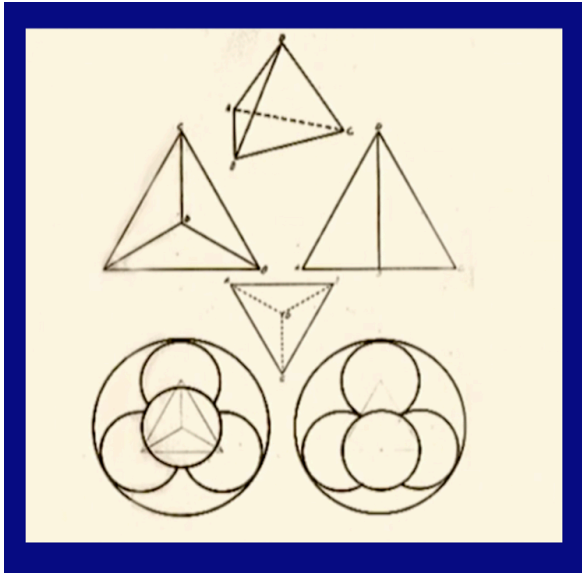
By awakening the PC muscles through gentle contractions, we can bring the contractions all the way up the midline of the body, past the third eye, and to the crown of the head. This generates an alteration of our brain chemistry which generates a torus shape in our energy field.

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.



## 12- The platonic solids

When we observe the process of mitosis and the development of the embryo, we see can see present another sacred geometry shape, the tetrahedron.



The tetrahedron is known as one of the five platonic solids in sacred geometry. The five platonic solids are three-dimensional sacred geometrical shapes that emerge from the perfect sphere and which is the symbol of unity and oneness. They are formed by starting with a point on the surface of the sphere and drawing lines to the points which are diametrically opposite to them.

There are only five such shapes which emerge from the sphere in this way. According to the philosopher Plato, each of these five shapes relates to a different element of our ecosystem.

1. The tetrahedron is found in the embryo and represents the element of fire.
2. The cube represents the element of the earth.
3. The octahedron is the element of air.
4. The icosahedron is the element of water.
5. The dodecahedron represents the element of ether.

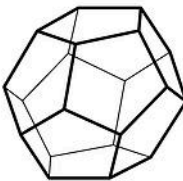
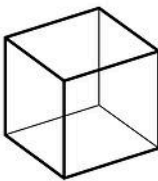
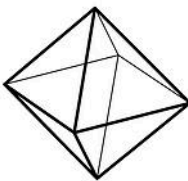
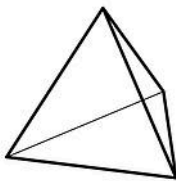
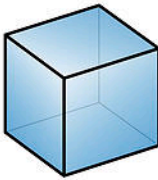
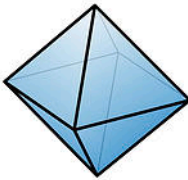
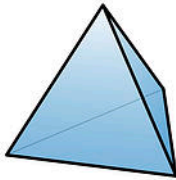
You can find interactive images of these platonic solids on this website here, which allow you to spin them around and view them from various angles.

[https://www.mathsisfun.com/platonic\\_solids.html](https://www.mathsisfun.com/platonic_solids.html)

In my time of shamanic training and initiation, I spent hours watching videos like this and clicking around moving platonic solids as part of my development.

If you're interested in knowing more, you can also find wonderful books that will allow you to get a much fuller picture of these elements. My experience of them is that by interacting with these shapes, I awakened my connection to the shape that was within me, in my awareness and

in my being. Experiencing all of the elements this way, in my body allowed me to have a deeper experience of wholeness and oneness, that is my inner sphere.



Tetrahedron

Octahedron

Cube

Dodecahedron

Icosahedron

### 13- Labyrinths

The labyrinth is an important shape that is used within the teachings of the Mystery Schools. Although we touched on this shape before, here is a good place to remind ourselves of what the labyrinth means.

First of all, it's important to differentiate a labyrinth from a maze. A maze has many entrances and many exits and you can get lost or arrive at a dead end. A labyrinth has only one entrance and one exit, meaning there's only one path and it's always the right one. The visitor has no



choices to make other than traveling onward through the winding pattern to a specific final destination. The labyrinth will lead the participant first inward, then (deceptively) outward, but it will always arrive at its goal.

The best-known type is the seven-circuit Cretan pattern pictured here to the left. The seven circuits of the labyrinth correspond with the seven spheres of the sacred planets, the seven principles of the human being and the cosmos, the seven days of the week and other such seven-fold meanings.

Labyrinths have been used throughout history to remind us of the deepest wisdom intrinsic to our being and to remind us to trust the universal forces which surround us. As well, the mystery of how the same symbol has existed across so many cultures (from the ancient Egyptians the Hindus, the Cretans and to the Mayans and even then medieval Catholics), is also proof that ancient schools of knowledge were all somehow connected. At times this happened by messengers who traveled the world sharing wisdom, but this also happened from the “downloads” some beings received from the source being.

It was believed by the Mayans and many other ancient civilisations, that the labyrinth is a structure or pattern that exists in our mind. Therefore, it would have been born into humanity. However the earliest reported labyrinth was a two-story stone building in Egypt, described by the Greek historian Herodotus.

Labyrinths can be seen as a sort of game, therefore one of their purposes is to remind us to see life, and our illusionary reality, as a play. This allows us to remember we are bigger than whatever we come face to face with.

## Meaning and impact

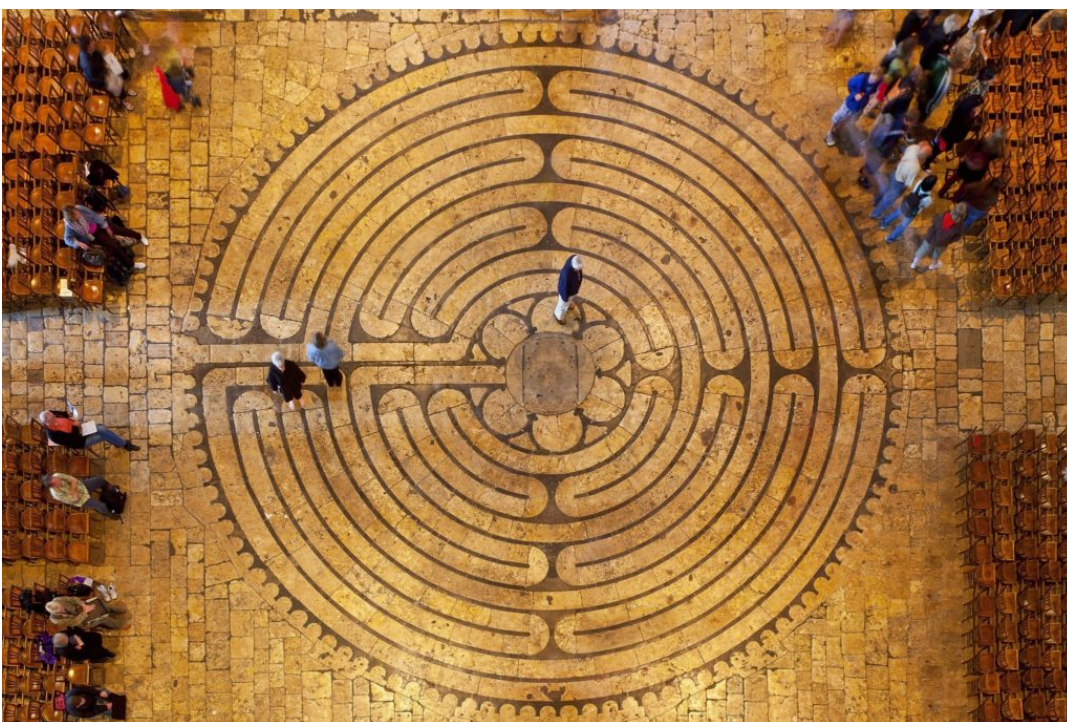
Passing to the centre of the labyrinth and returning to its circumference represents the involution and evolution of the universe. That is, the coming into birth and the passing out of earthly life of an individual, and most importantly, a journey into the centre of our own being.

It's also considered the achievement point of a quest for wholeness and the subsequent return to our source. The winding pattern of any labyrinth also represents the circulation of vital energies that are within our bodies. The pattern suggests the convolutions of the brain and the intestines - two poles of our body that correspond to our consciousness and its physical vehicle. When we traverse the labyrinth we bring into one wholeness all parts of our being.

As we've seen before, the traditional Mystery School rituals involved an alchemical process by which interactions with a sacred site were a process to connect to the source of life. Whilst a pilgrimage to a sacred site may not always be possible, walking a labyrinth would serve a similar purpose.

In Europe in the Middle Ages, spirituality was repressed and travel was dangerous, therefore the builders of the cathedral built labyrinths to teach the curious how to experience God.

A meditative walk of a labyrinth has been proven to elicit a certain psycho-spiritual effect, much like transcendental meditation does. By following its shape it would serve to unite the left and right hemispheres of the brain, in effect, eliciting the sacred marriage. By the time we reach the centre of the labyrinth, we would find a state of balance as well as a state of heightened perception. It's been noted how building a labyrinth attracts underground water veins to the site and in the case of Chartres cathedral, the famous 11 circuit labyrinth pictured below, the electromagnetic charge generates a corresponding effect on the human being standing on it.





## 14- Numerology

It's known that within the Mystery Schools of ancient Egypt, students would sit and download codes so as to process knowledge that would then be translated by their beings and used as information for developmental shifts that needed to take place.

As for today, a great way to integrate this knowledge into our field is through a basic understanding of numerology. In this module, I will offer a short overview of some basic principles of numerology.

Simply put, certain numbers are linked to the universal forces in a way that our being can naturally resonate with. We've seen this in the fibonacci sequence of numbers, where each one is in resonance with the spiral of nature. Therefore, these numbers too will be the ones that us human beings resonate with the most.

In my days as an interior designer, when I was needing to figure out measurements, I would often use the fibonacci sequence and the golden mean ratio in my drawings, allowing the spaces I created to be more resonant with visitors who interacted with them.

The fibonacci sequence goes on and on. Here you can find a list of some of the first numbers:

0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, 233, 377, 610, 987, 1597, 2584, 4181, 6765, 10946, 17711, 28657, 46368, 75025, 121393, 196418, 317811, ...

In the next section, I will share some basic information about the sacred nature of some primordial numbers.

**1**

### **The number of oneness**

To speak of the number one is impossible, as speaking of it separates us from its oneness.

**2**

### **Duality**

This number relates to polarities and dualities as well as opposites. With the number two, we speak of the relationship between the great polarities that run our system such as the masculine and feminine and the sun and the moon and so on.

**3**

This number relates to divinity, balance and equilibrium. The triangle represents the force of creation and equilibrium. We see this reflected in the trinity of procreation: Male/female/child or the holy trinity: father/son/holy spirit.

The number three also represents the third element that is always required to make a whole. For instance, within a relationship, we can't exist alone just as two partners, we need a third element such as passion to unite the two partners. For a sculptor to create a sculpture, we would need him (the artist) the stone, and thirdly, a force of inspiration.

In procreation, after three weeks, an embryo becomes an enfolded sphere that diversifies into three parts in order to become the intertwined systems of the body.

We can find many more examples of this number entangled in our lives such as the three colours that make up the world's entire colour scheme.

**4**

### **Materialisation and manifestation**

The number 4 represents materialisation and manifestation, mostly because it relates to the square shape which is very much related to grounding on earth. We see this in the four primary elements that run the earth (earth, air, water and fire) and again in the four seasons. Similarly, we see this number represented in our past, such as in the Celtic cross. There we find four elements held in equilibrium by God. It's true also that all matter consists of four states (solid, liquid, gas and plasma).

5

Support, expansion, health

This shape is based on the golden mean spiral which composes nearly every cell in the natural composition of the universe. Therefore, the use of the pentagram represents growth, intuition, fertility and the divine feminine. It's in direct relationship with the golden ratio which is inherent in its nature and in nature's own spiral. It's also at the root of the human DNA, which means it's the shape we most recognise and feel most drawn to.

6

Masculine, logical, structured

The hexagram is related to the masculine energy, that is, the energy of stability and manifestation. It's said to be linked with the energy of the sun and it represents logic, rationality and structure. It's also known for the integration of the divine masculine with the divine feminine that we saw in the pentagram.

7

Spirituality

The heptagram represents the search for truth and the liberation from the illusions of the spiritual world. In ancient Greece, it's related to Seshat who is the goddess of sacred space and Apollo who is recognised as the God of music, truth, healing and light. It's also the shape related to the primal notes of sound.

8

**Male/female balance**

The octagon is about achieving the perfect balance between male and female energies. This is manifested in the procreation process by the sperm and the egg which unite to form a cell, which then multiplies to two cells, then to four and then to eight. It represents the seamless stage of mitosis.

9

**Ultimate perfection**

The nine sided nonagon is the triangle threefold. It represents the triangle (divine perfection) multiplied by itself. It's ultimately perfection squared, hence the ultimate perfection.

It's the utmost expression and a symbol of the highest attainment achievable. This is represented in the reproductive cycle by the human body evolving in a womb over nine months. The tail of the sperm half cell is also made of nine twisted threads and the first

step of the doubling process of mitosis is the duplication of the centriole a set of nine parallel tubes arranged in a ring.

**10**

### **Universe heaven and eternity**

The ten is formed of two pentagrams which are the most recognised shapes in life form.

The DNA spiral has ten steps for every turn of the double helix. The number ten is the sum of our eight fingers and two thumbs and is universally used for counting. Plato believed that the number ten contained every other number.

**11**

### **The number of the infinite and of the moon**

Eleven is the number from which we begin to understand the circle. A circle which will have seven as a diameter will have eleven as a circumference. The dimensions seven and 11 are used in the creation of the great pyramids, which, as we saw earlier, relate to the circle squared and the ratio of the earth to the moon. We also see, in that ratio, that the size of the moon is to the size of the earth what three is to 11. Eleven is therefore an important number for connecting the form and the infinite.

**12**

### **Completion, wholeness, heaven and earth**

Twelve relates to the number of moons in the year, therefore the number of months in the year as well. We traditionally relate 12 to the number of disciples of Jesus Christ, which refers back to the famous scene of the last supper, which leads to the completion of his journey.

Twelve is also said to be the number of sperms needed to fertilise an egg to begin the process of conception. While one sperm creates the connection and is directly involved in the conception, some scientists believe there would be 11 other sperms required to support the process.

## 15- Module Summary

This module is indeed a very theoretical and dense module. If you didn't read it, that is, of course, fine. If you read it and didn't understand it, that is also fine.

If you're able to remember only one element of it, I would recommend it to be this one:

Sacred geometry is a foundation of our beingness, especially as the transmitters that we are. Sacred geometry also exists in our beings, in various ways, but especially in the spirals which are intrinsic to the formation of our bones, teeth and our heart. And most importantly, sacred geometry shapes are the the foundation of our somatic practices and our deep dives.

I invite you to see the sequence elements, such as breaths sounds and movements etc, as the baseline shapes that repeat and repeat as the intensity of the dive amplifies. From here we find ourselves diving deeper into our intrinsic truth and our eternal oneness with everything in existence.