

## Sacred Geometry

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The term sacred geometry describes the geometrical laws which create everything in existence. These sacred geometric patterns exist all around us – they are the basic structural patterns found throughout the Universe on every level of existence.

Sacred geometry is the mathematical formulas that serve as the foundation or the springboard upon and through which everything exists. It is the place where mind and matter, the spiritual and the physical, the manifest and unmanifest, the bound and boundless, meet. If you can imagine an architect's blueprint you can capture a snapshot of just how integral to life sacred geometry is. Just as the blueprint shows the layout, placement, spacing and more of a building, so too does sacred geometry show the layout, placement, and spacing of Earth, the universes, and all of their inhabitants.

Shapes, images, and the mathematical ratios that make up these structures are found everywhere in nature, from the structure of our DNA to the movement of planets and birth of stars in our cosmos. The word geometry itself contains a hint to its significance; 'geo' means earth, and 'metron' means measurement. Sacred geometry is our means to measure the elements making up our world. At the centre of every geometric structure is the force of creation: spirit. Before matter there was Source.

The world is a combination of five sacred shapes known as the Platonic Solids. The Platonic Solids are tetrahedron, hexahedron, octahedron, dodecahedron, and icosahedron. The Platonic Solids are named after the ancient Greek philosopher Plato, who said each of these shapes corresponds with one of the elements: earth, fire, air, water, and ether. Platonic Solids are congruent; have equal sides and angles and have the same number of faces that meet at the vertices. The Platonic Solids are like the building blocks upon which organic matter and life are constructed.

There are many other sacred geometry shapes such as spirals, circles, triangles, the seed of life, the flower of life, and the tree of life. Each of these shapes are part of what makes up our world and appear in many different ways and many different places.

Do you ever notice shapes and patterns in nature, and wonder about their hidden significance? Since ancient times, mystics, sages, and spiritual teachers have applied meaning to shapes. In these shapes were believed to be the secret to life, a unifying presence or force that could explain the nature of every facet and aspect of the Universe.

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This underlying metaphysical principle of oneness is infused into the design of all forms in its infinite diversity. This belief in inseparability, interconnectivity, and harmony is a constant reminder of our link to the whole. We are not just an individual; we are part of a higher concept in the scheme of things.

Sacred geometry reminds us of that deep interconnection between everything in the Universe and beyond, proving we share a collective consciousness. Through sacred geometry we are reminded that everything comes from and returns to the same Source. When you explore and engage with sacred geometry, you are exploring and engaging with the mind of Source, or spirit. When you understand the basics of sacred geometry, you deepen your connection with life itself.

Barbara Hand

Spirit Wings