

## Sacred Geometry and Merkabah

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Director, FOLR LLC "To the Golden Spiral In All of Us". April 21, 1999

### Experiencing Sacred Geometry without Intellectually Understanding It

Although the Golden Mean Spiral is principally derived by utilizing mathematics, it is equally mystifying and intriguing to note that this mathematical spiral has additional properties that can be experienced by humans on a profound level that does not require an intellectual understanding of the mathematical principles. I would like to explore the phenomenon that ties the mathematical spiral to the experiential spiral. In practical terms, they are one and the same. It will take a bit of explanation to demonstrate the probably ridiculous notion that the golden mean spiral can be experienced most simply as a profound feeling of love.

Simply put, the Golden Mean Spiral is a doorway that weaves the ethereal and material dimensions together. In another context I would say that God left us one door of eternal mystery and exploration<sup>3/4</sup> the Golden Mean Spiral or the door of love. In this article we will explore how, in fact, the Golden Mean Spiral is an expression of the basic energy of creation that we call love.

Flower of Life graduates have spent much time exploring the merkaba through the 17-breath meditation that is taught in the course. Up until now, in depth material about the significance of the Golden Mean Spiral and how it relates to the merkaba hasn't been deeply explored even though their interdependence is intricately entwined. In order to experience the love frequency of the merkaba, one must ride the spiral and know how to activate it. In order to simplify the initial steps to understanding how interlocked and interdependent the golden mean and the merkaba are, we need to have a general understanding and overview of several models that serve as building blocks. These building blocks will broaden our perception to a much wider vista. These preliminary models are:

Section 1) A Little Philosophy on Sacred Geometry

Section 2) General Philosophical Relationship between Fibonacci and Golden Mean

Section 3) The Magic of the Sphere

Section 4) The Seed within the Seed of the Sphere

Section 5) Exercises to Experience the Golden Mean Spiral

Section 6) The Golden Mean Spiral in Prayers and Chanting

## Section 7) Spinning the Tetrahedral Fields and Increasing the Presence of the Golden Spiral

## Section 8) Ancient Temples and the Golden Mean

## Section 9) The Merkaba and the 32-Degree Tilt

Once we overview these 9 models we will be able to see a unique integration of the Living Spiral that comprises the fabric of creation and dynamically enhances the effectiveness of the merkaba and the opening of the heart.

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1) A Little Philosophy on Sacred Geometry Anybody can draw a form in geometry and it is just geometry; but when you relate Great Spirit or consciousness and the opening of the heart to geometry, you're creating Sacred Geometry. Therefore, Sacred Geometry is about how to open the heart and evolve the consciousness through geometric models. These models mirror your own consciousness. First cause sacred geometry is made out of light/consciousness. When you see how geometries fluidly transition into each other, you will see how they keep transcending and moving into a higher evolving pattern. When you understand that, you can then relate sacred geometry to the heart. And the spiral is the most important key.

Sacred geometry is the study of geometric forms and their metaphorical relationships to human evolution as well as a study in fluid evolutionary transitions of mind, emotions, spirit, and consciousness reflected in the succeeding transition from one sacred geometric form (consciousness state) into another.

True sacred geometric forms never fixate or stagnate on one single form. Instead they are actually in constant fluid transcendence and change (evolve or devolve) from one geometric form to another at their own speed or frequency.

When we consciously activate a set of prime or sacred geometric proportions around a body such as a tetrahedron (or any of the platonic solids), we are tuning our own personal frequencies to coordinate and operate in concordance with the dominant harmonic.

Imagine then, that at every point in the body where energy is transmitted or received, living, changing, three- or four-dimensional geometric mandalas are continuously created. Mandalas can also be in a constant state of fluid transition, evolving into a variety of concentric geometric patterns.

## Electron View of a Salt Crystal Electron View of a Beryl Crystal

Each thought we entertain in our mind results in a cascade of geometric mandalas similar to the ones pictured above. The same thing occurs for every emotional reality we create through our feelings. These patterns tend to form continuous transitions of

overlapping geometric configurations around us. Later in section #5 we will see how activating one set of sacred proportions (geometric configurations) around the body will activate the Golden Mean Spiral that aids the heart to expand and open.

## 2) General Philosophical Relationship between Fibonacci and Golden Mean

### General Philosophy of the Golden Mean

In general, because the golden mean has no beginning and no end, it then becomes a fairly good metaphor for spirit in a material reality. The golden mean (or spirit) can be observed, but it cannot be bound at its beginning or its end. The Golden Mean Spiral has an additional aspect to it that warrants closer observation. This aspect stimulates much thought as we ponder it.

One of the characteristics of the Golden Mean Spiral is that it continues on in ever diminishing spirals. The spiral soon becomes so infinitesimal that, theoretically, it could break the plane of one dimension and enter another dimension. Once it does this it could begin again inside another dimension as a comparatively large spiral, working its way down to becoming smaller yet again until it would break that dimensional plane and move into another one and onward into infinity. Even though this is a linear model, it will be sufficient to demonstrate the basic idea.

In another viewpoint suggested by Dan Winter, the golden mean spirals infinitesimally smaller and breaks the plane of the third dimension. This time however, the golden mean spiral enters into a dimension of frequencies that are at the speed of light and beyond.

If we view the universe in its natural, nonlinear state that encompasses all dimensions and frequencies, then when we break the plane of the 3D we enter back into the space of all frequencies or eternal transcendence. In the nonphysical dimensions all things are in eternal transcendence and occupy all frequencies – light speed and beyond.

When the golden mean enters the third dimension from this higher state of frequencies, it enters a dimension bounded by time. When the spiral (inside the 3D) spirals infinitely smaller to break the plane of the 3D it then enters back into the dimension of higher frequencies and eternal transcendence. On the other side of this 3<sup>rd</sup> dimension are the higher frequencies and beyond.

The golden mean then, can be used as a symbol or an analogy for spirit in the material, and it also can be used as an analogy for the thread that ties the material and ethereal dimensions together. It can be likened to a type of vine that bears the grape (an elongated sphere) that composes the octave of this and quite possibly all dimensions. Parallel dimensions can be likened to a cluster of grapes (elongated spherical octaves) all stemming from a healthy Golden-Mean vine.

Each sentient being with an open heart has a multitude of spiral-vines emanating from the heart that in turn create a multitude of parallel realities coexisting on a multitude of dimensional planes. These many realities coexist, overlapping with the reality of other

people and they cocreate a cohesive and holistic spectrum of realities and possibilities that line the fabric of the infinite.

### General Philosophy of the Fibonacci:

In contrast to the golden mean (which has no beginning and no end) the Fibonacci spiral has a definite beginning but not necessarily an end. Once begun, the Fibonacci spiral can continue on into infinity.

The Fibonacci sequence possesses a unique property. Different from the Golden Mean, the Fibonacci begins at 0 or 1 but quickly approximates the Golden Mean with ever increasing accuracy. The Fibonacci sequence seems to be strongly attracted to the Golden Mean Sequence (phi ratio) and attempts to approximate the phi ratio (1.6180339...). This accuracy increases until it asymptotically reaches its limits. At that point, one could not tell the difference between the two spirals except at or near the beginning points. Understanding this aspect of the Fibonacci is crucial.

This characteristic of the Fibonacci (always attempting to approximate the Golden Mean with greater accuracy) can be used as a metaphor for our human condition, which will help us gain deeper insights into the nature of spirituality.

If the Golden Mean is used as a metaphor for spirit and the Fibonacci is used as a metaphor for physical incarnation (spirit incarnating into the physical and attempting to perfect itself to the ideal), then metaphorically, our physical incarnation begins as a Fibonacci life form.

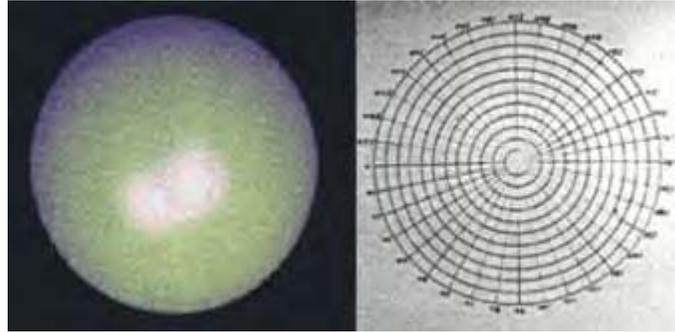
Without full memory of the whole and integrated picture of the universe, we start off our young lives in a seemingly erratic pattern of identifying ourselves as purely physical beings that are finite and mortal. As we gain experience and wisdom through the physical incarnation, we begin to sense and discover our spirit and begin the process of identifying ourselves more closely with our greater selves. Our attraction to move closer to God is like Fibonacci's attraction for approximating the Golden Mean.

As we grow into a closer relationship with the ideal (spirit or Golden Mean), we can begin to sense an increase in energy and revitalization. This revitalization can stimulate the intent and motivation of the physical being to do everything possible to feel more energy and get closer to the ideal or golden mean. The physical being (Fibonacci) is then compelled to proceed along a path that leads to getting closer to spirit. This often manifests by cleaning the mind, emotions, and desires in order to bring about a clear inner temple that enables the mind and body to become the best receiver for the ideal or spirit. This is also like Fibonacci approximating the Golden Mean.

Eventually the thoughts, emotions, and desires of the physical being approximate the ideal very closely. At that point the Fibonacci and the Golden Mean are in such a close relationship that a type of bridge is created between spirit and the physical being. The limited beliefs of the physical being can be released and the realization of the unlimited

potentials available within spirit can be embraced fully by the human being in the physical.

### 3) The Magic of the Sphere



*A Sphere*

*A Polar Graph*

The sphere is the most amazing, powerful, and magical form in creation. To begin to understand and appreciate the potentials of the sphere, one must be able to see and understand the building block components locked within the sphere and understand how to access them. There are 5+1 sacred creation building blocks and one super secret (or lesser understood) essence locked within the sphere.

The intangible essence within the sphere can be seen as the *seed within the seed* and it lies at the core of the sphere. It can be called an *intangible essence* because it essentially guides or provides a doorway for all the geometric forms to transcend their shapes. I would also call it an *intangible essence* because it is from a higher plane and it cannot be bound.

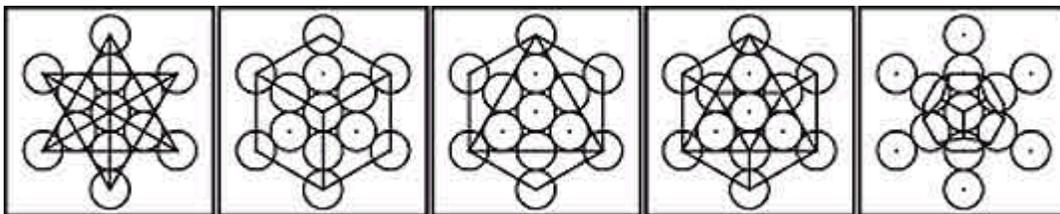
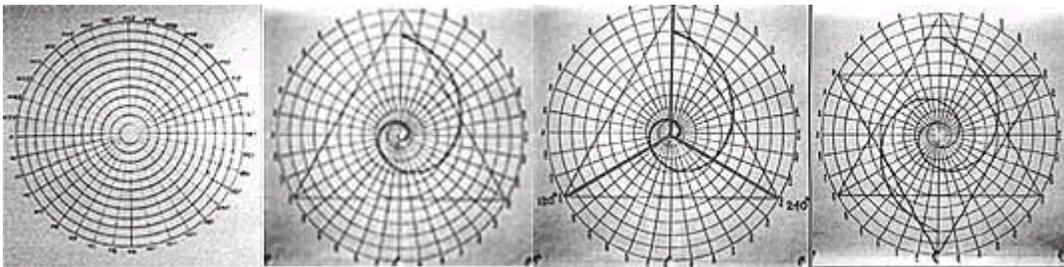
These 5 +1 building blocks within the sphere are called platonic solids. They are geometric shapes known as tetrahedron, star tetrahedron, cube, octahedron, icosahedron, and dodecahedron. The “seed within the seed” essence at the core of the sphere is called the Golden Sacred Spiral. To see these elements within the sphere, we will need a template to help bring them out of the sphere. An archaeologist uses a shovel, brush, and screen to sift and sort artifacts from the dirt. For our purposes we will be using a template called a polar graph as our screen sifter to lift the geometries (and the spiral) out of the sphere and a Binary Circle Template to lift (one version) of the holographic fractality of the sphere.

It is important to deeply and clearly understand that as soon as you arrive at even one single sphere, you have arrived at a multidimensional doorway constructed out of holographic fractality that is implied in every sphere. This holographic fractality connects all life and possibilities with each other. The sphere (as well as all angular geometry) is created at the very moment you have the Golden Spiral. *This means that as soon as you enter the experience of unconditional love, you have an intimate interconnection with all things in creation.*

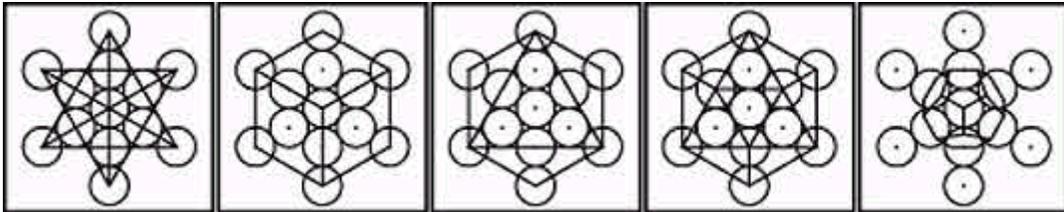
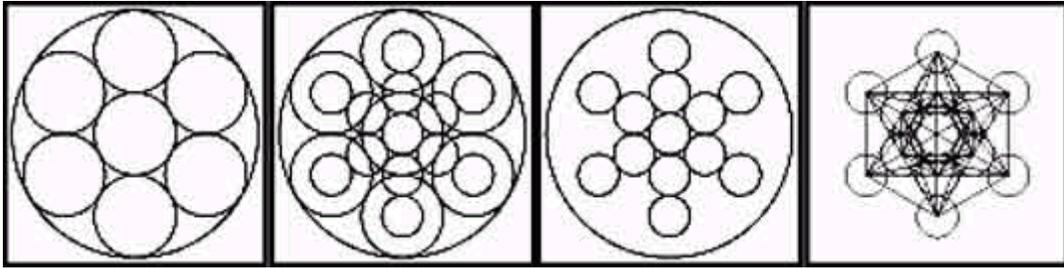
To see how the spirals and the platonic solids are nested inside the sphere will also provide an additional insight. This insight will open a window on the holographic nature of the sphere and reality. To see the holographic fractality of the sphere and it's geometry requires an additional sifting tool known as the binary template, which we will cover later in this section.

Let us return to the polar graph. Implied upon every sphere is a polar graph. Let us begin with constructing the simplest geometric form called a tetrahedron. Begin by first creating a triangle on the polar graph. This can be done by connecting the 0-120-240 degree marks (see figure #2 below) and by following the radial lines (0-120-240) to the very center of the polar graph and highlighting them.

This will outline a tetrahedron (See Figure #3, below). After completing the tetrahedron, connect the 60-180-300 degree points on the same polar graph as the tetrahedron and highlight their radial lines, creating a downward pointing tetrahedron overlaid on the upward pointing tetrahedron. This will outline the Star Tetrahedron (See figure # 4 below). You can continue this process to uncover the remaining platonic solids (See figures 5-9 below).

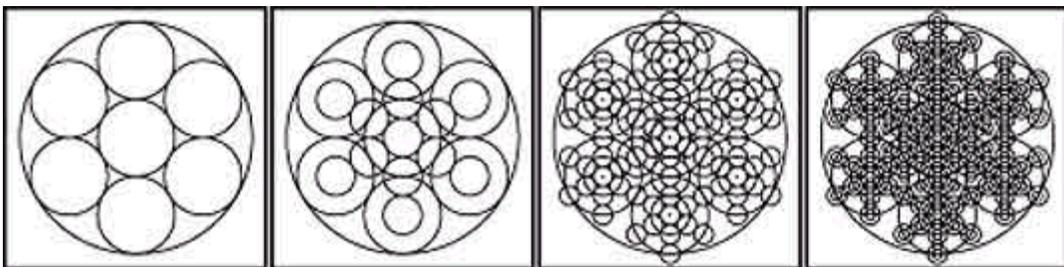


An additional template used to delineate the platonic solids is the Binary Circle Template, which exposes an X-Y-Z axis configuration. (See figure #11 & 12 below). One could also use the X-Y-Z axis configuration of circles to accomplish a delineation of all five platonic solids as well as a holographic fractal template.



Star Tetrahedron	Cube (Hexahedron)	Octahedron	Icosahedron	Dodecahedron
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Upon seeing how each platonic solid is created with the X-Y-Z axis of the binary circle template, you will be able to see that as soon as you have even one platonic solid, in actuality, you have all five platonic solids.



From the above graphics we can see the fractal and holographic nature of the sphere and its corresponding platonic solids. As one arrives at even a single sphere, what exists fractally and holographically within the sphere are infinite nests of spheres and platonic solids fractally embedded within it.

As stated before, as soon as one arrives at the spiral (or the feeling of love), one has an infinite world of fractals where all the geometric building blocks of reality exist simultaneously and holographically and they are distributed in an orderly fashion by the binary scale. This is a good example of how geometry can help demonstrate how our spirits exist fractally and holographically throughout the continuum. Because we harbor the Golden Mean Spiral at our own heart's core, we exist multidimensionally by virtue of our own infinite holographic and fractal characteristics. This means that we all exist within every person, animal, plant, star, planet, species etc., throughout all creation and on all planes of existence.

#### 4) The Seed within the Seed of the Sphere

The “seed within the seed” of the sphere is the spiral. The essence of this spiral provides a doorway into and beyond this reality. All the geometric forms receive their guidance from this spiral and together with the spiral, the geometry transcends its past (and present) shapes.

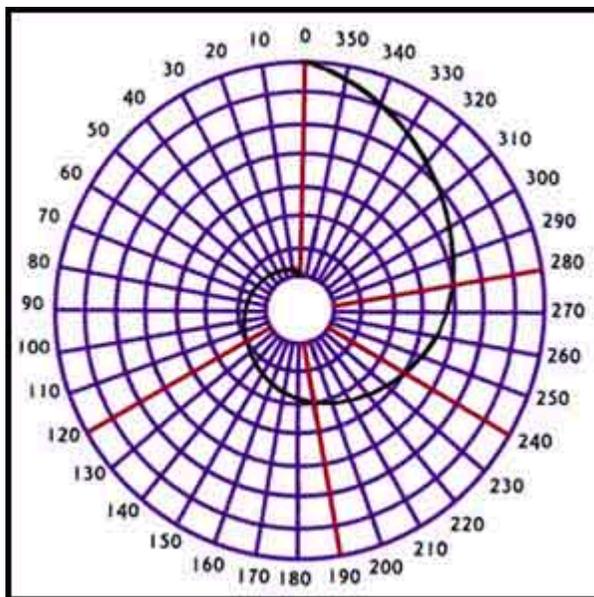
In order to see how the spiral is intertwined within the sphere and the 5 + 1 platonic solids, we need the use of the polar graph. Understanding how the Fibonacci and Golden Mean Spirals line up on a polar graph will open the door to an incredible understanding.

Fibonacci:

Take the polar graph and orient the 0-degree line so that it is lined up to the top of the page.

The beginning portions of the Fibonacci spiral are erratic, meaning that the Fibonacci attempts to approximate the phi ratio (1.61803...), and the Fibonacci swings widely in the early stages (the first three divisions) and hones in closer on the phi ratio as it continues onward. It is very important to understand this characteristic of the Fibonacci.

The Fibonacci Spiral aligned on a polar graph looks like the illustration below.



### Fibonacci Spiral

0-Degree 1.0 100-Degree 1.8 200-Degree 3.2 300-Degree 5.6  
 10-Degree 1.1 110-Degree 1.9 210-Degree 3.4 310-Degree 6.0  
 20-Degree 1.1 120-Degree 2.0 220-Degree 3.6 320-Degree 6.3  
 30-Degree 1.2 130-Degree 2.1 230-Degree 3.8 330-Degree 6.7  
 40-Degree 1.3 140-Degree 2.2 240-Degree 4.0 340-Degree 7.1  
 50-Degree 1.3 150-Degree 2.4 250-Degree 4.2 350-Degree 7.5  
 60-Degree 1.4 160-Degree 2.5 260-Degree 4.5 360-Degree 8.0  
 70-Degree 1.5 170-Degree 2.7 270-Degree 4.7

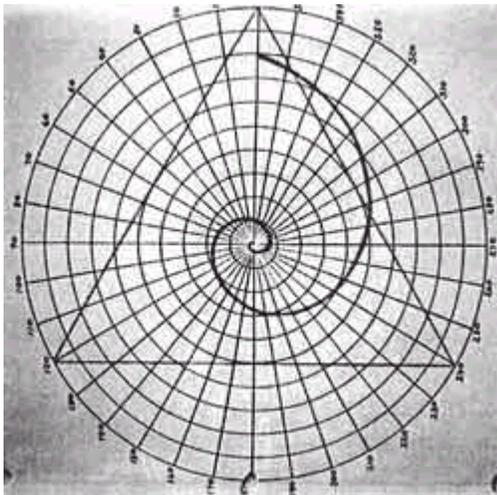
*80-Degree 1.6 180-Degree 2.8 280-Degree 5.0  
90-Degree 1.7 190-Degree 3.0 290-Degree 5.3*

Following the above template you will find that the Fibonacci Spiral aligns on the polar graph at the following points.

- 1) at the  $-0$ - degree radial and the first (1.0) circle out from the center.
- 2) at the 120 degree radial and the second (2.0) circle out from the center.
- 3) at the 190 degree point and the third (3.0) circle out from the center
- 4) at the 280 degree point and the fifth (5.0) circle out from the center.
- 5) at the 360 degree point and the eighth (8.0) circle out from the center.

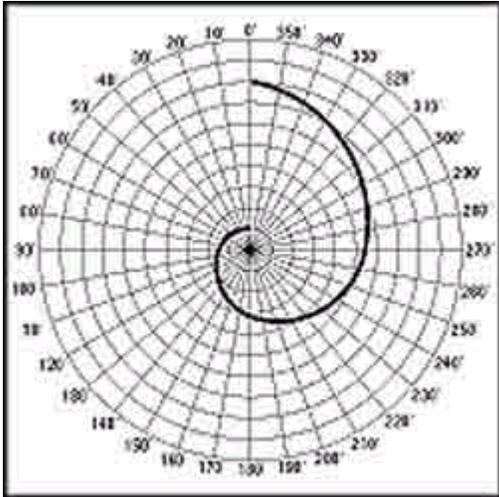
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In contrast to the Fibonacci Spiral, the Golden Mean Spiral laid out on a polar graph would look like the following illustration below.

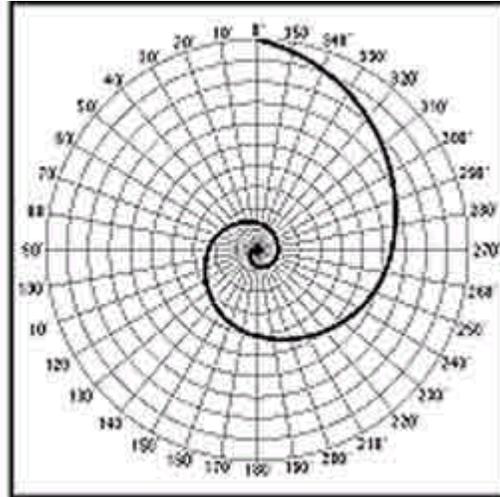


### GOLDEN MEAN SPIRAL

If you were to overlay these two graphs (below) labeled (Fibonacci “A”) & (Golden Mean Spiral “B”), it would look like “B”. Both spirals would overlap each other very nicely with the exception that the Golden Mean Spiral continues on into the center.

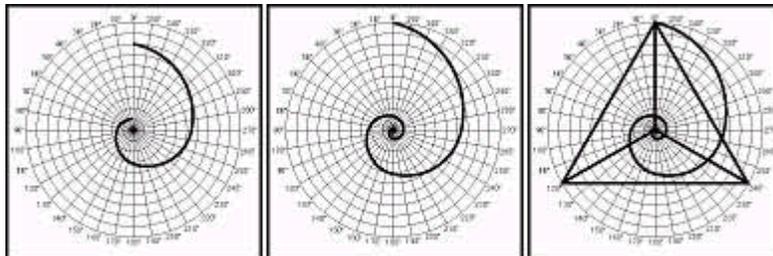


“A” Fibonacci Spiral Starts at 0 Degrees and at the top of the Inner First Circle



“B” Logarithmic (Golden Mean) Spiral Continues into the center

We have seen in Section 3, Figure 2 and 3, that highlighting the 0, 120, and 240-degree lines delineates a tetrahedron. When we overlay these two components (the spirals and the tetrahedron) upon a polar graph we can see the polar graph, spirals and the tetrahedron all align. *See below*



Fibonacci Spiral

Golden Mean Spiral

Golden Mean Spiral & Tetrahedron

Made by Highlighting the 0-120- 240 Degree Angles

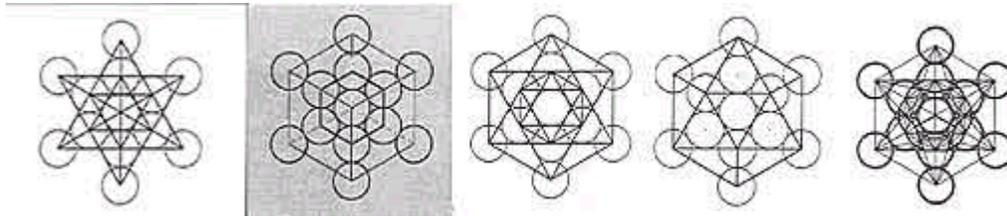
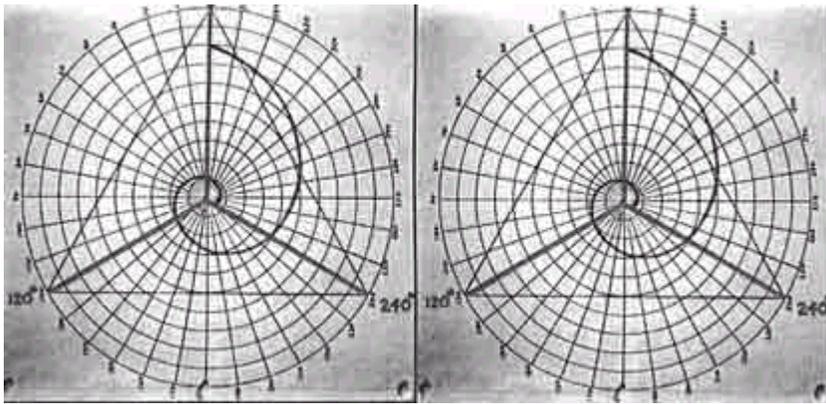
This is the first step in understanding the basics of this far-reaching and important symbol. If the spiral is an *inherent component* within a tetrahedron, then as soon as you create a tetrahedron you will automatically have an implied sphere, tetrahedron, several types of spirals, as well as all five platonic solids.

Let us extrapolate from the previous example. As soon as you feel the spiral of love, attached to the spiral (fractally and holographically) are infinite sets of spheres, tetrahedrons, and all five platonic solids. This means that as soon as you feel the spiral of love you have all of the necessary building blocks for creation.

Since the spiral creates all platonic solids, any platonic solid configuration set up around a human body in sacred proportion will enable the Golden Mean Spiral to be accessed or experienced.

In the case of our example using the tetrahedron, there is an implied spiral (the Fibonacci) that attempts to approximate an idealized spiral called the Golden Mean Spiral. You can see then that a fixed material object (such as a tetrahedron) contains a noncloseable doorway at its very core that is made by the Golden Mean Spiral. The unending process of a Fibonacci spiral will always attempt to fully merge with the Golden Mean Spiral. For our purposes of bringing this point closer to home, the Golden Mean Spiral can be sensed and felt the majority of the time when setting up some simple geometry around an individual.

As soon as you activate the sacred proportions around an individual, the golden spiral makes its presence known and can be tangibly felt. We will do this in the next section. It is this exercise that will enable you to experience how the heart aligns with the Golden Mean Spiral.

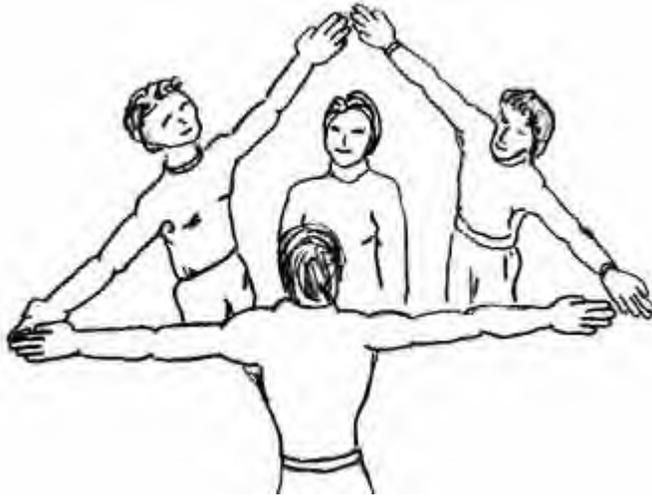


## 5) Exercises to Experience the Golden Mean Spiral.

### The Experiment: Part 1 of 2

Take one individual and have that person stand in the middle of three people stretching out their arms straight lines forming a triangle. Each of these three people, with their

outstretched arms, creates one side of a horizontal triangle around the center person. See diagram below:



### Orientation for Experiencing the Golden Mean Spiral

The individual in the center should close his/her eyes and relax while breathing slightly deeper than normal. Allow the mind to stop the internal chatter. Try to pay close attention to feelings and the heart.

The three people on the outside should keep their arms up for approximately 5 minutes or until they become tired. At that point the outer people can drop their arms to their sides because the intention has already been set to activate the sacred proportions around the center person. The outer people should be projecting as much love to the person in the center as they possibly can.

In just a few moments the center person will most likely begin to sway or circle, or move back and forth, as they begin to tune or resonate to the rhythmic motion of the golden spiral.

When we recreate this tetrahedron around a human, a spiral of golden mean energy is almost immediately created and will therefore be felt or sensed.

I am labeling the spiral as loving, golden, and unconditional because when you experience the spiral or wave-like motion while standing in the center of three people, it has a profound effect upon the heart that brings quite a number of participants to tears of joy and love. As one investigates this beautiful phenomenon in greater depths, it leads to a profound and seemingly alive, golden, and unconditional spiral of love.

Note: Focusing on the golden spiral (and your ability to sense, feel, and remain in resonance with it) will enable you to ride past (or transcend) the fixed forms of the geometric stages of matter, energy, or consciousness. The golden spiral is the thread or vine through all dimensions (material or ethereal) that cannot be bound. In short, if you are experiencing a restricting or containing effect associated with any geometric field or form, you can transcend that stage by attuning to the golden spiral. (For more information on this, see the section on the 32-Degree Tilt)

- Please Note: At this stage no fields around the body are being spun and so it makes no difference what orientation the tetrahedron is in relation to the person standing in the center. You will still feel the spiral equally in any direction you stand

## TAKING THE SPIRAL EXERCISE TO THE NEXT LEVEL

In this next exercise we concentrate golden liquid light within the individual and open all the chakras. This will require the services of a minimum of 13 people. As used previously in this section, set up 4 people in the golden spiral configuration. Now set up two more sets of four people in the golden spiral configuration. Please ensure that these three sets of four people are all configured to create a larger triangle.

### 6) The Golden Mean Spiral in Prayer and Chant.

As we have seen and experienced in Section 7, the golden spiral can be tangibly experienced and felt. However this is only one of a number of ways to experience this spiral once you are familiar with what it feels like. Understanding what it feels like makes it easy to identify the spiral in such situations such as prayer and chanting (or OM-ing).

If we look at the work of David Osborn, we can see in figure 1 (below) the Hindu prayer. After giving numerical values to the words in the prayer, they came up with the results in figure 2 (see below). The results show that the prayer culminated in the Pi values, which is also an irrational number as we have seen with the Phi ratio. This prayer finds itself in a spiral of no beginning and no end. This irrational spiral of no beginning and no end seems to be the language of God.

Out of Orion Call magazine: Mathematics and the spiritual Dimension by David Osborn.

GOPI BHAGYA MADHUVRATA SRINGISO DADHI  
SANDHIGA KHALA JMTA KHATAVA GALA HALA  
RASANDHARA

"O Lord anointed with the yogurt of the milkmaids worship (Krishna), O savior of the fallen, O master of Shiva, please protect me."

ka = 0  
ka, ta, pa and ya = 1  
kha, tha, pha and ra = 2  
ga, da, ba and la = 3  
gha, na, ma and sa = 4  
ca, ta and sa = 5  
cha, tha and sa = 6  
ja, da and na = 7  
jha and na = 8  
jha and na = 9

$\pi/10 = 0.3141592653589793238462643383279$

If you have ever had the fortune to chant spiritual prayers (especially the more ancient ones) while amidst a group, you may have noticed how the harmonics of the chants seem to create the sound and effects of spirals in the room. This has a profound effect on unifying and heightening the presence of spirit within the individual as well as in the general area.

## 7) Spinning the Tetrahedral Fields and Increasing the Presence of the Golden Spiral.

Since the true or original (first cause) geometry remains in eternal transcendence and exists at light speed and beyond, Sacred Geometry<sup>3/4</sup> the reflection of spirit or first cause geometry<sup>3/4</sup> has at its inner core this spirit or first-cause blueprint seeded within it. Dimensionally-bound spirit or geometry strives for the freedom of the first cause that exists beyond the binding of dimensions.

Spirit, like Sacred Geometry, wants to fulfill itself by increasing its availability to higher potentials/frequencies and expedite the stages of transcendence. This may go on as long as there are more potentials and frequencies with which to merge.

As we have seen in section #4, the spiral, tetrahedron, and the sphere are inherent to each other. Here is a question;

“Does the golden mean spiral increase its rotational spin rate as you increase the rotational spin rate of the tetrahedron”?

There are of course a few ways to view this proposition. Let's assume that the spiral is intimately fixed and tied to the tetrahedron. As we rotate the tetrahedron we will then rotate the spiral at the same time. Spinning the tetrahedron and consequentially the spiral (at increased speeds) would then increase the flow (input or output depending upon the direction of rotation) from or towards the Golden Mean doorway (Zero point?).

In the case of the merkaba, there are three full star tetrahedrons made out of bioplasmic energy (the same fabric as the Golden Mean). Two of the three full star tetrahedrons are used for rotation purposes. We have a star tetrahedron rotating to the left and the other star tetrahedron rotating to the right at the same time. In this situation, we have two spirals rotating in two opposite directions simultaneously. It can be viewed that the flow of the golden spiral is facilitating an inflow and an outflow (simultaneously) through the golden doorway or zero point. This is transmission and reception.

Increasing the spin then increases the potential volume or active presence of the golden realities coming from and going into the spiral doorway of zero point or unconditional love, however, there remains another factor that determines whether or not the individual experiences the added availability of this love.

Accessing these doorways is not a product of mentally spinning the fields alone. Instead, the individual must ride the spiral of the heart and use the geometry as a tool to pass through these doors. This is personal choice. Example: If we use clear water as an analogy of love, then whether we have a glass, puddle, pool, pond, river, lake, or ocean of water at our disposal, it still remains a choice as to how much we utilize.

This choice is ours as to how much we touch or drink the water. We can immerse ourselves or swim in the water. Love is the same way. It is our choice as to how much we open to the full spectrum of the love frequency.

This is like the example of the mind. The mind's eye can see the star tetrahedrons rotating at near light speed or faster but the heart may not be able in that moment to feel the love and joy that comes with breaking the planes of resistance as one experiences the higher octaves.

Or, the heart may be feeling the presence of higher frequencies that comes with the experience of entering light speed or beyond, but in this case the mind denies the experience and shuts down the heart.

The mind and the heart must be unified (married) in order to enter and sustain new experiences or realities. The spiral and the tetrahedron (as well as all the platonic solids) must be linked together (married) by your own individual choice of joining the mind and heart.

If the heart and the mind remain in disagreement, reality is torn. If the geometry and the spiral are staunchly separated they will offer little of their available potential. Intimately tied to the spiral of love are all of the building blocks for creation. (The spiral, sphere, platonic solids and more) Love, then, is the most intelligent and creative force in the universe! It is literally the vine that ties and supports all life and creation together.

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8) Ancient Temples and the Golden Mean. Imagine yourself being asked by the local authority to construct a temple that would enable people to come together and experience reunification and reharmonization with each other and with the great Earth-Mother spirit as well as the Great Spirit of all creation. Enabling a type of condition to take place like this (you're told) will cause great prosperity to benevolently be bestowed across the land and upon all beings and all life.

With the understanding you have of sacred geometry, living spirals, and natural vortexes, you decide to create a temple that takes advantage of as many of these potentials as possible. This will ensure that many people will be able to experience the golden uniting spiral of unconditional love and thereby increase the strength and effectiveness of the sacred reharmonization and revitalization ceremony.

You decide that the ground where you plan to build will be most effective if it has a good quality, natural energy ley line. You think this is a good start, but you begin to ponder whether a masculine or feminine ley line or energy vortex is best suited for your needs. You decide that having both male and female ley lines or vortexes would be optimal if such could be found.

If you cut your stone blocks into the Golden Proportions, you would have imparted a spiral within the stone. With the Golden Proportions imparted within every stone in the entire temple, the entire temple would, in effect, be a mass of spirals.

Using a few techniques to orient the spirals to a dominant harmonic and thus act in unison, you could create a powerful field effect in the area. Using the temple together with sacred ceremonies, each participant would have a much easier ability to integrate higher frequencies and sustain the experience of merging with God

This was the intent of Earth's ancient temple builders. If we view some of the ancient structures with this understanding, we can gain a greater appreciation for the intent, workmanship, and labor that went into these amazing ancient structures. Grand works such as the Parthenon in Athens, the pyramids in Giza and Mexico, as well as many of the structures down the Nile River, many cathedrals in Europe, and the ancient structures across the globe, have all been built with these sacred principals in mind.

### THERE ARE OTHER WAYS TO IMPART A SPIRAL INTO STONE OR INTO A BUILDING.

As archaeologists in Hawaii, several elder Kahunas would at times share stories of the past with a few of us. This was a very rare and great honor. On one such occasion, two of us who were archaeologists for the Bishop Museum had been given a project on Kauai, Hawaii. Ray was given the directorship and I was the mapmaker. Our task was to map and determine who made the four hand-hewn tunnels through solid basalt near Princeville. Since these tunnels had no records as to who and why were they created, Bishop Museum determined that they were a bit old.

Ray and I determined that we needed to confer with the oldest Hawaiian elders of that area as they may have some clues. In Hawaii, it can be difficult at times to access the elders, and so we sought permission from the Office of Hawaiian Affairs. We told the woman there what we were seeking and why. She listened attentively and then asked us to return the next day. She would see what she could do. When we returned, her eyes looked brighter and she calmly began to tell us everything about ourselves. She knew things that were not in any records about us. She obviously had some homework done on each of us. When she finished detailing both of us, she said we had been accepted and that we could see one of the elders on the upcoming Sunday. She then gave us the location of the park and the time we were to be there during their private gathering.

Because the mapping portion of the project was completed, Ray instructed me to return to Honolulu on Friday and he would take care of the interview with the elder. He would then catch up with me Monday on Oahu to finish up details for the report.

On Monday Ray came in to see me and was noticeably excited. I asked him how the meeting and interview with the elder went. Ray began by explaining that he couldn't just go see the elder. He instead had to go through a kind of "verbal banter gauntlet" with other Hawaiians to see what his reactions would be, which would indicate whether it was advisable to allow Ray to see the elder. "Apparently I passed with flying colors and they told me that the elder was waiting along the path in the woods," Ray said.

He continued, "I took off into the woods and found the elder sitting down. The elder smiled at me and got to his feet. He asked me to walk with him and we proceeded further into the woods." Ray then told me that they had conversed on many things and at one point the elder stopped near the entrance of a Hawaiian Spiritual Temple called a "Heiau". Heiaus are made predominantly out of hundreds of thousands of lava boulders of various sizes and shapes. The elder then asked, "How do you think we constructed these temples?"

Ray is an academic archaeologist and stated that obviously they must have used an assortment of ramps, levers, log-rollers, and ropes for moving the larger boulders and careful placement techniques for the smaller boulders. The elder started to laugh and said to Ray, "See that large boulder just inside the Heiau? Go tap on it with your knuckles."

Ray told me that it hurt his knuckles. In a few moments after Ray finished rapping on it, the elder was mumbling something indiscernible and pulled out a conch shell and began to blow on it making a sharp loud pitch. Ray said that at that moment he had felt quick sharp jolt going through his stomach and solar plexus. He said that in that moment of feeling the jolt he also experienced a little dizziness and slight nausea and he felt lighter, like walking on a cloud.

The elder then told Ray, "Now go rap on the boulder with your knuckles." As I was looking at Ray, his expressions were even more excited and animated now. Ray said to me, "Ron, when I knocked on the boulder after he blew the conch shell, the boulder seemed hollow! Like cardboard! The elder then smiled at me and said, 'that's how we moved such heavy objects.'"

Each temple is seen in spirit first. Sacred ceremonies are performed to bring the vision to the ground and manifest it on a special day. A ceremony is performed on all those who will assist in the construction. Then they form a human chain, sometimes of hundreds of people, to carry the smaller boulders from rock deposits so that the temple construction can begin and end in only one 24-hour period.

### HAWAIIAN RELIGIOUS TEMPLE "HEIAU"

Each boulder is then made up of special prayers. Each person in the chain lays hands on the boulder and prays as the boulders are passed one by one. The temple is literally made of hundreds of sacred prayers in every block at every stage of the temple. These original prayers were reinforced and revitalized each time sacred ceremonies took place at given points during the course of each year.

One needs only to walk into some of these beautiful ancient temples and experience the feeling of that masculine or feminine spiral vortex that still exists even to this day and you will experience the powerful results of the practice of carefully imparting prayer and love into each rock.

## THE POWERFUL SPIRAL ENVELOPE OF UNIFIED PRAYER

In Bali, Indonesia, there exists a temple high on the slopes of Mt. Agung called Besakih Temple. A very powerful and famous holy monk started this temple approximately 900 years ago.

This monk lived on the island of Java and there he had a tremendous vision. In the vision he was shown that he had to build a great temple. He would find this temple by seeing a great shaft of white light extending from the heavens and touching the earth. The monk searched all of Java but found no such light from heaven.

### MT AGUNG, BALI-INDONESIA

At that point the monk decided to gather a number of craftsmen, builders, monks, as well as ships, and he set off to search the many islands of Indonesia searching for the shaft of light from heaven to build the grand temple.

When his ships carried him to Bali, it was here, high on the slopes of Mt. Agung, that he finally found the lighted shaft from heaven that only his eyes could see. The monk gathered around him a large group of the local Balinese people who supported the monk's vision and together they built the grand "Mother Temple" of Bali.

### BESAKIH TEMPLE – BALI'S MOTHER TEMPLE

Within the Mother Temple complex, they have many temples that represent other major temple complexes on Bali. During the course of the year the Balinese will have a number of very special sacred ceremonies performed at the Mother Temple. During those events, representatives from all of the major temples journey to the Mother Temple, bringing the most ornate and beautiful offerings to God.

Each of the representatives (as well as each of the temples representing the major temple complexes on Bali) are reintegrated and infused with the presence of Great Spirit. Simply put, the people, the land, and the temples are revitalized and reharmonized by the presence of Great Spirit through the simple act of praying together in a united fashion at sacred intervals just before spirit begins to wane in the land, the ethers, and inside of themselves.

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These ceremonies and prayers at sacred intervals are very much like the inhale portion of our breath that imparts to us the life sustaining oxygen and prana. In this case, the coming together for ceremony is the life sustaining, cleansing, and re-integrating (or inhale) with Great Spirit. The exhale is like going out to the land and returning the great essence of spirit you've received in ceremony back to the land, the people around you, your job, as well as your own world.

Once the main ceremonies are completed at the mother temple, the representatives return to their own district temples and continue the ceremonies at much more frequent intervals. This keeps the reintegration process continuing on an ongoing basis, enriching all of life on multiple planes of existence with the presence and potentials that come with being close to God.

This creates a strong and rich envelope of higher frequencies pervading in, through, and around all things in Bali. This envelope of higher frequencies in Bali is the strongest consistent spiritual envelope I have experienced in the world. As soon as you arrive on Bali, you feel bathed in the presence of Great Spirit.

What I am leading to in sharing these stories is an attempt to identify and understand the importance of the spiral as a key to unlocking the heart and the human potential. Once you understand and experience the feeling of the spiral, it will be obvious how important natural power spots and constructed vortexes are for their ability to aid in the reintegration with Great Spirit.

There is a greater importance however. Each person that becomes adept at experiencing the spiral will find benefits for themselves. However, there is so much more that can be accomplished by coming together in a large group at calibrated intervals. These groups could come together for a day to invest themselves in the ceremonies of spiritually reconnecting to God en masse. This would empower us to take responsibility for creating and caring for the envelope of higher frequencies in our world.

Our world and every living thing would undergo incredible transformation. What we look for in supplements to our lives for our weary spirits, bodies, or emotions would be filled by the rejuvenation and inspiration received by sincerely reconnecting to Great Spirit.

#### 9) The Merkaba and the 32-Degree Tilt.

The star tetrahedron is a hexagonal (6-sided) configuration. As shown in previous sections, the platonic solids are nested and they are fractal and holographic, as well as intimately tied to the spiral

### STAR TETRAHEDRON CUBE OCTAHEDRON ICOSAHEDRON DODECAHEDRON

In the research by Dan Winter, it has been demonstrated that as a hexagonal configuration, the star tetrahedrons of the merkaba naturally contain energy. These star tetrahedrons will release this energy when the star tetrahedron tilts slightly backwards to the 32-degree position. (This can be accomplished when the individual's head tilts back slightly). This highlights the star tetrahedron's cube configuration within the center of the star tetrahedron.

This 32-degree tilt of the star tetrahedron to a cube orientation will in turn allow the star tetrahedron to accentuate the dodecahedron (pentagonal 5-sided base). This cube alignment inside the star tetrahedron will then be angled to spin it's 4<sup>th</sup> axis (or 4<sup>th</sup>

dimension) of rotation. This new spin edge of the dodeca is .618... of the 1.0 cube edge, which initializes and funnels the built up energy (pressure) in the previous star tetrahedron configuration to begin to implode down into the Golden Mean Spiral. As a 5-sided configuration, the energy that was previously contained within the 6-sided star tetrahedron configuration is then released into the Golden Mean Spiral pattern guide. The individual and the golden spiral then start to become one with each other in ever increasing increments. This is the moment of love (or implosion) caused by merging with the feeling of the spiral.

When learning the merkaba meditation there is a common tendency to fixate a bit too much of one's focus upon the geometric form of the star tetrahedron and its rotational characteristics. If one is centering too much focus upon the star tetrahedron, it can also become a box of containment by one's own tenacity of focus. The star tetrahedron was never meant to be a containment box or challenge for any student.

There is a balance of energy and attention that needs to be paid to the geometric correctness of the star tetrahedrons in the merkaba as well as attention and attenuation of one's own feelings to the spiral (heart).

Drunvalo stated often in the workshop that the merkaba's effectiveness was tied to the heart when he said, "To the degree that you can open your heart will you experience the depths/potentials of the merkaba".

Since true or first cause sacred geometry is made of the fabric of spirit, sacred geometry is always in fluid transition and transcendence, fluidly evolving from one geometric pattern to another. Angular geometries are actually (unless frozen into a physical form) temporary stages in an ongoing fluid evolution of geometric forms that mirror consciousness and it's evolution.

The spiral is the living blueprint or glue for the evolution of geometric patterns. When the heart accesses great depths of love, the love (or spiral) then rocks the head back to the 32-degree position naturally. This same love, as it is increased, will be the propelling motivation to initiate your entrance into the 4<sup>th</sup> spin axis (dimension) or beyond.

In short, the spiral knows what to do (and when) with the angular geometry. However the angular geometric patterns by themselves need a leader (guide/ blueprint) to follow. The golden spiral (love) is the magical leader for the angular geometries, just like the flower or fruit need the vine or stalk. The angular geometries need the golden spiral to maintain cohesive sorting and fluid distribution as they enter into (and throughout) the moment of love (implosion). This sets up the orderly fractal and holographic matrix on all scales and planes (infinite nesting/embedding). When using angular geometries in visualization or meditation, always return to the spiral (center/heart/feelings) to change states of consciousness (geometric patterns or configurations) and/or direction (intention). The spiral is (and will always remain) the infinite doorway into or out of all planes and dimensions.

If the heart and the mind remain in disagreement, reality is torn. Concurrently then, if the geometry and the spiral are staunchly separated, they will offer little of their available

potential. Intimately tied to the spiral of love, the spiral, sphere, platonic solids (and more) are all of the building blocks of creation. Love, then, is the most intelligent and creative guiding force in the universe! Love is literally the vine that ties and supports all life and creation together. by Ronald L. Holt

Director of Flower of Life Research