

What do we have in common with cats, seashells, tornadoes, daffodils and galaxies?

What defines beauty and aesthetic harmony in the mind?

How can we experience forces that shape and form the universe itself?

What secrets do ancient buildings and works of art hold within their structures?

How can we create or draw forms that have an effect on the mind and consciousness?

These are just some of the questions we seek to answer in this workshop.

You are invited on an intriguing exploration of the blueprints of life that will change the way you look at the world around you forever!



Your facilitator for this workshop will be **Kris Attard**, a personal development teacher from Malta who for many years has been involved in the study of ancient wisdom and mystic philosophies.

Kris has conducted workshops in over 10 countries to audiences ranging from public to top multi-national organisations, with workshops on intuition, mind training, synchronicity and sacred geometry. He is senior instructor of MindScape worldwide and a certified Six Thinking Hats Instructor.

Kris' background has included studies in mind dynamics, NLP, esoteric philosophy, energy medicine and BioGeometry. He is the author of the MindScape Manual, and is publishing research on sacred geometry in the ancient Neolithic temples of Malta.

# Sacred Geometry



Exploring our self, nature and life through the ancient study of form

AWARENESS



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# What is Sacred Geometry?

Plato defined it as “knowledge of the eternally existent”. Since early times, humans recognized a oneness in nature and the universal forces that governed it. It was realized that at the heart of all the diverse manifestations of life lay certain core fundamentals - archetypal forces that shaped the universe and even determined its interactions. These were expressed in numbers, sounds, forms and symbols.



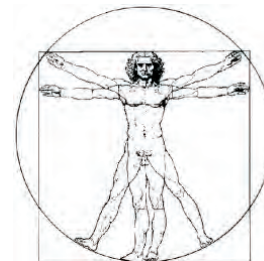
Because these elements were understood to be the blueprint of life itself, God's drawing-board as it were, they came to be regarded as sacred. They were integrated into art, architecture and spiritual practises in every culture. Its principles gave rise to mathematics and the sciences; but as our minds became more rational and less intuitive, many key concepts were forgotten, ending up shrouded in secrecy as esoteric lore. These 'lost' elements were a science in themselves, dealing not just with empirical laws but also energy, consciousness and holistic resonance.

Sacred Geometry offers us the chance to revive this wealth of awareness. Its principles can benefit us whether we are creating art, designing buildings, healing people or producing a nurturing environment for ourselves.

## Some Sacred Geometry concepts we explore...

### AS ABOVE SO BELOW..

From its structure and proportions to heartbeat and DNA, our body is made on the same sacred geometry ratios found throughout every branch of Nature, as well as cosmic forces. We learn about the principle of resonance and what it reveals about our true nature.



### THE MEANING OF SYMBOLS

Certain forms have long been associated with spiritual work. Be it the hexagram, the spiral, the cruciform or the labyrinth at Chartres Cathedral, sacred geometry give us vital insights to their meaning, and to the possibilities they open for us to use them to expand our awareness.



### NATURE, AND OUR NATURE

In the philosophy of numbers, Phi or the Golden Section is just one example of harmony within nature. Besides seeing nature's forces in a new light, we learn to identify and even replicate the qualities and energy dynamics of 'living' structures just as ancient people did.



### SACRED ART & ARCHITECTURE

From Neolithic stone circles to the cathedrals of the Renaissance, ancient peoples used sacred geometry principles to evoke specific energies and qualities in the space and works they created. We explore some of these concepts, how they work and their benefits.



“To see a World in a grain of sand, and a Heaven in a wild flower,  
hold Infinity in the palm of your hand, and Eternity in an hour.”

WILLIAM BLAKE

## The Course

Courses are 1 or 2 days, and are conducted in 2 languages: English and the universal language of form.

The theory is comprehensive yet easy to understand. Participants also engage in traditional exercises, including:

- understanding the forms by **drafting** them with the tools of the geometer - compass, straightedge and pencil.
- **meditation** exercises to connect with the archetypal energies of the forms



Slide presentations will demonstrate the forms and geometrical relationships, as well as fascinating examples from art, architecture and Mother Nature.

### WHO CAN BENEFIT FROM THE COURSE?

Anyone. The only pre-requisites are curiosity and interest.

- Artists, designers, architects, musicians can gain a better appreciation of the rules and canons that govern their art
  - Holistic therapists and practitioners of BodyTalk, acupuncture, psychotherapy, etcetc can get a deeper understanding of the interconnectedness and resonance that makes healing possible
  - MindScapers can learn principles that take their techniques to higher levels
- Sacred Geometry connects us all, and touches us all!

Triangle of Isis

“If you would understand the invisible, look carefully at the visible” TALMUD