

THE SACRED ART OF
TRANSFORMATIVE SPACES



THE HISTORY OF SACRED SPACES

1.1



1-INTRODUCTION

It was 17000 years ago that history was made as a series of Andesite stones and sandstone monoliths would come together to create Tiwanaku, Bolivia's premier archaeological site, the world's oldest living temple.

Ancient written records claim the historical site was created through the course of only one night, by a race of giants, a pre-Inca civilization, highly advanced in art, pottery, astronomy, and mathematics.

Over millennia, many other famous structures joined Tiwanaku on its noble mission. Sites such as the great pyramids of Giza, the Mayan architectural sites of Mexico and Guatemala, monuments of Greece (such as the temple of Delphi and the Acropolis) stone circles like Stonehenge, and Thailand's Wat Arun, stood together forming a network of structures which hold our planet in balance.



1- INTRODUCTION

Researcher Freddy Silva refers to them as “ancient Academies of the spirits, monuments to the tree of knowledge, one which, if we eat from it, will bring us enlightenment.”

These physical structures were built intuitively and intentionally, using a set of principles embedding them with knowledge of advanced geometry, the mathematics of the earth’s processional cycles, solar, lunar and stellar alignments, making use of materials and aesthetics which would support the occurrence of numinous experiences for initiates. Practices such as Feng Shui and Vastu Shastra later emerged as systematic approaches to the already existing field of sacred interior design.

The Vastu Shastra practice, created by Hindu monks during the Vedic times, approximately 7000 years ago, was first used to build temples and sacred buildings, before being applied to private homes later on. The monks would have then carried the wisdom over the Himalayas, to China, where it was adapted to become Feng Shui 4000 years ago.



2- MAN'S HISTORY AS AN INITIATE OUR JOURNEY BACK TO SOURCE

The first souls incarnated in “human” form some 100,000 years ago as highly-advanced divine beings, arriving on Earth directly from an uninterrupted connection to Source. As this connection began to dissipate, society would fall out of balance.

For the intent of this course, I define Source as the dimension of our origin, the undifferentiated essence of our existence, the field of white light from which everything originates. It is the immaterial, the formless; it is our home, it is who we are.

Human beings found themselves entrenched in the full-time physical experience of an environment which was out of alignment with their authentic being. As they became angry, ill and self-harming, practices of reconnection became crucial.

Principles which are intrinsic to both practices are similar to those used in the creation of ancient temples; these include the concept of Qi energy, yin/ yang and the balance of masculine and feminine energies, the alignment to the forces of nature and more.

While today Feng Shui is at the leading edge of sacred space design, many of its practitioners are branching out, seeking methods which draw principles from various practices, expanding beyond this traditional lineage.

This context gave rise to a culture of temple-making, creating physical spaces which would mimic the order of the universe. In these, we could find alignment, refuel and strengthen our wisdom. They played host to initiations, pilgrimages, and live resurrections; becoming mystery schools of ancient civilizations sharing knowledge with those who were ready and willing to receive it.

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Initiates to the temples of ancient times would prepare for years, followed by a shaman, until they were ready to spend time alone in a chamber, in search of the profound wisdom which lied within. A new set of knowledge and abilities would awaken, and they would return to their life, with a newfound sense of equilibrium and equanimity.

Through transforming into extraordinary humans, they become examples to others, therefore helping raise the levels of awareness of others and maintaining societies in balance.

They facilitate enlightenment and bring the potential of paradise ever closer to the individual and communal body. By creating Heaven on Earth, they helped bring balance to our beings, re-enabling our connection to our highest power.

3- THE EVOLUTION OF SACRED SPACES THROUGH TIME:

Long before any constructed temple existed, mountains and mounds which lived in nature were considered sacred spaces, behaving as natural temples.

Simply climbing them would bring us closer to the divine. Visible from far away, the mounds allowed us to remember where the places for divine connection were located.

Ancient civilizations began to build structures on these to mark these sacred sites so humans could remember where to go to connect to the divine. With time, these structures evolved to become stone circles, temples etc, built in a way that they would amplify and increase the frequency and potency of these sites.

It began to be understood that as we are universal beings trapped in a 3D body, we become ill because we are stuck in an environment which is out of alignment with our own original being.



We become angry, ill, self-harming, etc. Temples mimic the order of the universe so we can find alignment, we can refuel, strengthen our wisdom as these temples are places of universal force on earth. Whilst initiations, pilgrimages and live resurrections were common in temples, practises were later devised to create more systematic approaches to the sacred space field.

For instance, the shape of the pyramids of Giza was inspired by a hill called Dehenet by the Nile which was chosen by the Pharaohs as the gateway to the other world. It stands over what is known today as the Valley of the Kings.

Britain's famous Stonehenge is an evolution of all of this, a simple circular stone alignment, thousands of years old, it behaves as a temple as the stones alignment and the choice of the type of stone will help magnify and amplify the energy of the power spot it was built on. Famous temples in Meso-America such as Chichen Itza in the Yucatan or Teotihuacan north of Mexico City were evolutions of these concepts as well.

It is important to note that these demonstrated design principles which represented the existence of masculine and feminine forces, the sun and the moon, the yin and yang presence which is commonly referred to in Feng Shui.



Much later, it was found that many ancient sacred pagan sites were destroyed with cathedrals and churches built on top of them. One of the most important examples of this is Chartres Cathedral. Built in the middle ages, not only was it built over an ancient Pagan site which could have been built there any time between 10000 and 2000 BC, but it also used ancient principles in its creation.

Vastu Shastra was a practise which was created by Hindu monks during the Vedic times, approximately 7000 years ago. It was used first to build temples and sacred buildings but then became a practise to create private homes as well.

This practise was then carried over to Himalayas to China where it was adapted to become Feng Shui 4000 years ago.

Both Feng Shui and Vastu Shastra are based on similar principles as the ancient temples. We will learn more about this connection when we explore the connection via the understanding of principles such as the Qi energy, the yin, yang masculine and feminine, and alignment to the forces of nature.

Today, Feng Shui is the foremost form of sacred space practise. However many practitioners are now branching out and seeking new ways of building spaces which use a mix of different practises which expand beyond this lineage.



4- AN ILLUSTRATED OVERVIEW OF THE HISTORY OF SACRED SPACES

1- Long before any constructed temple existed, mountains and mounds which lived in nature were considered sacred spaces, behaving as natural temples. Simply climbing them would bring us closer to the divine. Visible from far away, the mounds allowed us to remember where the places for divine connection were located.

2- Above is the nature-made mound called Dehenet, next to the valley of the Kings in Egypt, known as being the first mound which inspired the shape of the first pyramids which then became popularly used as a shape in temple making.

3- These mounds later lead to the creation of stone circles, like Stonehenge and Castle Rigg (above) the placement of specific types of stones in particular ways would create amplified, intensified and energy fields.

4- The oldest temple known to man is Tiwanaku in Bolivia which is 17000 years old. Temples were another way of amplifying and intensifying natural energy fields to create spaces which could enable transformation.

5- The knowledge then expanded from the world of pagan sites to the churches and cathedrals of the middle ages in Europe.

6- Seven thousand years ago, the practice of Vastu Shastra was developed in India, after which studies of Chinese astronomy first gave rise to Feng Shui. These practices carried the knowledge into modern times, and today the world of sacred spaces has become a broad, multi-dimensional field of work.



5- HOW THE ANCIENTS BUILT SACRED SITES

How this practice emerged from ancient sacred

Scientists and modern architects are baffled by the construction of most sacred sites, often stating these would be difficult to recreate with today's available means.

According to researchers such as the aforementioned Graham Hancock and Freddy Silva, we owe this legacy of structures to a culture of giants who had access to wisdom and technology much more advanced than ours. They were constructed as microcosms of the macrocosm of the universe, mirroring its perfection. Their analysis reveals embedded knowledge of advanced geometry, the mathematics of the earth's processional cycles, solar, lunar and stellar alignments. These spaces become active, alive organisms which seek to heal other beings which come into interaction with them. Human beings who linger with them become a part of an alchemical process, a beneficial synthesis, which triggers a tremendous awakening of abilities and knowledge essential to our growth.

5- THE 5 PILLARS OF TEMPLEMAKING

While temples from Cambodia to Greece, Egypt to Peru might appear entirely different at first glance, further inspection reveals quite a few defining key points unite them. I have defined five categories for these principles from which we can extract knowledge as a basis for creating methods which can work for our contemporary spaces.

1. ENERGY
2. INTENTION / THE HUMAN KEY
3. ORIENTATION AND LAYOUT
4. AESTHETICS,
5. SACRED GEOMETRY

5.1 - ENERGY

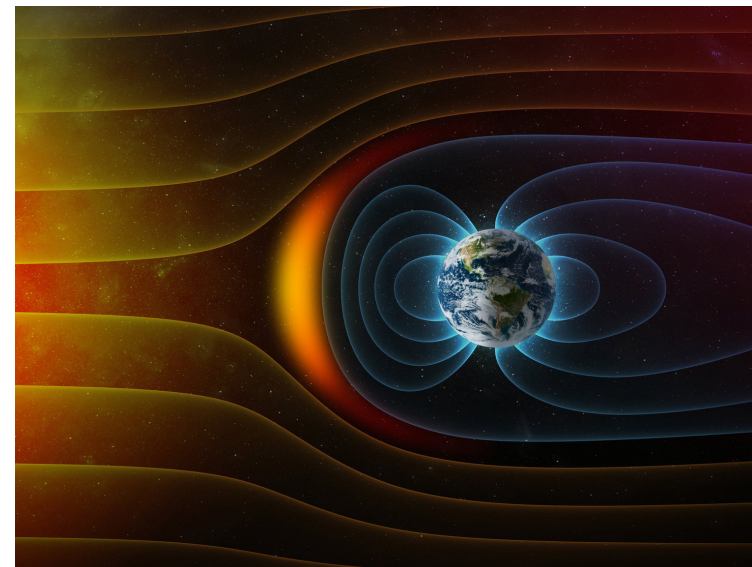
As the human being is energy, we are composed of energetic structures, patterns and functions which form our biofield. Its proper functioning is key to our highest expansion and growth and its development is optimized when it comes into contact with frequencies which are aligned to Source.

Energy fields can be scientifically measured using tools such as magnetometers, dowsing rods, pendulums, and bobbles. Every sacred site inspected by researchers is located on, or at the proximity of, a power spot, a place of intensified energetic frequency which resonates similarly to that of Source. For our development, access to this type of energy is essential.

These are formed by the meeting points of lines, originating from the Earth's magnetic poles, which cross as they run along the surface of the Earth, and their existence was proven in 2012 by the North American Space Agency, NASA.

Tribes such as the Hopi, from near Easter Island, the Maya from Mesoamerica and the ancient Egyptians believed repeated exposure to hot spots provided numinous states of mind in the individual.

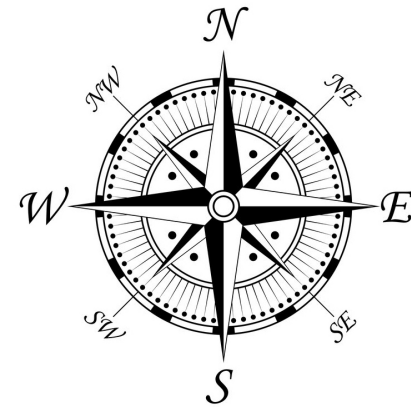
For a site to live up to its highest mission and potential, it needed to be created on one of these spots; making Energy the leading aspect in the creation of sacred sites. Principles which are intrinsic to both practices are similar to those used in the creation of ancient temples; these include the concept of Qi energy, yin/yang and the balance of masculine and feminine energies, the alignment to the forces of nature and more.



5.2 - LAYOUT AND ORIENTATION

Further analysis of sacred sites demonstrates our ancestors carefully considered their orientation; a principle which affected their objective, higher purpose and desired impact on initiates, making this another critical aspect.

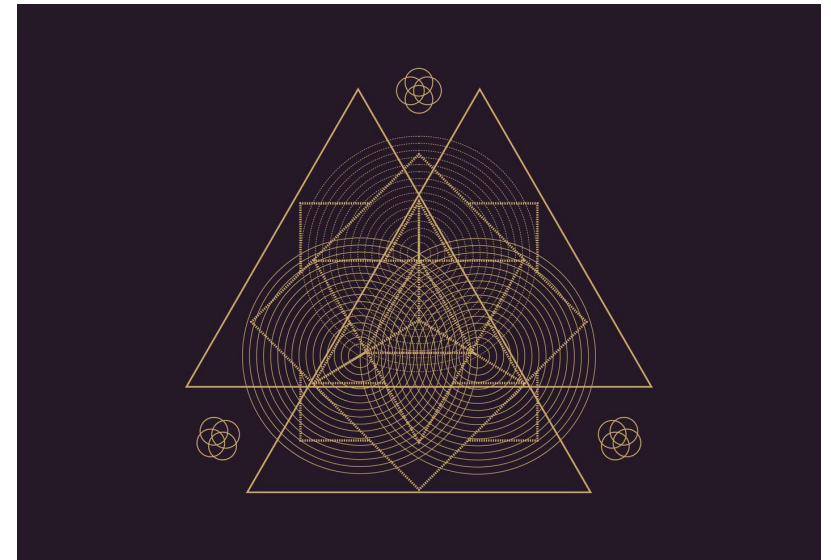
This concept relies on the forces of nature, the relationship between the Earth's elements and certain natural forces which were quite impactful, such as the sun rising to the east, setting to the west, the magnetic lines of energy originating from the north, the equator being located towards the south (for the northern hemisphere), and more. As our beings are mirrors of the earth, our connection to our space relied on its relationship to these elements as well; and was enabled by careful consideration of the cardinal orientations. Layout and orientation became a second crucial concept.



5- SACRED GEOMETRY

The sacred geometry of the Earth is considered the architecture of God; the geometric arrangement which is the basis of the DNA of everything in existence.

The sacred geometry of the Earth is considered the architecture of God; the geometric arrangement which is the basis of the DNA of everything in existence. Through the use of sacred geometry in temples, sacred spaces replicated the perfection of the universe, in alignment to the Universal laws, allowing humans to unlock their connection to divinity as well. In a significant example of this is, the Pyramids of Giza are the same exact proportions as the Earth, scaled down by a sacred number, meaning their architects intended to create a microcosm of the macrocosm which we benefit from connecting with.





5.4 - AESTHETICS

Imagery, symbolism, materials, and colors were used to create connections which would be valuable in a person's growth and development..

Materials were chosen for their composition which would amplify the resonance and frequency of the already existing energy power spot. Colors were used to trigger specific energetic effects. Symbols were used to create specific, strong associations, whether on a conscious or subconscious level. Materials were used to help amplify the resonance of frequency fields as well.



5.5- INTENTION - THE HUMAN KEY

Our ancestor built these sites with the common objective of shifting the course of mankind. With time, the gathering of initiates, united by common intentions for growth and development strengthened their power.

Furthermore, being aware of the potential benefits of visiting a temple prepared initiates for the journey ahead, paving the way for the transformation which was to come. Intention became a crucial ingredient as well. In the land currently known as Easter Island, Manu was a force recognized by its ancient civilizations as a collective intention set by a group of people who would get together with a common goal. It would have allegedly been behind the creation of the famous Maori statue site which, similarly to Tiwanaku, would have been created over the course of only one night.





6- MORE STORYTELLING

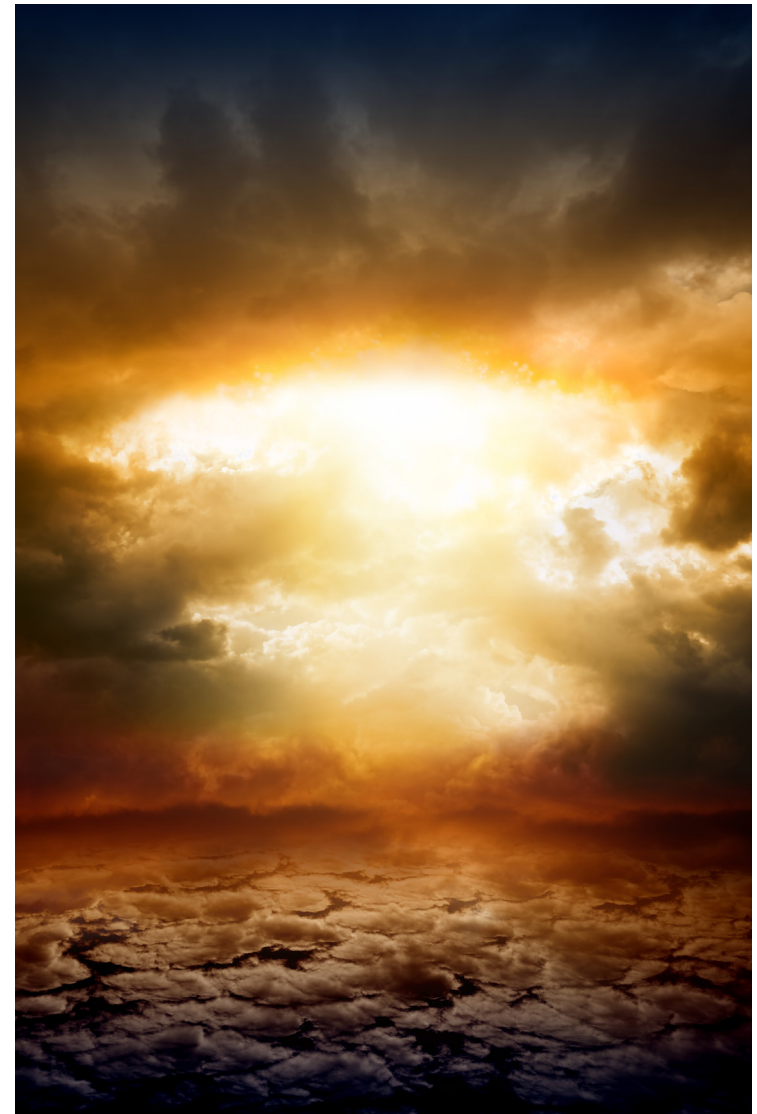
The year is 9703 BC, and a giant comet has broken into seven parts which have struck the Earth in various places.

For a duration of approximately six months, it is Armageddon for the planet's inhabitants; one can barely differentiate day from night, let alone make out a person standing right before them as a thick veil of dirt, dust, and mud fill the sky and air. During this period the Earth's sea level increased by 50m, mercilessly wiping away entire civilizations.

A select, chosen few received messages guiding them to survival. After the carnage was over, giant divine creatures, measuring 4-6 meters in height visited them, bearing this message:

“To restore the balance of the earth, you must rebuild the mansions of the gods.”

This event marked the beginning of the mystery schools of temple-making and a whole new chapter in the creation of sacred spaces was born.



7- THE STORY OF ATLANTIS

Around 360 B.C., Plato first told the story of Atlantis, an advanced, utopian civilization of lush, abundant islands whose founders were half god/ half human. It had existed about 9,000 years before his time, and its story would have been passed down by poets, priests, and philosophers.

While other writings by the Greek philosopher were famous for containing essential truths about the human condition, this particular one has been, almost unanimously, met with skepticism and doubt.

Skeptics such as James Romm, a professor of classics at Bard College in Annandale, New York, believe Plato created the story of Atlantis to convey some of his philosophical theories. “His ideas about divine versus human nature, ideal societies, the gradual corruption of human society—these ideas are all found in many of his works. Atlantis was a different vehicle to get at some of his favorite themes.”

Charles Orser, curator of history at the New York State Museum in Albany calls the legend of Atlantis a story about moral, spiritual people who lived in a highly advanced, utopian civilization. However, they became greedy, petty, and “morally bankrupt,” and the gods “became angry because the people had lost their way and turned to immoral pursuits,” Orser says. As punishment, he says, the gods sent “one terrible night of fire and earthquakes” that caused Atlantis to sink into the sea.

In his book *Paradigm Busters: Beyond Science, Lost History, Ancient Wisdom*, Kenyon Douglas recognizes that historical records from various societies around the world share similar stories. Most significantly, he speaks of a team of Danish geologists whose studies, conducted in November 2008, might have provided substantial scientific evidence to defend Plato’s story of Atlantis before its critics.

Their investigations of geological anomalies and fossilized trees would have indicated that, in 9703 BC, barely 100 years after the philosopher’s famous account of Atlantis, a catastrophic event would have indeed caused floods which would bring an end to civilizations which existed at the time. The geologists remarked that the climate change appeared so sudden “It was like a button had been pressed.” For months, Armageddon was upon them.

The world was in dire need of restorative, ancestral wisdom and according to experts such as Douglas, Hancock, and Silva, a group of seven sages, builder gods recognized as the followers of Horus would deliver it. According to the Edfu texts, they would be the only ones who knew how sacred sites were created, and they would travel across the Earth sharing their wisdom with the select few who would be chosen to help them carry their legacy. It is to the tireless efforts of these initiates that we owe the legacy of temples which still exist around the world today.

What a legacy it is.

8- ARE YOU SECRETLY A BUILDER GOD READY TO AWAKEN?

When I teach workshops on the topic of Spiritual Interior Design, I often share the above story as a pillar moment in its history.

While I often encounter polarized reactions, ranging from deep skepticism to buoyant enthusiasm, those who stand out most are the few who beam a deep sense of recognition, resonance and remembering.

We live in a unique time where access to this ancient knowledge, combined with modern technology can help propagate this work in ways our ancestors may have never imagined. It is this that lights the fire motivating me to do this work.

I would hope that any student of this course would experience the awakening of a deep sense of purpose in reading these words, knowing they have been chosen to help carry this legacy into our contemporary scene to arm it and support our society in the face of the chaos it is currently experiencing.

Noam Chomsky's Optimism over Despair, published in 2017, describes our current context in the following way. "Illegal wars, global demagogues rising, the fury of the disenfranchised, millions suffering the effects of unmitigated climate change, wage stagnation, fake news, unfettered corporate expansion exploiting nearly every area of public and private life... It is easy to despair at the state of the world in the early years of the 21st century."

Our current context is significantly similar to that spoken about by Plato at the time of Atlantis: pettiness, greed, lack of alignment, as well as climate change. Across the world, human beings are awakening to higher levels of consciousness, yearning to step away from the illusions of our materiality, to live better lives and impact the world around them. This is the perfect time for us, as a society to awaken to our power. As the followers of Horus supported, the creation of sacred spaces is a great way to achieve it.

I therefore invite you to introspect on your own purpose with regards to this work and your relationship to our current context.

What do you feel you are meant to achieve in this incarnation? Does it include the betterment of yourself, of the society around you, and eventually the support of the next massive shift in the course of mankind?

Across this course we will investigate how the various principles of this ancestral knowledge can be applied in ways which are.

The work of sacred space design was a noble and purposeful task for a select few.

The people who were chosen to carry this legacy were chosen for their skills, abilities and talents, and accepted to engage on a path that would be magical, and fulfilling, yet most challenging (to say the least).

As you introspect further, you will become aware if this work is meant for you:

Perhaps simply as a hobby, for the betterment of your own home, to share with clients or to eventually teach others as well.

I welcome you on the journey, and wish you to experience the deep pleasure I have experienced in researching and creating it myself. Similarly to this, those who are called to do this work today are part of carrying this new legacy into a new era in which it is needed more than ever, it is good to draw up the purpose of this work in our context today.

Welcome home.

