

THE SACRED ART OF
TRANSFORMATIVE SPACES



UNDERSTANDING THE
ENERGETIC DIMENSION OF
TRANSFORMATION

2.1



The human being is an aggregate of an energy field which is connected to everything in existence.

ENERGY AND THE TRANSFORMATIVE ART OF SHAMANISM

1-INTRODUCTION: MY FIRST ENCOUNTER WITH RAY STUBBS.

I'll never forget my first conversation with Tucson-based shaman Kenneth Ray Stubbs. It had only been a 2-minute chat, to say hello and fix an appointment for the next day. Yet I found myself staring hypnotically at the computer screen after the call, needing a few minutes to gather myself as a warm flood of energy moving through my body, morphed into a tingling sense of divine bliss.



Me with Kenneth Ray Stubbs in Tucson Arizona July 2017.

1- INTRODUCTION

As this feeling lasted well into the next day, I felt called to mention it to him when we next spoke. I told him that merely being in his virtual presence for a short period, exchanging a quick smile, hello and glance, had left me floating on clouds.

“This is my work,” he said, almost as a scientist wearing a white lab coat and pointing to a complicated chart. “This is energy.”

It was January 2016 when I first came across Ray’s work, and I had just finished journeying through Brazil, following experiences in Liberia, Mongolia, and Barcelona which had initiated me to the world of Shamanism, one I previously knew very little about. I began to understand that there were many types of shamans but that ultimately, their work was to seek information and wisdom from the spirit world to bring healing and transformation to our 3D world.

I learned that these somehow “superpowered” beings work across dimensions; behaving as guides bridging this realm, where things manifest and are seen, with the invisible field of Source where everything originates. Our experience as humans is formed by many dimensions and plains, some we can see and experience and some we can’t.

The ultimate dimension is the one of Source which Ray refers to as “the undifferentiated essence of our existence.” It is a unified field of white light where all is one, all is vibration, all is in wave form. Everything originates before moving into the next dimension/ plain where it gains more density, becoming more tangible, then moving on to the next one, before finally reaching the 1st, dimension, the 3D world in which we live.

I began to understand that everything in existence is a manifestation of vibration. That whatever physical object, living being, as well as emotion, issue or pattern, actually originates in this realm of Source.



3- WE ARE ENERGY

A primary, often referred to fact: Quantum physicists have effectively demonstrated that we are energy. If we have a look at our composition in a microscope, we see each of us is an oscillating, geometrically-arranged system composed of cells which are composed of molecules which are composed of atoms. When we look at these atoms, we find these are more than 99.99% empty space. Experiments have also shown that all matter exists in wave form until it is looked at by an intelligent observer. It has also been demonstrated that through a process called entrainment, two systems which come into contact will begin to oscillate in the same way. This is when transformation begins to happen.

The longer or more regularly a system is in contact with another, the more it can vibrate, and function like it on the longer term and real change can, therefore, be enabled.

This brings me back to Shaman Ray and his wondrous capability to make me feel bliss by merely being present with me for a few minutes. Ray spent years developing his energetic capabilities by connecting with Buddhist monks, Rinpoches, other very advanced teachers and by travelling to sacred energy power spots. His being had reached such a high level of development that merely by being in his presence, we begin to gain access to capabilities which enable growth, development, and profound impact.

4- CRYSTAL BEINGS.

As everything is energy, we must all have energetic patterns, and structures which allow our organism to function.

The more we develop, the more our abilities function at the level of Source, and the more we can bring transformation to our lives and the lives of others, as transformation and healing simply come from accessing energetic capabilities from other dimensions or from Source, or the undifferentiated essence of our existence. The unified field of white light, which is Source is a living organism which can assess what is needed by any living organism and provide it once that need is recognised, things then transform.

Crystal beings are people who carried such developed energetic frequencies, akin to those of Source, that merely being in their very presence enabled healing and transformation.

This would explain why my life would completely transform within only a few months of working with Ray. My relationships to money, romance and with my family (the main areas of my life) have all been transformed, I have managed to connect to my path of purpose, have acquired an easier access to bliss in any given moment and, best of all, I have gained the ability to enable transformation in others as well.

An important study by the Institute of Noetic Sciences in the US has shown that repeated contact with a spiritual teacher who has achieved a certain level of mastery, such as a shaman, has a significant energetic impact on their being which enables development. It also manifests through the development of their Limbic lobe, the area of the brain responsible for emotional responses.



5- INTENTION + INTENSIFICATION

One of the key learnings we will refer to as a basis for this entire course is this one:

**TRANSFORMATION =
INTENSIFICATION + CONSCIOUSNESS.**

For something to transform, we need to intensify and amplify our energy field and then bring consciousness and awareness to it.

While intention is enough to get the ball rolling with regards to growth and development, the increasing intensity is what brings about real, lasting change. This is what people like shamans and other types of healers usually do.

6- WATER AND THE POWER OF INTENTION.

“Half of the earth is water;
our body is three-quarters water.
Water represents the interface
between the
4th dimension in which we live and
the 5th dimensional sphere of our
soul.”

— DR EMOTO

When speaking of the power of energetic frequencies on land, it is a good idea to reconnect to the often-cited expertise of revolutionary scientist Dr. Masuro Emoto.

As our beings are 3/4 water, Emoto famously experimented with water to prove the shaping impact of intention on humans.

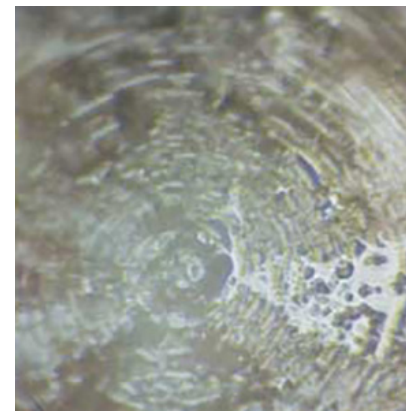
In his studies, he exposed water to thoughts, words, and music and studied the resulting effects.

When the water was exposed to harsher energies, such as hateful words, heavy metal music, etc., the water crystals which were observed were asymmetrical, unattractive and appeared damaged. When exposed to loving and compassionate words, or heartfelt music, they formed beautiful, symmetrical, and balanced crystals.

Water crystals formed after exposure to heavy metal music. Even more interestingly, when the water was abandoned entirely, with no interaction whatsoever, the resulting shape of the crystals was the worst of all.

The images below indicate water crystals impacted by love and compassion and gratitude, and water crystals impacted by heavy metal music.

Emoto's books sold over 400,000 copies across the world and his work was considered ground-breaking, demonstrating clearly and scientifically that our intent, emotions, thoughts, and words are energy and that they impact our beings in profound ways, affecting our water bodies.



7- OUR PHYSICAL SPACES

Now if we are all oscillating energetic systems made of 3/4 water, where does that leave our homes? Not that far off actually...

Are homes and everything around us is made of atoms as well (therefore they are energy) and are also composed of water. If they weren't, they would be no more than a pile of dust or sand, such as those found in a desert.

So if our homes are composed of water, and Dr. Emoto has proven that emotions, words, music and general intent will impact water, that means that the effects of all of these are also stored within our homes. Our homes, as oscillating systems, will affect us as we linger in them.

This explains why we feel better in specific spaces rather than others. A grand museum or a sacred cathedral are less likely to have been exposed to trauma which would affect our energy patterns. It may have also been built with the care and consideration for principles which can inspire our true potential.

The whole principle of energy affecting space is the basis of Feng Shui. Qi, as they call it, needs to flow freely and be balanced for an area to have its full effect. This usually requires that the yin energy (female) and yang energy (male) be in harmony.

This is a concept that was also seen universally in the construction of ancient temples.



"A moment in your space allows me to reconnect to myself" exclaimed Design Editor Kazusihha Sadogawa when visiting the sacred design café of the Art of Progress exhibition in 2015.

8- ENERGY:

A PILLAR OF THE SACRED SPACE WORK.

Let's look at a reminder of the summary of the importance of ENERGY which we explored in lesson 1:

1- ENERGY

The powerhouse of the sacred space work.

The human being is an aggregate of an energy field which is connected to everything in existence.

Buddha himself famously spoke about humans as energy beings: merely a collection of oscillating atoms which shift with awareness and consciousness.

It took hundreds of years for science to catch up, as it was finally proven by quantum physicists that we, as well as everything around us, is energy. For our beings to function at their highest potential, the energy must circulate across our living organisms evenly and harmoniously.

The role of a sacred space is to act as a bridge between our energy field and the ones of the Earth and the entire universe, leading us to a connection to the over-arching, energetic expanse which is our Source, where capabilities can be accessed by our being allowing us to grow and transform.

This requires us to understand how the Earth functions energetically.

Through the series of shamanic land energy ceremonies I facilitated, I learned our Earth is actually composed of two parts: a consciousness, and a physical being (similarly to us humans having both a soul and a physical body). The two are connected by a network of telluric currents, energy lines which originate at the Earth's magnetic poles, transporting the Earth's magnetic energy across its surface

When these energy lines meet, they create power spots, places of higher intensity, exposed to energy frequencies which resonate at to that of Source.

This explains why people trek to Machu Picchu or the Himalayas of Nepal when they are seeking wisdom or to find themselves.

The existence of power spots was also proven by NASA in 2012 as the agency published an article speaking of powerful energy portals, which reportedly open every 8 minutes, where the energy field of the Earth connects to that of the sun.

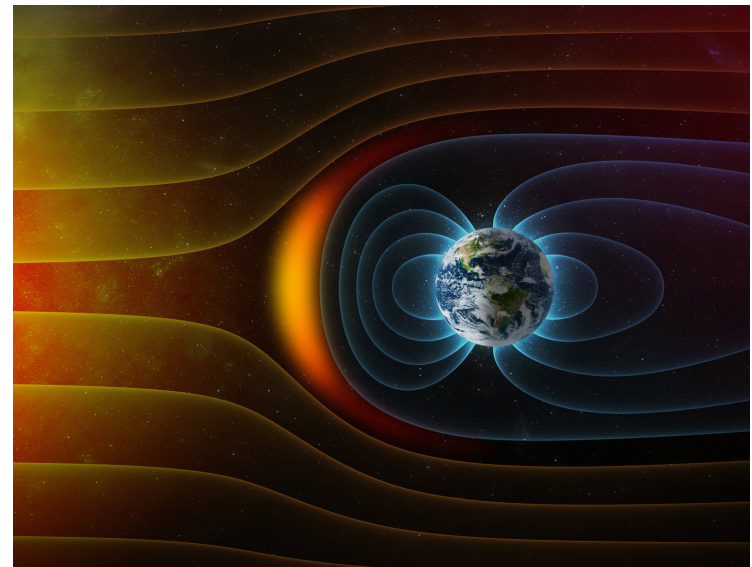
Their potency can be scientifically measured by magnometers, and it has been proven that repeated exposure to these fields can trigger numinous states of mind in the individual: a state of expansion and self-actualization.

Each and every sacred site which has been studied today has indicated being located at one of these points.

The construction of the temple, therefore first begins with the act of locating a space of higher intensity, on which structures would be built to magnify this intensity.

Taking it all one step further (into the cosmos perhaps?) our personal research and experimentation has also recently found that when we affect spaces through re-programming, we create energy fields which are similar to hot spots found in specific areas on the earth plane.

Note that the afore-mentioned temples of transformation were all built at the foot of energy hotspots as these were the locations where we were more likely to transform.



9- THE PHYSICALITY OF ENERGETIC IMPACT

As well as offering us a meaningful access to the healing frequencies of Source, the magnetic origins of these energy fields mean they contain a significant amount of magnetite, and since our blood contains a large amount of iron when our beings are exposed to this element, a deep resonance is created. Magnetite is also found in the human brain, which means there is an additional resonance with the earth's energy fields, and our pineal gland in the centre of the brain also gets triggered, affecting the levels of melatonin which are released (the happiness hormone).

This would explain why the Mayans used pineal gland activation as one of their most important rituals as it was believed to have a substantial impact on a person's being and abilities.

These various interactions which exist within our being explain why repeat exposure to energy portals can often create a numinous effect on us humans. (Numinous often being defined as something close to enlightenment) or even help develop psychic abilities.

10- ENERGETIC MERGING

As mentioned earlier, a process called entrainment takes place when two oscillating energetic systems meet.

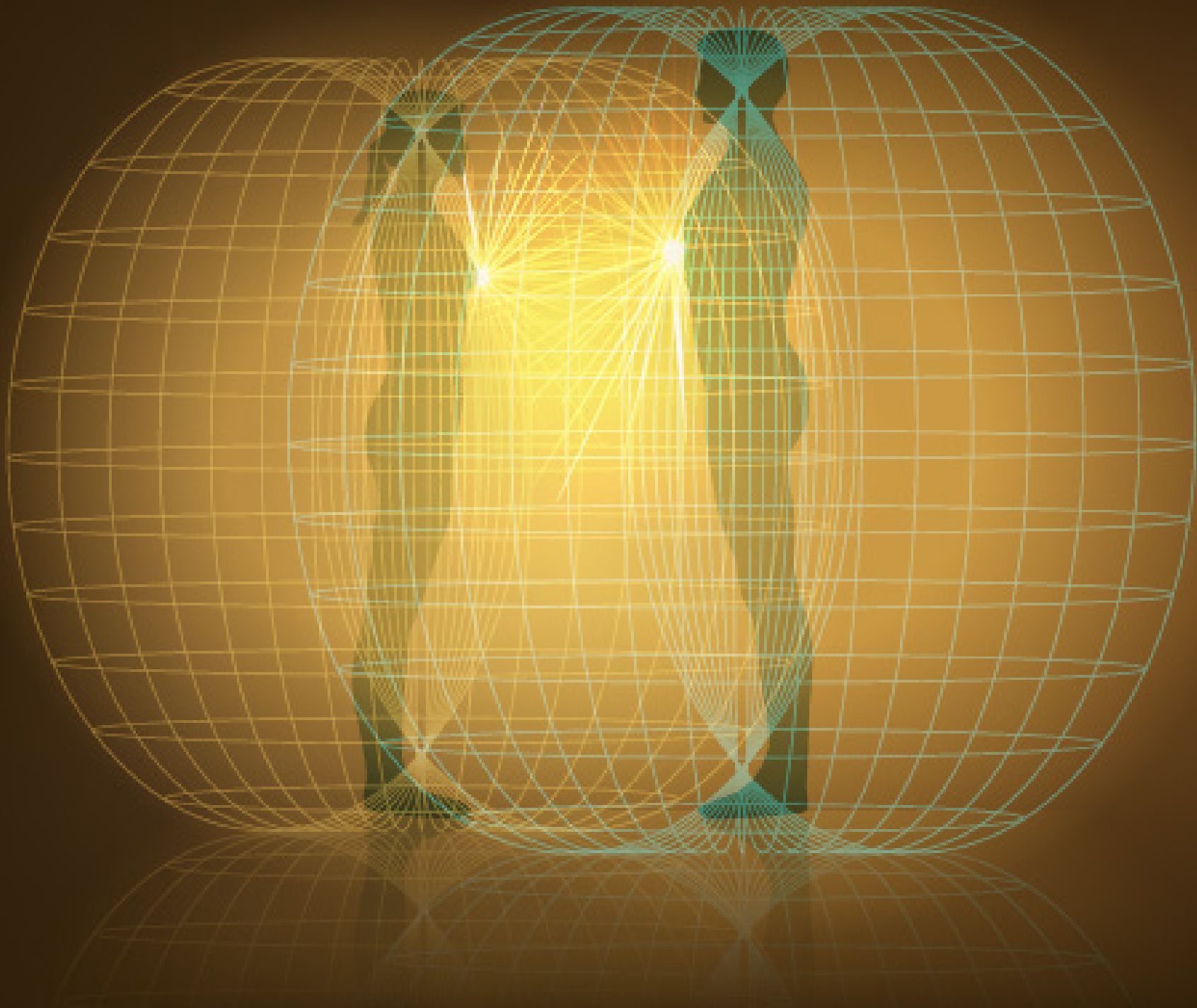
The vibrational frequency of two objects in contact will frequently fall into sync. When the frequencies are the same, it is called 'resonance'. But when a vibrational body of a stronger resonance influences another in its field, leading the beat, it is called entrainment.

This is the basis for the energy work I teach and that we will be exploring across this course.

Kenneth Ray Stubbs taught me the art of Energetic merging: a process by which we intend to be one energetically with another subject, an animate or inanimate object, a live being, an entire universe. Via this process, the energetic capabilities which are embodied by each being are being shared: What is available to one is now accessible to the other.

This means that if I intend to merge energetically with a sacred site which has a powerful resonance, my being will possess those qualities during that process. Repeated exposure to this process will incur a permanent change in my energetic patterns and structures.

If I merge energetically with a subject which has patterns which are less developed than mine, they will benefit from sharing in my abilities, which will now be available to them for this period. I will also benefit from "borrowing" some abilities that subject may possess which I might not.

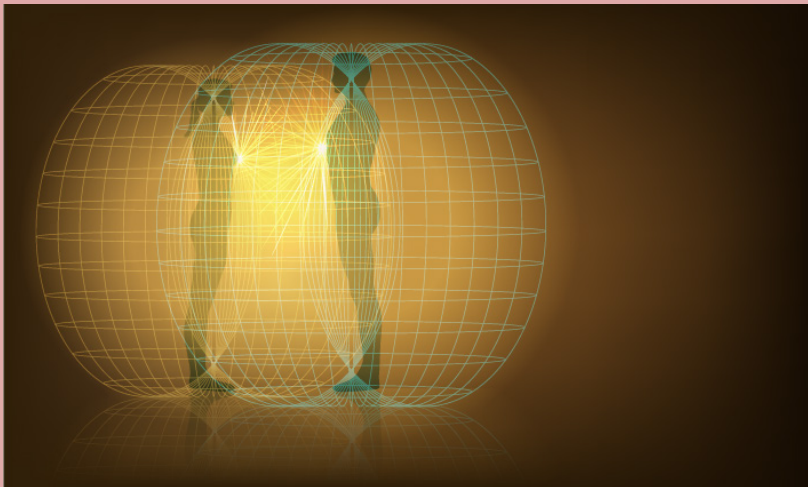


11- HOW TO MERGE ENERGETICALLY

There are many ways to merge energetically with another being.

For an easy introduction to this process, listen to the recording and transmission in the lesson page for an easy, guided practice.

If you prefer written instructions you can follow the ones overleaf.



1. Close your eyes and find your center.
2. Bring yourself to a state of meditation in any way you chose. This should take just a few minutes.
3. Start by focusing on the tip of your nostrils, your breath entering and exiting your being.
4. Then begin to move your awareness across your physical body.
5. Begin to bring your attention to the white light on the outside layer of your physical body.
6. Begin to notice the egg of white light which surrounds your physical being. This is the part of your being that will allow you to connect to the other being in merging.
7. Bring your awareness to the subject you want to merge with.
8. Begin to notice the egg of white light which surrounds it as well.
9. Begin to notice the two eggs of white light merging together as they expand.
10. Stay in this practice for a few minutes, as long as feels right for you.
11. You may bow to the subject and move on.

12- ENTER ' THE SACRED ART OF TRANSFORMATIVE SPACES'

As I began to develop transformational capabilities, I was curious about what would happen if I were to unite these to my interior design skills, aiming to create spaces that could change people's lives. This led me to create The Sacred Art of Transformative Spaces.

I first tested the concept, on my home, my workspace (and those of guinea pig friends) and was astonished by the results. People first reported feeling more at peace, in harmony, then more inspired, more creative. Then magic started to happen. Relationships, money, career opportunities began to appear.



13- BRING IT HOME.

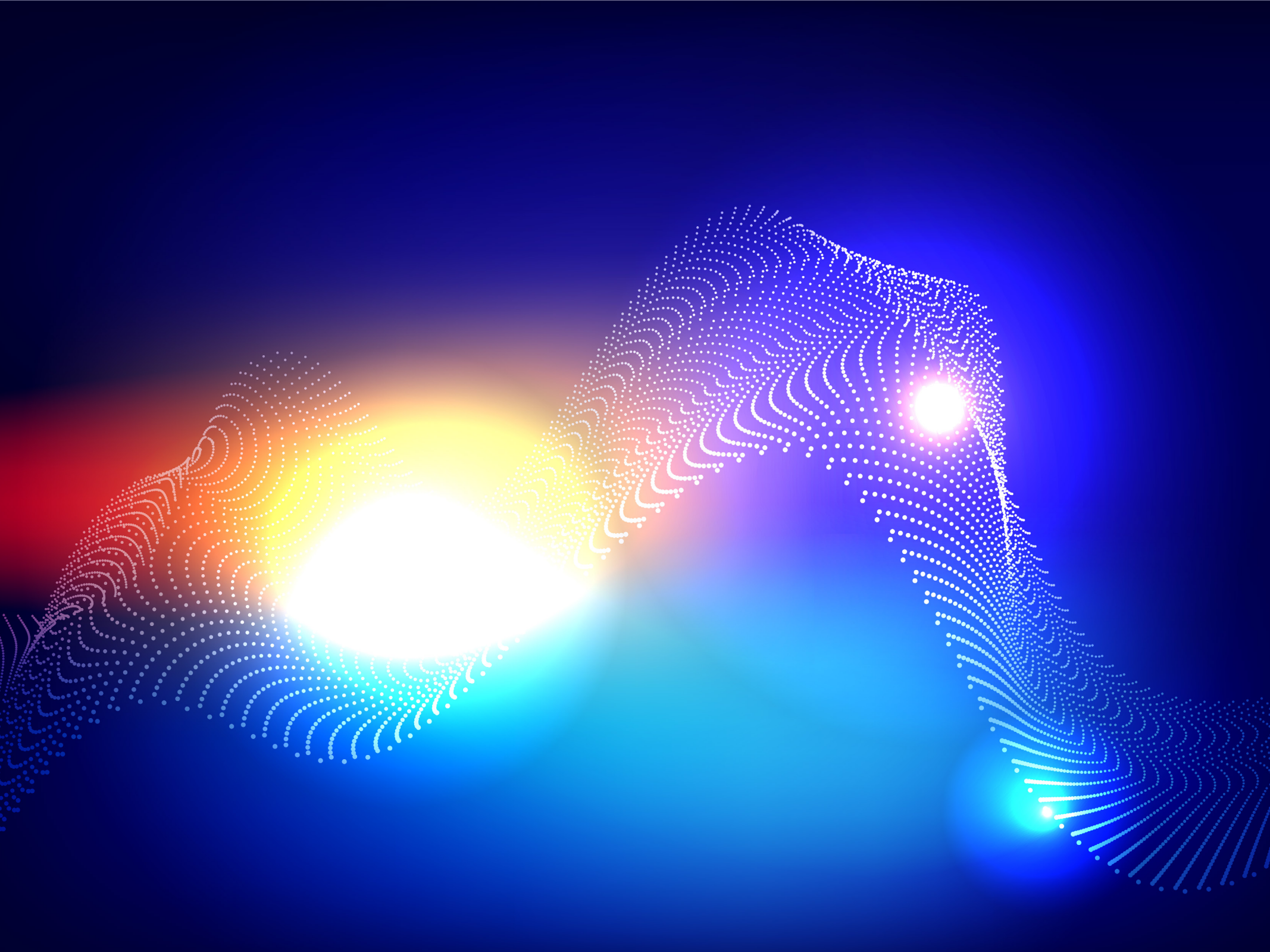
So while we may have known for a while that visiting temples, sacred sites and being in the presence of masters helps us grow and develop, the idea of bringing this level of development home is still relatively new, uncharted and even considered quite radical by some.

It can, however, be quite impactful.

For transformation to happen, and for it to be sustained, we need to have continuous access to these capabilities. Otherwise, what happens when we return home from our pilgrimage? Very little of the effects will remain.

Maintaining a continuous connection to these energy fields through in our homes will bring lasting impact not only the "resident soul" but the souls of visitors as well.

It also plays a crucial role in the entire global collective, serving as an antenna or gateway to Source for the benefit of all.



Follow up with the assignment worksheet related to this Lesson to keep track of your process.

