

# METAPHYSICAL ENERGIES

## Sacred Geometry

Medieval architects were very aware of the use of *sacred geometry* to create environments that balanced the psyche and soul. They incorporated this geometry into the great Christian cathedrals they built. Today, the politically acceptable method to this end is called *feng-shui* and is considered as legitimate as sacred geometry was in middle ages.

Sacred geometry is subtle. It uses shapes (circles, triangles, spirals, etc.) that work subliminally on the unconscious mind. It also uses archetypal symbols, numerology, cosmology, astrology and mysticism to foster a relationship to the universe and to God. The following is just a brief synopsis of some sacred geometries and metaphysical energies used in the ancient and medieval labyrinths. For more detailed information, visit some of the websites listed on the [LINKS](#) page and Alex Champions' [reply](#) to a TLS message that touches on sacred geometry and earthen labyrinths.

The *circle* is the symbol of unity or union and is the primary shape of labyrinths. When combined with numerological representations where the number three (3) represents heaven and the number four (4) represents earth, we find that a 7-circuit Cretan labyrinth (3 + 4) subliminally symbolizes the *union* (circle) of "heaven" and "earth". In the 11-circuit Chartres labyrinth, though, it takes 12 circles to make the 11 circuits. So, in this case, it's the *product* of 3 times 4 that represents the *union* of "heaven" and "earth".

Twelve is also a *mystical* number in Christianity in that it is symbolic of the twelve apostles of Jesus. It is a figure that is associated with *cosmology* and *astrology*. Twelve is the number of months in the year (4 seasons of 3 months each) and it is the number of signs in the zodiac. In the middle ages, the universe was made up of 7 celestial bodies with earth at its center. This *cosmology* is reflected in the Chartres labyrinth where earth is placed at the center of the labyrinth and the seven known planetary bodies (moon, sun, mercury, venus, mars, jupiter and saturn) are represented by the first seven circuits emanating out from the center. The eighth circuit of the labyrinth holds the stars of the heavens which were in medieval times the *astrological* signs of the zodiac. The last three circuits of the Chartres labyrinth represent the *mystical* powers or veils of soul, mind and God.



The rose and its six pedals in the center of the Chartres labyrinth are also steeped in Christian mysticism. The rose is associated with the Rose of Sharon which refers to Mary, the mother of Jesus. It also represents the

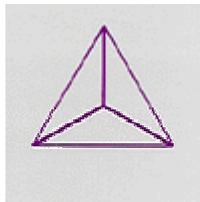
Holy Spirit which is akin to the lotus of enlightenment in Buddhism. The six pedals correspond to the 6 days of creation in the Bible or the 6 levels of evolution (mineral, plant, animal, mankind, angelic and divine) in other mystical traditions. The pedals incorporate the sacred number 7 in that they are 3/4 circles (3 plus 4 again).

Lastly, the four quadrants a walker meanders in and out of correspond to the four basic elements of creation: Air, Earth, Water and Fire.

## Sacred Geometric Shapes and Relationships

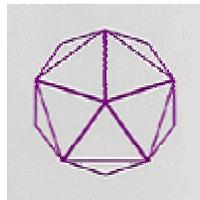
### The Five Platonic Solids

The 5 platonic solids below are ideal, primal models of crystal patterns that occur throughout the world of minerals in countless variations. These solids are the only five regular polyhedra made from the same equilateral, equiangular polygons.



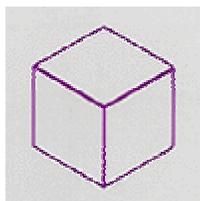
**Tetrahedron**  
Creation and  
Manifestation

Solar plexus chakra, Color  
is Red, Element is Fire



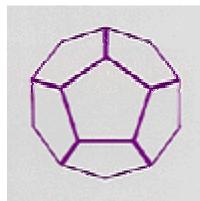
**Icosahedron**  
Conscious Prayer

Navel chakra, Color  
is Blue, Element is Water



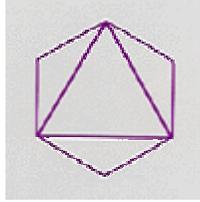
**Cube**  
Grounding Creation

Base chakra, Color  
is Green, Element is Earth



**Dodecahedron**  
Twelve Faces of  
the Divine Within

Spirit chakras, Color  
is Gold, Element is Ether



## Octahedron Eight Paths to Enlightenment

Heart chakra, Color  
is Yellow, Element is Air

## Chakra Relationships

It is not my purpose in this section to instruct the reader on the subject of chakra energies. For those interested in learning more on this subject, information is readily available on the internet and/or in book stores.

*The photos, graphics and concepts below come from Sig Lonegren's website called ["Mid-Atlantic Geomancy"](#) and are reproduced here with his permission.*



The colors and sounds of each chakra are the result of vibratory frequencies being emitted through these energy centers. The following information is provided to help those who are aware of the concept of chakra energy centers to link such awareness to the meditative and spiritual energies of the labyrinth. It is through this awareness that one can transform their personal labyrinth walks into a dance of rainbow colors and celestial sounds.

Linking chakra energies to labyrinths can be done using a *7-circuit* labyrinth like the one above or as shown on [The Labyrinth Project of Connecticut](#) and [Labyrinth Enterprises](#) websites. It can also be done using the *11-circuit* Chartres labyrinth design as shown on this link to [Labyrinth Enterprises](#).

### THE ASSOCIATED CHAKRA COLORS:



The first chakra is located at the base of the spine. It is associated with the color *RED* and resonates to the note 'C'

The second chakra is located in the lower abdomen (just below the navel). It is the color *ORANGE* and resonates to the note '*D*'

The third chakra is located at the solar plexus. It is the color *YELLOW* and resonates to the note '*E*'

The fourth chakra is located at the heart (the middle chakra in the chain of seven). It is the color *GREEN* and resonates to the note '*F*'

The fifth chakra is located at the throat. It is the color bright *BLUE* and resonates to the note '*G*'

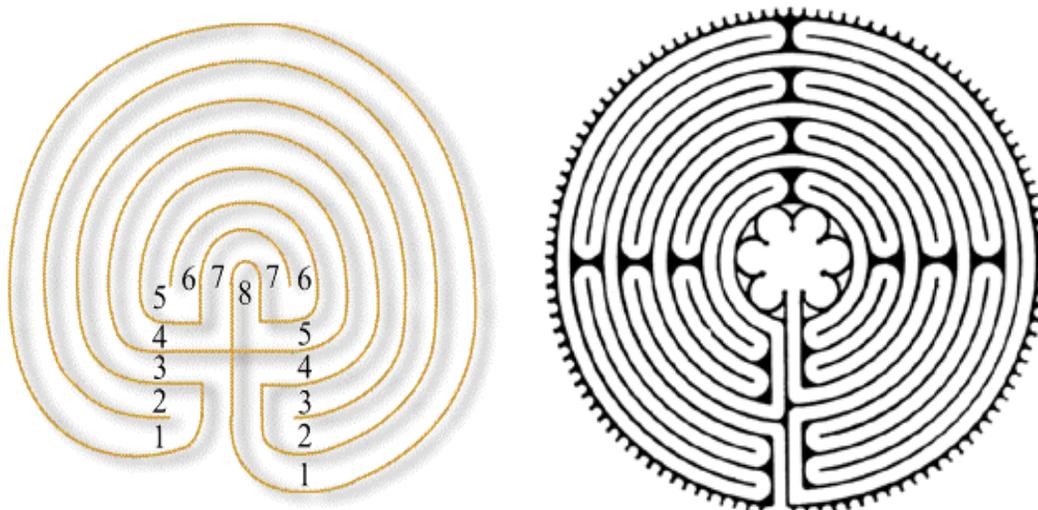
The sixth chakra is located at the third eye (mid-forehead). It is the color *INDIGO* (deep purply/blue) and resonates to the note '*A*'

The seventh chakra is at the crown of the head. It is the color *VIOLET* and resonates to the note '*B*'

This is cool. To see and virtually walk a representation of a Cretan labyrinth with the associated *chakra colors*, go to [Stone Circle's "Discovery page"](#) and click on the *Interactive Labyrinth Walks* link. Then click on the Cretan labyrinth and use your cursor as the walker.

Notice when walking a classic Cretan 7-circuit labyrinth the paths do not progress in perfect numerical order (from one to eight). The colors do not advance Red, Orange, Yellow, Green, Blue, Indigo, and Violet. Try it yourself. 'Walk' the labyrinth below with your computer's mouse. Notice that the order of the paths is 3-2-1-4 -7-6-5-8 or Yellow, Orange, Red, Green, Violet, Indigo and Blue.

Esoterically, when walking a Cretan labyrinth, one starts in the lower chakras raising those energies and earthly concerns up through the higher chakras before entering the labyrinth's center to commune with God. Just the opposite happens when walking a Chartres-style labyrinth . Here one starts by walking within the higher chakra energies progressing downwards (or outwards) into the lower chakras before entering the center.



### THE ASSOCIATED CHAKRA SOUNDS:

The musical notes associated with the seven chakras are outlined above. The note/chakra numbers are: C=1, D=2, E=3, F=4, G=5, A=6, B=7, C'=8 (C' = C above middle C). As with the colors, the notes do not progress in sequential order. Instead, when walking the Cretan labyrinth their order is: E, D, C, F, B, A, G, and C'. Play these notes on a piano and get a feeling for the melody.

