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The Bio-Geometry Diet: Eat Your Sacred Geometry

"Beans have a soul". Pythagoras

What does geometry have to do with vibration?
** picture** Before I saw youtube videos depicting sand or water being sung by sound frequencies into beautiful geometric patterns we know as cymatics, I had no idea of the intrinsic relation between sound and geometry. But after witnessing the undeniable reaction of matter to sound vibration, the link had been made. Suddenly both geometry, specifically what we call "sacred geometry", and sound took on a whole other level of implication and significance. Sacred geometry and sound are inseparable, and are in fact that which gives form to everything in our universe. As we learned in Richard Feather Anderson's class, it all comes down to divisions of spheres by twos, threes, fives, and their multiples. With these three denominators, we can create all the geometrical shapes, grids, and symmetry patterns found in our universe. And we also generate root harmonies, and building blocks of matter including the basis for the Atomic Table of Elements (sacred Geometry: Harmonics of Space p.9 or p.64).

The role of sacred geometry in the world cannot be over-emphasized. **photo galaxy etc.** Richard Feather Anderson tells us it "creates harmony and coherence, generates, holds and transmits information, guides energy into matter, guides the growth of organisms, gives way to proportion buildings in harmony with humans and the cosmos... Geometry makes it possible for Existence to Exist". (Sacred Geometry: Harmonics of Space Globe Institute, p.5).

picture What does geometry have to do with food? Robert Lawlor describes matter as "geometrized light-energy" (R.F. Anderson, Sacred Geometry: Harmonics of Space p.6), and that applies to our food. We eat geometrized light-energy. As with everything else that comes from the natural world, the plants and animals that grow on this planet grow according to very specific geometric blueprints and growth patterns. It so happens that Phi, or the Golden Ratio is the Principle of Organic Growth, which also has it's base in the universal 2,3,5 system: these are the first three steps in the fibonacci sequence after 1. Since we humans fall into the category of animals that grow on this planet, we too grow according to the Golden Ratio. When we consume Sacred Geometries we reinforce and reinvigorate our own sacred geometries according to the geometries of our food. In other words, we stabilize our system by introducing the coherent energy from the geometrical patterns found in our food, which are based on the same universal patterns we ourselves are formed to.

There must be almost as many ways to engage/consider the sacred geometries of our food as there are ways to engage with sacred geometry. I imagine the first step to approaching what types of fruit or vegetable geometries we'd like to emphasize or decrease in our diet would be to identify any imbalances we have in our life -- physically, emotionally, mentally, and spiritually. The next step would be to decipher which sacred geometries would correlate with the identified imbalances. Then, find fruits and vegetables, and even animals that reflect those geometries.

Because of the holographic/fractal nature of the patterns that build our reality, it doesn't matter if you look at the macro or the micro picture for inspiration with regards to what you need more or less of. Therefore, one way to decide which geometries to play with in your diet could be to look at the orbital cycles of the planets in our solar system. For example, Mercury, God of Communication has a 3-fold symmetry pattern. If you need to work on your communication and expression of truth you might want to eat more cabbage, since it has three spirals in it's fibonacci sequence. The three could also relate to the third chakra, the solar plexis, aiding in our energies of will and power, and issues with self-esteem.

Or look at Venus, goddess of Love and Beauty with her 5 fold symmetry pattern, also seen in the seed formation in an apple's core. This pentagonal shape also echoes the two pentagonal helixes of our DNA, an expression of the golden mean, the principle of organic growth. Maybe

there's a deeper level to the old idiom "an apple a day keeps the doctor away". It's more than calories and nutrients, it's a holographic reflection of our most basic form. It resonates with it, and therefore, according to the laws of resonance, amplifies that frequency.

Or see the 12-Fold Symmetry of Jupiter, modeling the ability to expand and absorb new experiences, reflected in the dodecahedron shape of a pomegranate seed. 12 fold symmetry also represents the stages in the creative process, and the natural division of whole systems. These tiny juicy seeds might be the key to opening you up to the changes you want to see in your life, and give you the vitality to imagine and create them.

Or if you're looking for more harmony and ease, synergistic creativity, and heart-based living, you might use the Pythagorean/Platonic geometric symbolism and look to incorporate both triangular and hexagonal symmetry, an example of this is found in behives, watermelons, and tomatoes.

13-Fold symmetry of Romanesco, because I couldn't possibly leave this incredible example of the golden mean manifested in a vegetable. Perhaps it could be related to the 13 lunar cycles in a year, grounding us to our annual rhythm? What else could this symmetry relate to?

skip [aside] Male and Female plant energies are another way that one could engage with geometries of whole foods, since they have identifiably different ratios, as well as through the **colour of the food.

It is not uncommon for people to recommend eating foods that correspond in colour to the chakras. (reference Jan and Arune's projects with colour and light (remember matter is just geometrized light)) An example of this I learned of from Martha (from our class) is the Nepalese tradition of placing singing bowls on chakras on the body, putting food in them, then ringing the bowls. The idea is to eat the food while it is still vibrating, thus healing the subject from the inside out. I'm applying the same concept of healing from the inside out to the use of sacred geometry in our food. One of the challenges in this approach would in how to systematize the relation between the geometries found in our whole foods, and the specific things we want to

heal or balance within ourselves. In my examples, I use Richard Feather Anderson's descriptions of the symbolism of the planets in our solar system and their respective orbital patterns, as well as his descriptions of the meanings of various ratios, which I believe he borrowed from the book "Homage to Pythagoras: Rediscovering Sacred Science" (Keith Critchlow, Robert Lawlor, Christopher Bamford). **What are some other ways we could categorize the (sacred) geometry patterns in our whole foods?** We could relate them to chakras in at least a couple of different ways: Numerically based on the number of the chakra, or on the number of petals on the lotus of each chakra (from the hindu system).

Other ways of consuming plant and animal kingdom geometries are through the other senses, including visually, aromatically, through touch, through sound, and through tapping into their energetic field.

Intention

One last layer to my hypothesis: bringing in Intention will help intensify and emphasise the effects of conscious geometrical whole food consumption. Pairing your consumption with intention, meditating on the meanings of the sacred geometry of the food you consume, and sending gratitude to it for it's blessings -- even singing to it, or vibrating it in a singing bowl will help awaken the energies in your food, and help you integrate them with your own bio-geometrical system.

There isn't a whole lot of research out there (I didn't find any actually, for or against) to back up my theory that eating things based on their geometric blueprints is beneficial or healing other than the logic that consuming things that grow according to the same basic mathematical principles as us should be good and reinforcing in some basic way. This paper is more of a question, a curious playing with concepts we have learned in class, that could very well become the first step to a larger research project on the subject. So thank-you for playing along.