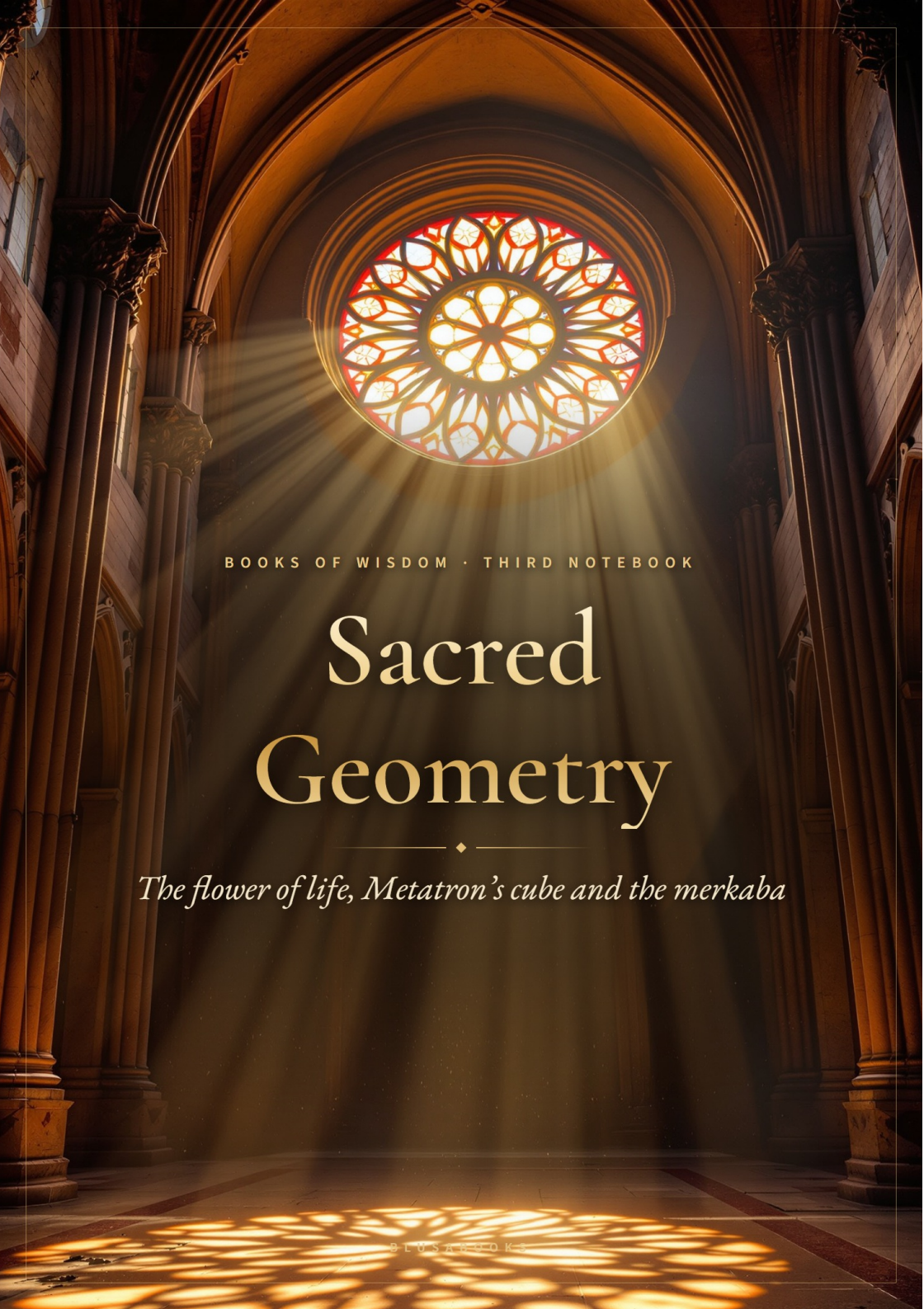




BOOKS OF WISDOM • THIRD NOTEBOOK

Sacred Geometry

The flower of life, Metatron's cube and the merkaba

BLUSAPBOOKS



Sacred Geometry

THE FLOWER OF LIFE, METATRON'S CUBE AND THE MERKABA

Every chapter — four parts

WHAT THE TEACHING SAYS *the teaching, honestly and in full*

IN PLAIN WORDS

the same in one or two sentences

TERMS

the chapter's terms and what they mean

WHAT SCIENCE SAYS

*what is mathematics, what is tradition,
what is recent invention*

This book does not replace medical advice.

Books of Wisdom · MMXXVI

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FOREWORD

This book is about shapes that repeat everywhere: in a snowflake and a honeycomb, in a seashell and a galaxy, in a Gothic window and on the wall of an Egyptian temple. People have drawn them ever since they first picked up a compass, and in many traditions they have given them a meaning that reaches beyond mathematics: that they are the blueprint of creation, that order "lives" in them, that a person who looks at them remembers something long forgotten. This view is called sacred geometry.

I wanted to tell it simply and honestly. So every chapter has four parts: what the teaching of sacred geometry says, with nothing left out; the same in plain words; the terms that appeared in the chapter; and — what science and history say about it: what is mathematics, what is an old tradition, and what is a late-twentieth-century invention sold as ancient.

The second part of the book holds five meditation plates — the flower of life, the fruit of life with Metatron's cube, the merkaba, the five Platonic solids and the tree of life — drawn precisely, by compass and calculation, and printable on an A5 sheet. You can put them on a wall, on a desk at eye level, or use them for open-eye meditation, which has its own notebook in this series.

One more word. Geometry does not heal and does not protect a room from "negative energies". But it calms the eye, teaches attention, and is one of the most beautiful things a person can draw with two hands. That is quite enough.

CHAPTER I

WHAT SACRED GEOMETRY IS

WHAT THE TEACHING SAYS

The basic idea of the teaching of sacred geometry is old and goes like this: the universe is built on simple mathematical patterns, and these patterns are the same in the large and in the small — "as above, so below; as within, so without". Chaos and chance are only the surface; beneath it everything — the paths of the planets, the leaves of plants, the proportions of the body, even thoughts and events — follows a symmetry and order that can be drawn with compass and ruler.

These shapes, the teaching says, awaken in a person a deep memory of the divine order. That is why we like flowers, trees and landscapes: nature is the most complete expression of this plan, while in the things people build we have drifted away from simplicity. Looking at sacred shapes, the body "absorbs" their information, and life becomes simpler and brighter. The teaching advises getting to know the shapes, recognising them in nature, placing them around oneself and meditating with them — then life flows more easily and with fewer obstacles.

IN PLAIN WORDS

The same patterns repeat everywhere in nature — circles, spirals, hexagons. The teaching says: they are the blueprint of creation, and by looking at them a person remembers the order within.

TERMS

Geometry — the branch of mathematics about shapes, sizes and their relations; Greek *ge* — earth, *metron* — measure.

Sacred — holy, dedicated to the divine; the opposite of the profane, the everyday.

Microcosm, macrocosm — the "small world" (a person, an atom) and the "great world" (the universe); in sacred geometry both follow one plan.

Symmetry — the property of a shape that stays the same when turned, mirrored or shifted; a snowflake has six-fold symmetry.

Pattern — a regularly repeated shape or order.

Hermeticism — a mystical tradition inspired by ancient Egypt and Greece, credited with the saying "as above, so below".

● WHAT SCIENCE SAYS

Patterns in nature are real, and serious science studies them. Honeycomb cells are hexagons because the hexagon is the only way to tile a plane without gaps using the least wax. A snowflake has six arms because the lattice of an ice crystal is hexagonal. Sunflower seeds and the scales of a pine cone arrange themselves in spirals following the Fibonacci numbers, because that leaves the most room for every new seed. A seashell grows in a logarithmic spiral because the snail grows without changing its shape. None of these patterns is "put in" from outside — they arise by themselves, because that is the simplest answer to a physical problem.

What the teaching calls the "divine plan" science calls self-organisation: simple rules, repeated many times, produce complex and beautiful shapes. Whether that is an order someone thought up or an order that arises on its own is a question for philosophy, not for measurement. But one part of the teaching has also been proven in the laboratory: the human eye really does prefer symmetrical and regular shapes, perceives them faster and is calmed by them. Looking at a beautiful pattern is good. Only not because it "informs" us, but because our brains are built to look for patterns.

CHAPTER II

FROM THE CIRCLE TO THE FRUIT

WHAT THE TEACHING SAYS

Everything begins with a circle — one point and one distance. On the line of the circle you place a second circle of the same size, and where the two overlap a lens appears — the *vesica piscis*, the "fish bladder", the first shape born of two. The third circle goes where the first two cross, then the fourth, fifth, sixth, seventh — and around the first circle six others form, each passing through its centre. This pattern is called the seed of life: seven circles, seven days of creation.

If you continue by adding one more round, you get nineteen circles — the flower of life. And if from the flower you take only thirteen circle centres and draw around each a circle that touches its neighbours without overlapping, you get the fruit of life: thirteen circles which, the teaching says, are the flower's "fruit" — from it grows the next shape, Metatron's cube. Circle, seed, flower, fruit: the teaching says this is the sequence of creation that repeats everywhere — from the division of a cell to a galaxy.

IN PLAIN WORDS

With a compass draw a circle, then circles through its edge: seven are the seed, nineteen the flower, thirteen centres the fruit. From the fruit comes Metatron's cube.

TERMS

Vesica piscis — the lens shape formed when two equal circles overlap so that each passes through the other's centre; Latin for "fish bladder".

Seed of life — the pattern of seven circles: a centre and six around it.

Flower of life — the pattern of nineteen circles: the seed with one more round.

Fruit of life — thirteen circles that touch but do not overlap: a centre, six around it and six further out; hidden in the flower of life.

Hexagonal grid — an arrangement of points in which every point has six equally distant neighbours; the basis of honeycomb and of the flower of life.

Compass — a tool for drawing circles; with compass and ruler alone you can draw every shape in this book.

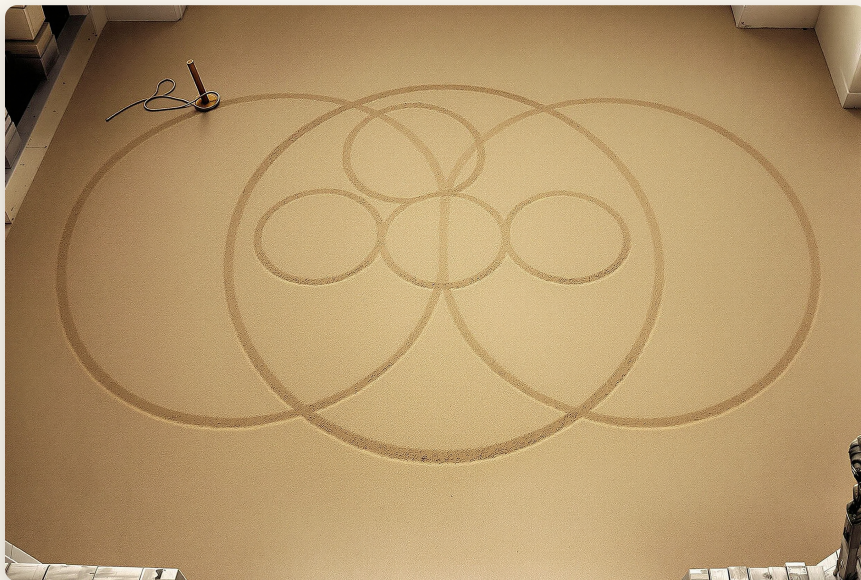


FIGURE 1

From the circle to Metatron's cube: circle, seed, fruit, cube.