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Looking at the Great Pyramid at Giza, you see 4 sides sloping to a peak. Imagine there is an *inverse pyramid* pointing downward beneath the one pointing up., forming a diamond shaped Octahedron.

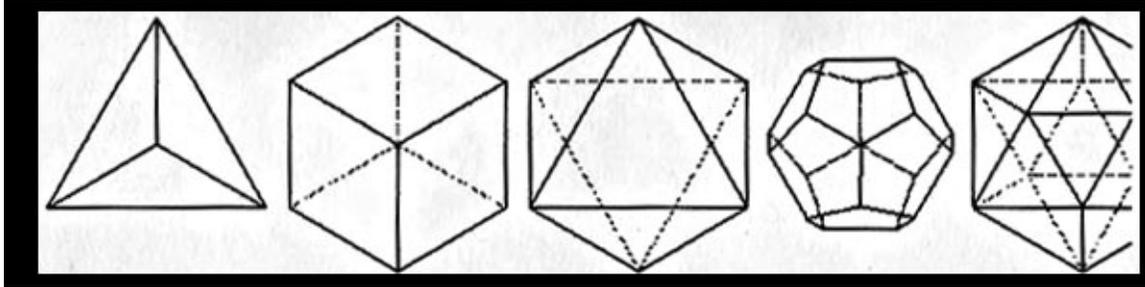
The octahedron is one of the 5 perfect solids, out of which all shape is derived.

Perfect solids have identical angles & line length; *all their edges and angles are equal, there is only one (repeated) surface shape and all the points fit on the surface of a sphere.*

The perfect solids, or sacred geometries, are components of the energy fields around our bodies. There are many layers of metaphysical teachings within each of the geometries. To activate them in our biological fields brings a new application to the teachings; the geometries become pathways for organizing our energies...very coherent pathways.

- Tetrahedron : 4 triangles, 4 angles & 6 edges. Geometrical Archetype: FIRE
- Cube: 6 squares, 8 angles & 12 edges. Geometrical Archetype: EARTH
- Octahedron: 8 triangles, 6 angles & 12 edges. Geometrical Archetype: AIR
- Icosahedron: 20 triangles, 12 angles & 30 edges. Geo Archetype: WATER
- Dodecahedron: 12 pentagons, 20 angles & 30 edges.

Geometrical Archetype: ETHER, PRANA, QI



See yourself inside your own Octahedron that's in your field.

Bring your attention to the column of light that flows thru your spine, extending up above your head to the apex of the octahedron & down below your feet to its opposite apex. Feel the coherence of the column's light. Notice how much energy is spent on mindlessness, or wandering thoughts & feelings. Come back to the coherent column of light, how it strengthens your core to become aware of it.

At the nodal point above, ask that the gold light of the Divine Masculine begin to flow into your column. This is the Solar Logos, Christ Presence, Buddha Essence.

See & feel this warm liquid gold flow down

- into your crown,
- flood your head,
- flowing down thru your neck,
- filling your chest,
- softening & expanding your solar plexus &
- filling your low back & belly.

When you breathe *out*, breathe the liquid gold light

- *into* the Dan Tien/Point of the Warrior, 2 inches below the navel, and
- *into* the Ming Men, Reservoir of Immortal Essence, at your waist in the back.

Take a moment or 2 to get the gold light flowing steadily thru your column of light.

Turn your attention to the nodal point beneath your feet & open it to allow the lovely silver light of the Divine Feminine to begin to flow up your legs, up into your softening tailbone & spread throughout your belly & low back.

When you breathe *out*, breathe the liquid silver light

- *into* the Dan Tien/Point of the Warrior, 2 inches below the navel, and
- *into* the Ming Men, Reservoir of Immortal Essence, at your waist in the back.

Feel the richness of being nourished by the Divine Yin Essence of Quan Yin, Sophia, Mother Mary & Mary Magdalene, Demeter, Tara, Mother Theresa & Ammachi. Now breathe in both silver from below & gold from above, combining the 2 in your belly with the alchemical chant, “Gold into Silver, Silver into Gold”, spoken 3 times. This creates White Gold, a higher, more coherent frequency than the sum of its 2 components. Let this brilliant White Gold roll in ripples outward thru your field, clearing & uplifting, breathing it *in* into your center from both nodal points (“Gold into Silver, Silver into Gold”) & breathing it *out* into your field.

Just up to this point alone is an excellent practice of cleansing your field, getting centered, grounded & literally illumined.

At this time you can raise your center of focus from the belly & back up into the heart. Do this with an inbreath of intention & a ritual gesture of your hands lifting up the Qi into your heart.

Recalling the Octahedron around you, there are 4 nodal points (the ground level corners of the pyramids) surrounding your center; 1 in front, 1 in back & 1 on either side.

There is an ArchAngel at each of these points. Angels do not have free will as humans do. They would love to help but cannot unless we ask them to. Be sure to ask & not assume. Don't forget say thank you.



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At the nodal point in front of you is ArchAngel Gabriel, with his horn; his power of sound & vibration for communication. Ask ArchAngel Gabriel to relay out to the world your manifesting intention, & to bring messages back into you. Gabriel is the communicator. In his palm is a blue flame, as blue as the day sky & as blue as the night. He holds his palm outwards towards you & a laser blue flame streaks in a straight line from the nodal point into your heart & back again.

Surf the blue and become aware of the point in your heart where the gold, silver & blue come together. Then trace the blue light path back out to the nodal point out in front of you. Thank You, ArchAngel Gabriel.

At the nodal point on your right is ArchAngel Michael, holding his sword with which he cuts thru the veils & cuts to the chase & clears to the bone. Ask ArchAngel Michael to clear any energies or entities of density from you...like the darkness of the winter, old fears & hurts. Michael is the guardian. You can ask him to protect you.

In his palm is a red flame, as red as Dorothy's ruby slippers. He holds his palm outwards towards you & a laser red flame streaks in a straight line from the nodal point into your heart & back again. Surf the red and become aware of the point in your heart where the gold, silver & red come together. Then trace the red light path back out to the nodal point out in front of you. Thank You, ArchAngel Michael.

At the nodal point behind you is ArchAngel Rafael, his palm outstretched behind you with a violet flame burning. This is the sacred alchemical flame of Saint Germaine which transforms the impure into the pure. You can ask ArchAngel Raphael to help you heal the places that ArchAngel Michael just cleared, to transform your suffering into compassion & wisdom.

See the violet flame laser streak from his palm into your back & into your heart. A lot of us have trouble opening our backs...past hurts have created a lot of armoring there. How does it feel to have an angel back you up? Pay attention to the spatial arrangement of your nodal points; you may have to extend your back energy outwards a little more to have a balanced octahedron. Thank You, ArchAngel Raphael.

At the nodal point to your left is ArchAngel Uriel, OverSeer of Destiny & Dharma, & guiding light for large healthcare endeavors like the Red Cross (& CureVille & Menla Mandala). Uriel is the most androgenous of the 4 ArchAngels & the 1 most closely associated with the Divine Feminine, so her/his flame is silver, tinged with ultraviolet.

See the ultraviolet silver flame laser streak from Uriel's palm into your heart. Feel it mix with the gold and silver already there. Track the beam back into Uriel's palm. How does ArchAngel Uriel feel different from the other angels.? You can ask her to open your awareness to your destiny. Thank You, ArchAngel Uriel.

Now you have experienced the energy of all 6 nodal points. You may have discovered a special resonance with a particular presence. Make time to explore the relationship. This is only the beginning.

Bring your focus back to your heart center, which is the central nodal point of the octahedron. Feel it resonate with the DanTien & MingMen. Extend your awareness out

to the nodal points of your Sacred Octahedron. Thru this geometrical portal flows grace, balance, connection, protection, healing & inspiration. Take time to cultivate awareness of this important component of your energy field. Create it in time of need & in time of gratitude. You can start each day with a moment or 2 of building this gate of grace, dedicating your day to your highest potential.