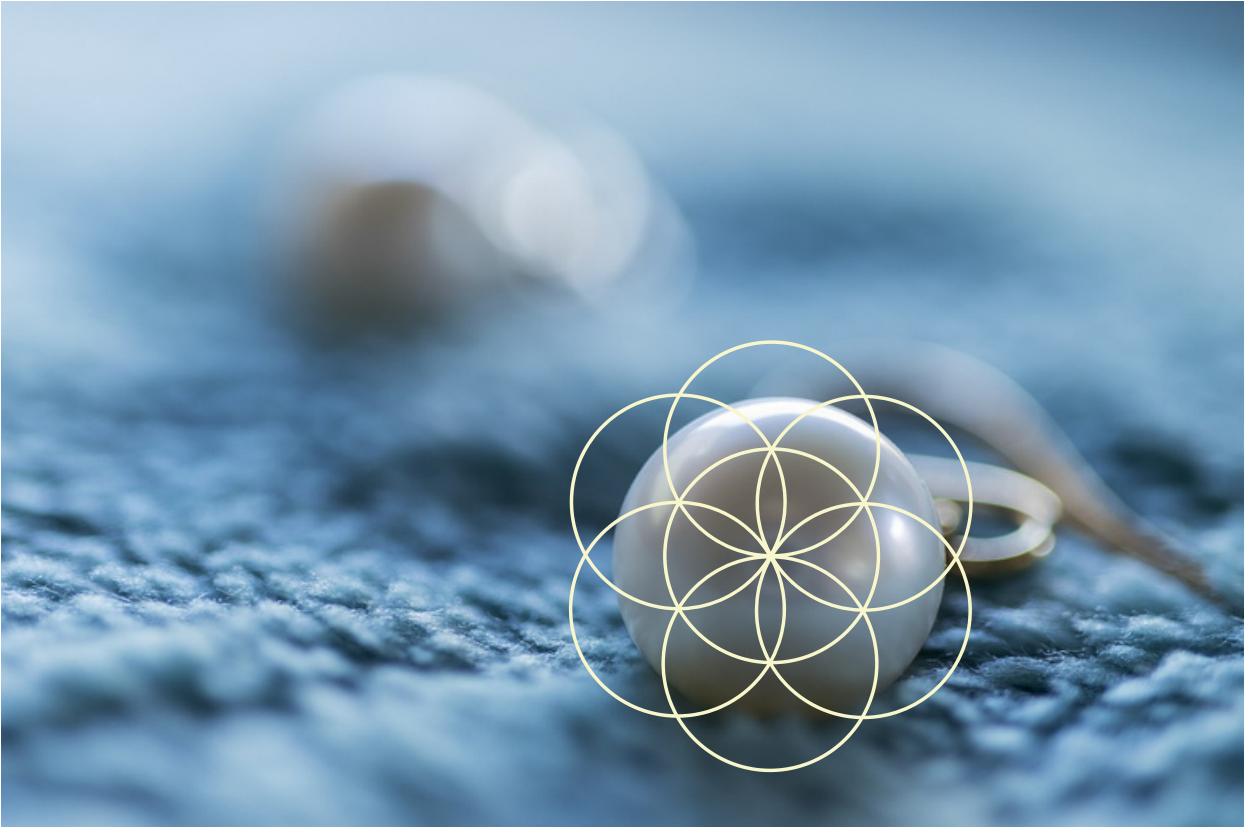


TREASURE



The Seed of Life
Module 1

Stage 1 Excavate

Video Transcript

Treasure is both a verb and a noun. Treasure is about knowing your worth, and holding your value. Inside of you is a treasure, but all too often, it's buried under decades of conditioning, and can be hard to find amidst all the programming you've been put through. You simply need a map and the right tools to sift through what is not You, and uncover it.

The premise here is that you don't have to become someone different, you don't have to fix or change who you are. It is about bringing out what is within you. Not about pretending but about remembering who you are. Like a diamond in the rough, the healing work you'll be doing here is the polishing and refining, the inner cultivation of your innate gifts, that will empower you to shine your light bright.

In the first stage of TREASURE, we excavate, we dig deep and uncover who you truly are. We'll begin with an introduction to sacred geometry and the seed of life, and work with the template of your consciousness.

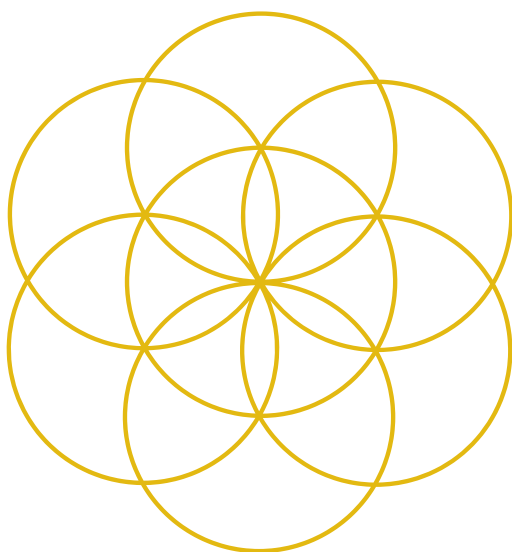
Most people assume that one's consciousness lies in the mind, and whilst it is very powerful, there is also more, so much more, beyond the mind. However, in the modern world we live in, since much of the focus has been on advancing the mental realm and developing the capacities of our brain, that's where we'll begin. In Stage 1, we'll be exploring psychology and the latest in neuroscience technology to uncover the narratives and programmes you had taken on at a young age during your formative years.

This excavation of your limiting beliefs is akin to pulling up the weeds in your garden, weeds that have been dispersed by the wind, that have been transferred into your field of

thought by the culture you've grown up in, the family system that you were brought up in, the media that you've consumed and been steeped in.

They are weeds because they landed in your garden but you did not consciously or intentionally choose them. Now that you've taken on the role of co-creator of your life, you are officially the landscape architect of the garden that is you. You get to design your life, so to speak, and throughout this program, you will be creating a beautiful treasure of a garden.

Now, before we start planting seeds, we have to prepare the soil and till it. This preparation includes clearing off weeds, rocks, and debris - the limiting beliefs you've taken on and that don't serve you well. We then amend the soil with organic matter, such as compost, to improve its fertility and structure. But even before we get our hands into the soil, a basic understanding of this garden that you're consciously designing and creating is essential, so that's where we'll begin.



Introduction to Sacred Geometry

Video Transcript

Welcome to the first module of TREASURE, which is all about introducing you to the Seed of Life. We'll be familiarising your consciousness with this sacred geometry. I bring in sacred geometry to highlight how we are all part of a divine, geometric plan.

Sacred geometry are pure models of Divine creation. It is the form beneath our being, vibrational patterns that point to a divine order. They are spiritual symbols that point to the energetic framework that make up our universe, and that includes your consciousness. It's a reminder of the Divine Design in you, connected to Source & Spirit. Using these symbols helps to facilitate a shift in consciousness, so we're going to play with 3 geometrical patterns in this programme.

The main one being the Flower of Life which is a symbol you are probably familiar with. It's one of the most important and popular sacred geometrical shapes out there. It's a symbol that is found all over the world, in many disparate cultures from Egypt to China to India, and it's a symbol that has existed for thousands of years. From this one symbol, we'll extend our understanding into 2 additional patterns, the Seed of Life and the Fruit of Life.

Another reason we're bringing sacred geometry in is because these fascinating ancient symbols remind us of how the Divine Feminine operates. Before we learned language to communicate and speak, shapes served as building blocks of our consciousness, and helped us to understand the world. Sacred geometrical designs are therefore feminine gems of intuitive understanding, it's a right brain way of processing knowledge. Understanding how these patterns move together and fit perfectly into each other is a right brain way of understanding divine harmony.

The Flower of Life symbol is made up of 19 circles. A circle is a curved line: it is a feminine symbol compared to straight, linear lines that are masculine. Here is an example of another sacred geometry composed mainly of triangles, 3 sided shapes formed from straight lines. The Flower of Life here represents the cyclical nature of the feminine, the flow of life. The circle is also a symbol of wholeness, and these 19 interlocking circles that make up the flower of life can grow and expand into infinity, without losing balance, harmony, and proportion.

It is said that the Flower of Life is a sacred geometry that contains everything, all knowledge, both male and female. It contains within its proportions every single aspect of life there is, every single aspect of creation, and it's called a flower, not just because it looks like a flower, but because it represents the cycle of a fruit tree.

The fruit tree makes a little flower, which undergoes a metamorphosis and turns into a fruit. The fruit contains within it the seed, which falls to the ground, then grows into another tree. So there's a cycle of tree to flower to fruit to seed - this is the miraculous cycle of creation. In the 3 stages of TREASURE - Excavate, Elevate, & Equilibrate -, we will move from seed to flower to fruit, and the symbolism here points to a life-affirming cycle of growth. The TREASURE that you are is not static, there will be constant, evolving growth and expansion, as well as death and rebirth. This cyclical nature of your being is important to keep in mind.

We go from seed to flower to fruit, and that highlights the process of creation. As women, we hold vast creative potential in our wombs and bodies. You may have chosen the sacred path of birthing children into this world, or you may have chosen to birth creative projects, ideas, art, or even yourself. Regardless of your path, the creation cycle is the same.

Now, what we have here are really 2 dimensional representations of sacred geometry that is static. It's important to connect with them by bringing in rhythm and movement, so we'll be doing a practice later on to activate these symbols. There's a vibrational quality in these geometrical patterns, something deep and ancient that connects to the chord of your very being. By allowing your consciousness to merge with these divine patterns, they will come alive and empower you to relax more into the flow of life. By tapping into the blueprints here, what you're really doing is accessing archetypal wisdom.

We begin with the seed, but this module teaching is also about preparing the soil, making sure the seeds you desire to plant have a favourable environment to thrive and flourish. Next, keep in mind that in its quest to flower, your little seed of an intention is likely to find itself pushing against a whole lot of dirt as it sprouts. This can show up in the form of uncomfortable and unrelenting obstacles, some of which are self-inflicted. When you learn to recognise, to stay with, and to work your way through these obstacles, this is flower power in action. Your commitment and persistence will then bear fruit, and the power you've engendered are the results that you get to harvest.

With all that said, I invite you to see this stage of excavation as an adventure. Like any journey worth undertaking, a sense of curiosity and adventure is essential. This quote from Joseph Campbell says it all: "The cave you fear the most holds the TREASURE you seek." Deep down underground, we will uncover what's buried, and then we plant seeds. To summarise what's been covered so far, I'd like to conclude by sharing this: Creation is geometric, and you are connected to the cosmos in this way. When you truly and fully understand how You are a Force of Nature, your experience of life exponentially shifts, & Sacred geometry is an entryway to help you optimise your system for living.

Additional Resources & Practice

More on Sacred Geometry:

Watch "[Ancient Secrets of Sacred Geometry & The Architecture of the Universe](#)" (11 minutes)

- Learn more about the Seed of Life [here](#)

Watch "[The Story of Creation Through Sacred Geometry](#)" (13 minutes)

Practice:

1. To anchor in your left-brain understanding of Sacred Geometry, note down a one paragraph summary of your take on why it's important to learn about the 3 patterns covered in TREASURE. Please share your reflection in the comments section.
2. Watch [this 4 minute video](#) by gazing at the Flower of Life symbol in meditative stillness. Allow your eyes to soften, and enjoy the accompanying music as you allow images and shapes to emerge from your soft gaze. This is a right-brain way of accessing wisdom in this symbol. Rest on your intuition, then please share your experience in the comments section.

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The Seed of Life

Video Transcript

Welcome to the first module of TREASURE, which is all about introducing you to the Seed of Life. We'll be familiarising your consciousness with this sacred geometry. I bring in sacred geometry to highlight how we are all part of a divine, geometric plan.

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The main one being the Flower of Life which is a symbol you are probably familiar with. It's one of the most important and popular sacred geometrical shapes out there. It's a symbol that is found all over the world, in many disparate cultures from Egypt to China to India, and it's a symbol that has existed for thousands of years. From this one symbol, we'll extend our understanding into 2 additional patterns, the Seed of Life and the Fruit of Life.

Another reason we're bringing sacred geometry in is because these fascinating ancient symbols remind us of how the Divine Feminine operates. Before we learned language to communicate and speak, shapes served as building blocks of our consciousness, and helped us to understand the world. Sacred geometrical designs are therefore feminine gems of intuitive understanding, it's a right brain way of processing knowledge. Understanding how these patterns move together and fit perfectly into each other is a right brain way of understanding divine harmony.

The Seed of Life is where we begin, and the sacred geometry itself represents The Beginning, with its 7 interconnected/interlocking circles.

These circles, which can be found within the Flower of Life itself, symbolise the 7 days of Creation, and the fact that they interlock shows that each point in creation is linked with the other. In other words, the seed of life illustrates the interconnectedness of life. You can also see the Seed of Life as a blueprint, a map to the secrets of the universe, because it symbolises the first and original shape from which all existence springs forth.

In this diagram, you can see how the seed of life echoes the 7 days of creation found in several religious traditions. On Day 1, a circle is created from a zero point, the center of the circle. On Day 2, an interlocking circle forms the Vesica Pisces, an oval shape in the middle that is reminiscent of a womb or an egg. This is a symbol of creativity which suggests the potential for new life and creation. On Day 3, another interlocking circle is added into the picture, which signifies the divine trinity - past, present, and future, or the interconnectedness of mind, body, and spirit. At 4 circles half of the seed of life is created, God has claimed that half of the world was constructed on the fourth day. We get 4 circles that represent the elements: earth, air, water, and fire. It also symbolizes the four seasons: Spring, Summer, Autumn, and Winter. At this point, we are halfway through the seed of life. After adding in the 5th, 6th, and 7th circles, we now have a complete seed.

You can see how, in the middle, a pattern of a flower is formed. This is known as a six-petalled rosette, a magical, solar symbol in many cultures that was used for protection.

You can also see how the circles in the seed of life have a tangible representation in the formation of cells. This is a beautiful illustration of how each circle depicts a different aspect or stage. These stages can be seen as metaphors for the growth and development present in all aspects of life – from the physical, the cellular, right to the spiritual, or the energetic level.

In addition, the hexagonal shape it forms echoes that of the honeycomb, By default, we associate the hexagon with bees. Their teamwork and cooperative nature, plus their ability to produce honey from sweet nectar, echoes the seed of life's symbolism .

Incidentally, nature prefers the hexagonal shape because it is mechanically stable and energy efficient. Hexagonal structures fill the plane with equal sized units and leave no wastage of space, compared to other shapes such as squares and equilateral triangles.

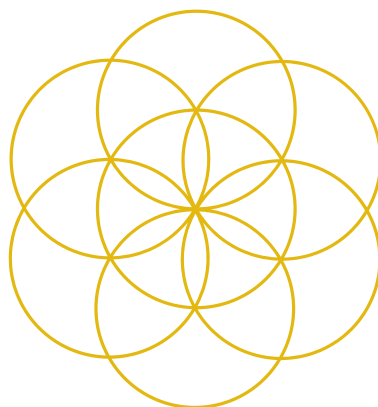
By now, it should be clear why the seed of life is seen as a powerful symbol that encompasses the potential for growth and evolution. So, what can we learn from this sacred symbol, and what are some of its practical applications? Since learning sacred geometry is meant to help us harness its transformative potential in our daily lives, how can we cultivate personal growth by connecting with its universal energies?

Let's first look at the Numerology, which is the study of numbers and their energetic influence in your life. Because there are 7 circles which represent the 7 stages of creation, the number 7 is associated with the seed of life. 7 is regarded as a mysterious and spiritual number, it's all about growing and developing new skills, especially your intuition and creativity.

It's also associated with the ability to be vulnerable to grow and improve your life. And then of course, symbolism of the number 7 can be found throughout many cultures in history. There are seven chakras within the human body, seven notes on the music scale, and seven stages of enlightenment in the Buddhist tradition. In Hebrew, the number "seven" has the same consonants as the word for completeness or wholeness. In Hinduism, there are seven higher worlds and seven underworlds.

For now, we're going to focus on the 7 chakras, and I'm going to share an excerpt from one of my earlier ceremonial sister circles, on how the chakras relate to our kundalini, also known as our dragon. This is our shakti life force energy, which is connected to our nervous system. We'll be learning more about the nervous system in Stage 2, but it's good to have a short experience of nervous system regulation here. In this excerpt, I use the symbol of the egg, which in Hindu traditions is associated with the seed of life, and you'll be able to see many similarities and connections between the symbolism of the seed, and the egg. I also briefly mention how our early upbringing as babies, during the pre-verbal stage, impacted our nervous system. The practices The practices shared here in this workshop excerpt

support you in connecting to the tender, vulnerable parts of your young self, which come closest to the seed of you.



Additional Resources & Practice

More on The Seed of Life

Watch "[The Seed of Life](#)" for a short animation (1 minute)

Watch "[The seed of life](#)" for a short explanation of the Seed of Life (2.5 minutes)

Practice:

1. Complete the practices (journaling, tapping, & havening) in the teaching video, and share your experience in the comments section. Note down any aha moments/insights you gained.
2. Listen to the guided Seed of Life activation throughout the week, and share your experience in the comments section!
3. Throughout the week, you can connect more deeply with the frequency of the Seed of Life by playing music attuned to its energetics. [Here](#) is one example.