

Meditation starts at 39:36 to **40:54 to 53:03**

Transcript to:

SACRED GEOMETRY SECRETS Revealed! Profound ancient HEALING ACTIVATION included! |

Dr. Robert Gilbert  [Julie Reisler](#)

0:01

welcome welcome welcome to the USU podcast in case we are new here I'm

0:07

Julie rler I am so grateful to be your host I'm so thankful you're here with me

0:12

this conversation my soul friend oh my

0:18

goodness I am recording this actually after my uh very very profound

0:25

conversation with Dr Gilbert I want to tell you a little bit about him but I just want to share this is one I know

0:31

it's a little longer you're going to want to make sure you have time to listen to this even if it's in sections

0:38

and about halfway through he guides us through a very very pra powerful

0:45

practice um so if you're able to be still or seated or lay down for that

0:52

part uh I really highly recommend it we will definitely have him back on the show um we are going to get into all

0:59

things sacred geometry and at a level that I have just never heard uh or

1:05

learned about before so I am super excited you're here as always let me tell you about Dr Gilbert and then I'm

1:12

gonna just bring you right into the conversation Dr Robert gil Gilbert is

1:17

has a multifaceted scientific and spiritual studies background he is a former US Marine Corps instructure in

1:24

nuclear biological chemical warfare defense and he holds a PhD in international studies Dr Gilbert has

1:32

since 1985 conducted independent Research into spiritual science to understand the non-physical basis of

1:38

Consciousness in the material world drawing on the hidden initiation teachings and practices of great

1:45

Traditions worldwide he also has extensively researched vibrational sciences and new energetic healing

1:52

Technologies my friend we got all into this I cannot wait for you to hear Dr

1:57

Gilbert holds the distinction of being the first non-egyptian ever authorized uh to teach the new science

2:04

of biogeometry developed by Dr Ibrahim Karim of Cairo Egypt biogeometry offers

2:11

practical science applications of shape sound color motion angle number and

2:17

proportion to harmonize Life Energy and benefit all living beings as demonstrated at the Egyptian National

2:24

Research Center in projects conduct conducted in the early 90s Dr Gilbert

2:29

recently released a new series entitled sacred geometry and spiritual science on

2:35

the Gaia channel that is where I saw him and thought he has to be here um this

2:41

series reveals many hidden patterns that guide and control our lives on Earth Dr

2:46

Gilbert's organization is the Vasa Institute for holistic studies which offers online training and holistic

2:52

health and personal development we will have all of that information at uh the the show notes and he also explains at

2:59

the end of the show show the different offerings um I just want to say thank you for being on this journey with me I

3:06

hope that you really just find the magic the power the beauty the Divinity in

3:13

this conversation and realize all of what I just said is you my

3:20

friend well Dr Gilbert I've got to say it is such an honor such a gift to have

3:27

you on this show I felt in love with your sacred geometry and spiritual

3:34

science series on Gaia I literally I'll share later that it was kind of funny I

3:39

would do my little solo infrared sauna and I would just watch and then do all of the try to do the things you were

3:44

teaching and I'm like he's got to be on the show my listeners are going to love this and love you so thank you for

3:51

saying yes thank you for being here wonderful thank you so much for having me I'm delighted to be

3:56

here I think before we you know you know diving into sacred geometry is a very

4:02

large topic um and before we even dive into that I think for those who don't

4:09

know you or the work that you you know have immersed yourself in maybe just to share a little bit about your background

4:16

what what got you into this world of sacred geometry how did you find yourself um really diving into such an

4:25

incredibly powerful realm thank you yes uh I think a lot of it comes out of

4:33

my interest in the potential for developing human consciousness and

4:39

energy and how that is related to practices and discoveries made in

4:46

ancient times in the great spiritual traditions of the world uh for the methods that they developed to be able

4:53

to develop the human energy field further to develop human consciousness to much much higher levels and as you're

4:59

working with multiple different Traditions one thing that is incredibly

5:05

helpful is to be able to understand what is the core pattern behind all these

5:10

different traditions because they'll have different terminology they'll be approaching it from slightly different angles but if you understand the larger

5:18

context of what they're working with then it's easy to put the different

5:23

pieces together back into a coherent whole even though it's from different Traditions with different ways of

5:29

expressing what they're working with this also came into play when I was uh a

5:36

US Marine Corps instructor in nuclear biological and chemical warfare defense

5:42

and at that time I began to because I always like to understand things contextually I can only understand

5:48

things as a whole going from the whole to the parts and so as I was investigating

5:56

modern nuclear biological chemical systems which is really the foundation

6:02

of biology chemistry and physics I wanted to be able to have a method of

6:09

seeing the larger picture that all this is coming out of because what tends to happen today both in the way that people

6:14

are taught mathematics and in the way that they're taught science in general is it's so fragmented that it's like when we learn

6:22

history you you in school t a variety of different dates but not how anything actually fits together so as I began to

6:30

work with this and got into more of the biology chemistry and physics I found an

6:35

overlap there with my studies in different spiritual Traditions around the world that the exact same patterns

6:42

that have been rediscovered in modern times through modern science and technology are the exact same patterns

6:49

that were known and taught in ancient spiritual Traditions but in a much more holistic context we've been very

6:56

successful in modern times in applying these things in extremely practical technological ways but with very little

7:04

understanding of the way that some of these Technologies affect living beings

7:10

in their Consciousness and energy fields and so to see this

7:16

incredible overlap between what was taught often in very hidden circles

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thousands of years ago in spiritual traditions and what's been empirically rediscovered in modern research really

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got me on the trail of what today we tend to call sacred geometry uh because sacred geometry the

7:35

way that I understand it is really the study of all patterns it's pattern

7:41

information and anybody who gets very advanced in any field understands it as pure patterns that also as I mentioned a

7:48

moment ago allows you to get information from multiple sources and because you can see the pure pattern behind the

7:56

individual expressions of that in different bodies of work different Traditions you see how it all comes

8:02

together as a whole and so sacred geometry if we really look at the term

8:08

it's sacred because it is a manifestation of the actual Powers

8:16

coming from higher non-physical Realms that's always been the understanding in

8:21

spiritual Traditions around the world so that from these higher Realms above the

8:27

physical literally The Meta physical and we could use a western model of this the

8:33

modern seven Plains model that got popularized by the theosophists in the last 150 years in the west
you've got

8:40

the physical you got the vital energy level which is called Chi key or Prana

8:45

in ancient Traditions you've got the astral level which some traditions use

8:51

to indicate both what in human beings is both the mental and emotional and mental

8:56

function but other Traditions it's used just to Express the emotional level of function then you've got the mental then

9:03

you've got the causal then the spiritual then the Divine and the Divine is where everything is one everything is part of

9:10

what physics would say is a unified field but that's from a fairly

9:16

externalized and not very humanized perspective the unified field is

9:22

literally Unity between beings to the original source and so if if we

9:29

understand sacred geometry as being in the beginning from the Divine plane an

9:35

emanation of the thoughts in the mind of god that's literally what it is and that's what it was understood as in the

9:41

ancient world the thoughts in the mind of God the unified Source the one that's

9:46

behind every being that exists in the world today all systems then those

9:52

thoughts in the mind of God go down through the plane levels and they then form the higher spiritual ples and

9:59

worlds and beings and then come down into the formation of what human beings

10:05

think of as karma on the causal plane level and then moving into the structuring of the mind and the emotions

10:13

and then the formation of the energy body then crystallizing into physical space as the actual physical form of a

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thing so sacred geometry is understanding the larger spiritual

10:26

context and sources of every everything that exists in the physical world and

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the form in Geometry that it takes to literally manifest that power in a

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stable way in space because that's what geometry is it's patterns in space we

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also have a kind of sacred geometry of time which is patterns in time which

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every human being is subject to with our life process coming from an infant up to

10:55

an adult then old age then cycling off going back through the Incarnation

11:02

process coming back again as is understood by most Traditions around the world and so that was really my take on

11:10

sacred geometry seeing that one-to-one relationship between a specific pattern rediscovered in modern times with uh new

11:18

science and technology and how that totally matched uh the exact same

11:23

pattern that was known in ancient spiritual traditions where they used it more for the development of Consciousness and energy and we tend to

11:29

be applying it more externally today but it's all the same pattern so no matter what aspect of life you're working with

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even things that we tend to think of as more qualitative such as our emotional

11:43

relationships and all these aspects of life everything is really governed by sacred geometry it's really the patterns

11:50

behind things thank you thank you for that is

11:55

just a really succinct and beautiful explanation and and to me what comes to

12:01

mind and I I I'm remembering when you talked about this it it's going back to that that idea of unity that everything

12:07

and everyone has these essential building blocks these patterns it connects all of us um can we talk for a

12:15

moment I feel like there's so much here so I'm going to just try to pce us but

12:21

please like go off on tangents um for for someone who is maybe newer to

12:28

they've heard of sacred geometry um maybe they've seen the Flower of Life

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symbol or some of these other symbols could we start with some of the basic

12:38

patterns that that you talk about I know you start with kind of the first and then the like some of these basic

12:44

patterns and what they represent that might be a good place to start okay so let's start with a very important

12:51

concept which is that what we often think of as sacred geometry patterns

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today are in fact often a snapshot in a particular moment in time of a dynamic

13:04

process of what my mentor Dr Ibrahim kareim in the biogeometry system from

13:10

Egypt refers to as the forming process the forming process is where the

13:16

energetic field becomes formed into the configuration

13:24

that will allow the physical crystallization of a thing into a stable physical form but things do evolve

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over time so if you ask somebody okay what is the physical body of this particular human individual it's like

13:38

well at what age at what point in the time cycle it was very different when they were in the first couple of days of

13:44

gestation in the mother's womb versus when they're 30 years old versus when they're 80 years old it's constantly

13:52

dynamically moving but it's all based on the generation of shape information that

13:57

allows consciousness an energy to express itself in a stable way on the physical plane so this is also connected

14:04

to the concept of a packed thought form a pack thought form is the way that information is held and transmitted at

14:11

higher levels above the physical and so higher non-physical beings don't

14:16

communicate in Earthly language uh Earthly language is actually a very slow

14:22

method and somewhat imperfect method of imparting information compared to the direct transmission of information from

14:30

Consciousness field to Consciousness field which is what happens at higher levels and is the way that let's say a

14:35

highly Advanced spiritual Master would transmit information to a disciple or things of that kind in a classical

14:42

tradition so the pack thought form is the actual summary of a gigantic amount

14:49

of information that in a spiritual transmission can be transmitted in an instant and so that pack thought form

14:57

can often be expressed through a pure geometric form the geometric form is a kind of summary or crystallization of

15:05

the pattern into space even if it's a pattern in time that could be crystallized into a pattern in space

15:11

that gives you a sense of what that unfolding pattern is so if we have that as our foundation what we'll find today

15:18

that when people talk about sacred geometry they often are referring to a

15:24

very core set of patterns that are coming originally from Egypt the Egyptians taught them to the Greeks

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that's what the Greeks themselves said you find this in the writings of Plato and these sacred geometry patterns

15:35

conveyed from the Egyptians to the Greeks became what was taught in the Pythagorean School of Greece and that

15:41

became the things like the platonic solids and the archimedian solids and so these great ancient Greek

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initiates understood some of these spiritual patterns from the past and so

15:54

this leads us to patterns like the cube and the octahedra and the dodecahedron

16:00

the icosahedron uh these types of platonic solids are things that we often see

16:07

represented today in terms of sacred geometry and then they can take on slightly different forms they can

16:12

stellate or become a star form or there can be more complex forms that take some

16:18

of the shapes like a square from a cube and combine it with a triangle from a

16:24

tetrahedron and then make other types of forms or a cube in an octahedron you

16:30

make what's literally called a cube octahedron with the archimedian solids now this has become popularized in

16:35

modern times with a lot of kinds of uh very trippy imagery that you'll see both

16:42

in Hollywood Productions if they're trying to represent something spiritual or non-physical but also in EDM circles

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and uh particularly around psychotropics and things of this kind this type of imagery has become very very popular

16:57

just like in the 19 1960s like the paintings of Peter Max and these kind of things became like a indication of the

17:04

consciousness of the age with those kind of very brightly colored somewhat cartoony images that were everywhere in

17:11

the 60s we're really moving into a time in which the sacred geometry imagery is just as fundamental but we should be

17:18

aware that sacred geometry really applies to everything that there's a pattern to everything in existence again

17:26

even things that are we think of as non-physical like the patterns of how we form and screw up our relationships with

17:34

other people everything has a pattern and what you find is that people who are the masters of any particular field is

17:41

that they understand the pattern behind it and then it becomes very straightforward to work with it until we

17:46

know the pattern we don't have any real freedom of choice because if you don't

17:53

know what your options are if you don't know how a system works then you don't really have any free will or free choice

17:59

you have to understand the entire pattern the entire thing you're working with so it gives us true freedom of

18:04

choice and it also gives us a power to work with the system co-creatively to

18:10

apply it for practical purposes so again what many people think of as core sacred geometry forms are things like cubes

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tetrahedrons octahedrons things like this uh or some of these other types of

18:24

what we would refer to as threedimensional geometric forms of a very archetypal nature uh because for

18:33

example people talk about the platonic solids we need to be aware that there nothing other than the five perfect

18:39

divisions of a sphere so what often happens with sacred geometry work today is that people don't

18:46

start at the beginning they jump somewhere in the middle with a completed form and we'll say what the Greeks said

18:51

you know that the cube is related to Earth and the tetrahedron is related to fire Etc but it's not clear to people

18:57

why these are related to those elements they're completely embodied in the geometry itself why they're related to

19:03

these elements of nature and in working with these different uh types of

19:10

patterns we can begin to get a a sense of how the sphere is the Primal pattern

19:18

of all creation so I always like to start with people like when I used to teach a 7day intensive in sacred

19:25

geometry starting at the very beginning and then moving into very complex patterns that create everything today

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including in all scientific systems as well in everything that rules our

19:36

biological life that when we would explore this I

19:41

always like to start with this idea of the seven planes so the highest of these planes that is made very clear in the

19:48

Egyptian biogeometry work from my friend and Mentor Dr ibam kareim it is connected to the geometric form of an

19:54

immaterial Center the center of everything is is a literal transcendental Gateway beyond space and

20:02

time into the Divine plane itself and that has a specific energy

20:09

quality that comes with it and it's something called the bg3 in Egyptian

20:15

biogeometry it's a universal harmonizing and balancing Force that's beyond

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polarity normally when we deal with energies in esoteric metaphysical

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healing systems it's in a yin and yangong polarity so to bring something back to balance that's unbalanced if

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it's got too much Yang you add more yin to pull it that direction if it's two Yin you add more Yang to pull it that

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direction but this idea coming from the ancient Egyptian temple science and

20:46

restored to the world today through Egyptian biogeometry is that there's an actual energy quality of activating the balance

20:53

point itself directly without adding any polarized energy without going Yin or

20:58

Yang you're activating that balance point that harmonizing uh force in the

21:05

thing itself bringing it into its equilibrium and so this is connected to

21:10

the energy from the Divine plane the original we could think of that as the original Singularity because the

21:16

singularity is an immaterial point in the center that then has everything come out of it in modern physics it's just a

21:23

physics expression of the exact same concept in ancient Egypt and ancient spiritual traditions

21:28

and the the movement from that immaterial Center outward so the center of the circle is this

21:37

archetypal form that allows us to access the Divine plane in its Center that's

21:42

why if you go to ancient Egypt and you take a look at the the artifacts we have from then if you look at the ancient

21:48

Egyptian ruler you'll see that it has a series of Divisions on it in addition to the metric divisions they Ed to

21:55

literally measure things they also had on the ruler particular shapes sacred geometry shapes that were related to the

22:03

Divine process of coming into manifestation from Spirit on the ruler

22:09

which shows you how integrated the ancient Egyptian Consciousness was with the movement from Spirit to matter that

22:15

created everything in physical space so the first division of the Egyptian ruler is the classic point in the center of

22:21

the circle glyph and that's the hieroglyph for Raa the N of the Sun

22:29

but we also see that the point of the center of the circle is used in modern Western work to represent things like

22:35

the sun itself in astrology it's used to represent gold in alchemy it's used to

22:42

represent the godhead for the Freemasons and the rosac crucians again these are

22:47

packed thought forms a point in the center of the circle is actually the point in the center of a sphere and so

22:54

from that emanating Center uh from the Divine plane we emanate outward and the

22:59

archetypal form to create a separate system is that of creating a boundary

23:07

where every point on the boundary is equidistant from the center and so if you do that it creates a sphere the

23:14

sphere is the perfect form where everything on the periphery is equidistant from the center now if we

23:19

then understand spiritually which what everybody leaves out these days and it takes away any possibility of

23:24

understanding what this really means is that the center is the gateway to the Divine plane the original Source Point

23:31

and then it emanates outward to create the boundary in physical space of the

23:36

physical world so we have all these spherical forms in the human body with things in the blood and things like that

23:43

and we have spherical forms of planets we have spherical forms of all kinds of things because it creates the perfect

23:49

balance between the unified field Divine plane energy of the center and its

23:56

manifestation creating a seal boundary for a specific energy system to manifest

24:02

in the physical space within with the spherical form so if we

24:08

understand that first then we understand what the platonic solids meant to the Greeks and the Egyptians because they

24:14

are the perfect divisions of the sphere the perfect boundary but those perfect divisions of the sphere there's only

24:20

five of them and only four of them were taught publicly by the Greeks because

24:26

the fifth one the one that's consists of 12 pentagonal faces was considered to be

24:32

too powerful too dangerous to release to the public because they said if it was ever to be misused it would create

24:38

tremendous destruction and so as you probably saw in my Gaia series I describ

24:43

there how the form of the first nuclear weapon ever created in the Manhattan Project if you

24:50

take away the outer cladding of it which makes it a sphere you'll see that inside

24:55

they have it Formed to be a do decahedra the first nuclear weapon was a dodecahedron the same form warned

25:01

against by the Greeks that if misused could create tremendous destruction because the element that the decahedron

25:08

connects to is The Ether the pure Cosmic life force and so this gives I think a

25:15

sense of the stakes involved in this this is not some type of abstract

25:20

metaphysical woo type of thing this is something as the foundation of

25:26

incredible breakthroughs of Science and Technology often misused but again the

25:31

question was about what are some of these types of patterns we're talking about in sacred geometry and so I'm just talking about some of the most core

25:37

patterns but again everything has a pattern get a book like uh General Chemistry by Ionesco Pauling even if you

25:44

have no scientific background doesn't matter open it up take a look at it and you'll see that every chemical compound

25:50

every element has a very specific geometric form in fact it's that geometric form in chemical analysis that

25:56

makes it that chemists change the geometric form you change the chemical that it creates which changes

26:03

its biological function so this is the whole thing about translating energy into matter energy into form and the

26:11

form becomes the literal crystallization of the energy power that can then be

26:18

applied through the form well okay I'm actually um was just

26:26

laughing in my mind son just memorized the periodic table the whole thing has a song about it and we were talking about

26:32

he was talking about the different geometric the different the different shapes and forms of and I'm afraid you're Frozen on my end oh no okay now

26:40

you're back you're back back oh we're going with it I don't know what that means and the patterns of the geometry

26:45

when that happens air waves are like what's happening um I was saying my son

26:51

memorized the periodic table for chemistry and he we were talking about the different um I we went to see the

26:58

Manhattan Project we were talking about the different the different forms and um shapes and I there's so much here I I

27:07

want to go back for a minute something you said I thought was just so powerful you talked you alluded to the spiritual

27:14

meaning you know that often that's left out we have the sphere with the center point and to really to dive into that

27:21

spiritual meaning maybe a little bit more as I look for those who aren't watching this you have the beautiful Spiritual Awakening lit up behind your

27:28

head which I love um and then I know you had also talked about the five divisions of the sphere and perhaps we could go

27:35

through those first four I know the do decahedron I hope I said that right is the fifth one um but when when you said

27:43

that with the spiritual meaning what how can we interpret this I mean I could think of ways but from your experience

27:49

how can we look at this this I mean I I felt honestly Dr gers you were saying

27:55

this I felt like energy in my body body as you were talking about the center point I'm like my heart just felt like

28:01

it was opening um it's so powerful I mean I could feel it almost brought tears to my eyes so I I feel like

28:08

talking about that for a minute would be um would be helpful I think one of the best ways to really understand the power

28:15

of the center is to understand it somatically to understand it in our bodies uh because I can say a lot of

28:22

things about it on a more intellectual analysis level but to make it something visceral

28:28

uh the things that I teach in my classes with this is what I refer to as zero point centering where we can move our

28:36

energy and attention into the center of the center of the center and I want to give credit for this I first learned

28:42

this from the late French Medical Doctor Samuel Sagan who created the Clair

28:47

Vision School of Australia that I was an instructor for at one time quite a few years ago so I I use slightly different

28:55

terminology and slightly different ideas around it but I always want to give credit to my sources and so uh there's

29:02

this ability that we have that everything in manifestation is coming out of a center to create its

29:10

manifestation in the physical world and the energy is going then back into the center and that is a microcosm of the

29:17

larger macrocosmic process of how things emanate from the Divine plane to physically manifest and then they go

29:23

back through the different planes to return to the center to the Divine plane

29:29

but this becomes an actual energetic practice that was understood in ancient traditions and it is the key to

29:35

activating any energy center in the human body so for example if you put your

29:42

attention at the ajna center from the uh

29:47

Hindu tradition then what you'll find is that if you move all of your energy and

29:53

attention into the center of the center of the center of a place slightly inside inside the skull between the

29:59

eyebrows that you can activate a energy movement again as if your normal

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attention is going outside of you normally to be able to operate in a physical world our physical senses allow

30:12

us to take our internal Consciousness and to move it outward in somewhat of a sphere of attention around us this is

30:19

very well explained in things like iido that our attentions is like in a sphere of perception around us so we

30:26

we're sending that all out to make sure we don't get get hit by a truck when we're walking down the road type of thing but that's because physical

30:33

perception is based on the same pattern as physical creation which is the

30:38

movement outward from the center spiritual perception is the other part

30:44

of this which is moving inward from the periphery back into the center and

30:49

that's how we activate all latent spiritual powers in the human energy body so if you put your attention

30:56

slightly inside the skull between between the eyebrows like the formation of the frontal Anna Center it do it's

31:01

part of a larger structure going backwards but we'll leave that alone for right now then if you move all your

31:06

energy and attention into the center of the center of the center of the center of what you feel in that third eye space

31:13

you'll go from normal physical perception and usually close your eyes so you can tune in internally As you

31:18

move into that center of the Center Constant Dynamic movement into the center you become aware of the feelings

31:25

of the etheric life body our Chi key Prana level so rather than just

31:30

perceiving things externally you're starting to feel things in the body then you know that your level of awareness is

31:36

at the etheric level the chi Prana and

31:42

the sensations that you have are things related to density pressure tingling

31:49

vibration those are the expressions of awareness at the Life Force

31:55

Level and if you then go go into the center of the center of the center dynamically from all directions moving

32:01

your energy and attention inward to the center of whatever you're feeling there

32:06

then you'll go to the next level which is the astral plane level and the language of that plane rather than the

32:13

feelings of density pressure vibration the language of that plane is the perception of light and color and as we

32:20

move into that level we start to perceive light and color some people are more visual with it literally seeing

32:26

light and color and this is why people see this in psychotropic experiences these centers are being activated

32:33

through whatever that particular chemical their ingesting is and so we

32:38

perceive things then in light and color may be pinpoints of light it may be clouds of light and color and then

32:47

there's further experiences beyond that until we keep going into the absolute Center and we reach the Divine plane

32:52

When We Touch the Divine plane in the absolute Center just through constant Dynamic movement into the center of the

32:57

center of the center then once we touch that Divine plane in the absolute center

33:02

it's like we flick a switch internally we activated something that was latent and when we activate that by touching it

33:09

with our own awareness and attention through having gone into the absolute Center of that energy structure in the

33:16

body then it reverses Direction it activates the light that is present in

33:22

that energy center and it then moves outward from the center to become a surrounding

33:27

sphere we're recreating this process in our own energy body and you don't even have to like so much try to guide it to

33:33

like become a sphere it becomes a sphere automatically it's just like that's what happens when the light pours out in all

33:40

directions from a center it's the natural thing to take place so this is

33:45

something that we can all experience inside of ourselves and so we can use that to activate any energy center in the body so not only what people think

33:52

of as the seven chakras from the hamalian tradition but also all all of the

33:57

smaller energy points in the body that are called marma points in India and are called acupuncture points in the Chinese

34:04

doas tradition you can put your energy and tension into any of those centers and go into the center of the center

34:11

activate them and then do what the amalian tradition calls taste the nectar

34:16

what's the quality of energy that's held in that place in our energy body every one of these energy points has a

34:22

different power and function in Sanskrit each of the chakras have a different name

34:27

related to their different functions and Powers same thing for all the acupuncture points they have different esoteric names based on their power we

34:34

can get in touch with that we can taste that we can feel that we can activate it

34:39

to become now active and that will have all types of effects for everything from

34:45

physical healing to activating our latent spiritual potential and at a

34:50

higher level we can actually even do this in other people's bodies if we put our Attention our attention our mind is

34:58

not limited in space or time if you have enough juice if you have enough

35:04

discipline if you have enough training you can put your energy and your attention on any point in space or time

35:11

in the larger Matrix pattern and then create effects within it through the mind power and so for example you could

35:18

put your attention in another person's body in a particular location and move

35:23

into the center of the center of the center because get in touch with what's present in that person's body at that

35:29

energy center and potentially also activate that energy center with the outward movement if you're an energy

35:35

healer and you know the right vibration you could insert a particular vibration of a particular function into that

35:41

energy center of their body so that's a way that I like to introduce people to of extremely powerful spiritual skill

35:49

one of the most important spiritual skills we can ever learn but it's actually very simple and straightforward you just have to practice it enough

35:55

until it becomes second nature and this gets in touch with what is that power of the center then in 36:02

biogeometry biogeometry teaches us to be able to amplify the energy coming from the center of 36:09

any form that exists in the physical world whether it's a living biological being or in abstract form so Dr Ibrahim

36:16

Karim the founder of biogeometry is an architect as well as an amazing natural scientist and so he would understand how

36:23

we could activate the energy in any building in any construction by activating the center and so there's 36:30

a lot of different ways to do that I mean that's why you know at this point we used to do the foundation training in

36:36

biogeometry in six or seven days now we do it I I teach my online classes with

36:42

that over a period of five weeks to give people enough time to get all that information and the same thing with the

36:48

Advanced Training it's like another five weeks and we're bringing Dr Kareem to teach yet more pieces of the of these

36:56

skills uh to the United States next march in March 2024 uh for people that have completed

37:02

the Advanced Training so again there's practical ways they understood in ancient Traditions to activate that

37:08

energy of the center which balances and harmonizes all living Energy Systems but in the form of the practice I just

37:14

taught you a moment ago yeah which is not a part of biogeometry but part of other systems working with the same mystery from a different perspective we

37:21

can move into the center of any energy center in our body activate it and start to bring up the potential powers or what

37:28

they would call the halalia sitas that come from these activated latent force centers in the

37:35

body I I I'm obsessed with what you're teaching and talking about because to me

37:41

this is this is the natural this is our Birthright to be able to do this and

37:46

it's not something I mean I was not taught this in school I can tell you that right now oh yeah this was not

37:53

taught to me and I'm always obsessed with anything that you know for anyone listening right now can take this and

38:00

learn and practice how to do this that we all have this ability to what I'm

38:05

really hearing is just like the center point of a sphere known as the the godhead the center the that

38:12

incredible Oneness Unity healing power that is when we focus and it could be

38:19

anywhere but maybe starting like you said in the center in the third eye um to really you keep focusing your

38:26

attention that that like you said our mind is not it's not dependent on space and time I mean I just I almost wonder I

38:33

don't know if you want to do this but if we could even do a little practice session I don't know if that's going to work but just to help I I I really feel

38:41

the people I've such a beautiful community that that listens here that's part of uh the us2 family and Community

38:49

worldwide um and we have a beautiful Community I know it froze for a second I'm laughing it yeah okay you're back

38:55

you're back now I'm back but anything you anything you said in the last five seconds I missed so it's all good just saying we have an amazing Global

39:02

community and I I would love to give maybe just a moment a few moments of inviting anybody as long as they're not

39:08

driving to where we could practice this together with you because you said you know to me I go into this is healing

39:15

like and to be able to do this for ourselves this is everything you know to have that power to do that ourselves

39:22

froze again okay all right I'm just laughing at the uh en so funny the energy here is so high

39:30

my friends that it keeps freezing can you hear me now Dr gilber I can I can hear you now all right so we're gonna if

39:36

we could do an ex um an experience where people from wherever they're listening can can join us so we can try this

39:44

together and feel it would that work for you to guide um a short experience sure

39:49

okay awesome I can do that all now what I often do with people in in teaching this depending on the class that I'm

39:55

doing sometimes have them do it on an external object like when I teach classes on the vibrational science of uh

40:02

of crystals and minerals I'll have them get a particular type of stone today it's considered to be some type of wacky

40:08

new age thing to think that stones have energy uh or that like Forge Crystal

40:15

Works to moderate Consciousness and information but that's always ridiculous

40:21

that people think that because all of our modern computer systems are nothing other than silica chips that are able to

40:28

hold and direct Consciousness or information in a particular stable way people don't even understand the link

40:34

between these things and modern technology but what I would have people do is I have them hold a stone or something and and they'd go through the

40:41

different layers of the stone until they touch the Divine Center and then that moves back outward and that activates

40:48

the energy in the stone so for Simplicity we're not going to do that here I'm just giving you a larger context what we're going to do is what I

40:54

just described to you a moment ago the easiest to start in activating the centers by activating the frontal third

41:00

eye the ajna center and that's because we're a very mental culture yeah so you know for

41:08

people that are more heart oriented then activating the Heart

41:14

Center may be easier or for people who are very physically oriented activating

41:19

a center in the lower abdomen may be the easiest but we tend to be a very mental culture so we tend to start here so what

41:25

I'm going to invite everybody to do is just to close their eyes for a moment take a few deep breaths into the lower

41:33

abdomen and with the inhale into the lower abdomen I want you to relax so

41:39

that your belly is expanding outward on the inhale when you exhale contract the

41:45

abdomen and pull the naval toward your spine so an actual physical contraction

41:51

as you exhale pushing the air out and Contracting the muscles of the abdomen and and do this several times on the

41:58

inhale the whole stomach bulges out on the exhale you pull the naval toward the

42:03

spine and it pushes the air out do this a few times while relaxing all the

42:08

muscles in your body make sure that you're relaxing the muscles around your

42:13

forehead around your eyes relax the muscles around your

42:20

jaw the muscles around your throat muscles in your chest

42:27

particularly around the heart including your back which protects the back of the

42:32

heart chakra and T we tend to hold tension there relax that area of the back and the front of the body around

42:39

the chest relax the energy in the lower abdomen most people in our culture have

42:45

chronically constricted muscles in the lower abdomen so making sure that that's

42:51

why we're expanding the stomach out on the inhale and Contracting it on the exhale to make sure sure we're able to

42:56

relax that and have it pulse and breathe and not be stuck and rigid the way that

43:02

impedes the Life Energy in so many people today also all of the muscles

43:08

around the hips should be fully relaxed including the buttocks the

43:14

muscles of your inner thighs need to be relaxed people tend to hold that chronically

43:19

constricted relax all these areas of the body and then return to normal breathing

43:26

don't have to focus on your breathing at this point just keep everything relaxed sit up relatively straight wherever you

43:33

are sitting at the moment in your chair tuck your chin in toward your chest slightly and this will help to improve

43:40

the alignment between your spine and the back of the head and and not anything rigid stay

43:47

relaxed but just tuck the chin in toward the chest slightly so you can kind of feel almost an energetic click like the

43:54

spine and the back of the head are now aligned with an energy flow that's moving a little more

43:59

smoothly now from that preparation the next thing I want to do

44:04

is called the energy field awareness practice keeping your eyes closed simply tune into to the feeling in and around

44:11

your body so that you get a baseline of how your energy and Consciousness is in its

44:20

current state before we do the practice that way you can tell the difference later it's good to do this before any

44:26

energetic or meditative practice Just Close Your Eyes tune into the feeling of energy in and around your

44:33

body and get a read on that so you can see the modifications the practice

44:39

has so once you've done that how what are you conscious of what do you feel

44:45

energetically around your head rest of your body around your body now keeping the eyes closed I'd like you to please

44:51

put your attention at the location between your eyebrows at the front of

44:56

the skull and then move your attention back just about half an inch just slightly

45:03

inside the skull between the eyebrows so this is the location of the

45:08

agus center what we call the Third Eye Center in the west and again it's the the chakra that

45:16

tends to be the easiest for most modern people to feel to begin with so once you become aware of that

45:23

location I want you to continuously move all of your energy and attention into

45:30

the center of where you have now placed your attention between the eyebrows

45:35

slightly inside your skull so this is all a matter of being able to direct with the Mind our energy

45:44

field so placing your attention slightly inside the skull between the eyebrows

45:49

make a energetic movement coming from all directions into the center of the

45:55

center of of the center of the center of the center of that frontal third eye

46:03

location it feels almost like your attention is normally a great balloon around you and now it's losing air so

46:10

it's Contracting around its own Center and the boundary is moving in from all directions

46:16

simultaneously toward that Center the sphere is Contracting the sphere of your attention

46:22

is now Contracting to a point at that location slightly inside the skull between the eyebrows as it

46:29

contracts to the point that's not the end that's the beginning you continue to move the contraction of that point into

46:36

its own Center Constant Dynamic movement of all your energy and attention into the center of the center of the center

46:45

of the center of that point the point is getting smaller and

46:51

smaller as we move into the next layer of this you'll become aware that that

46:57

location slightly inside the skull between the eyebrows you'll now become aware of it in terms of vibration or

47:06

tingling or pressure that you feel at this particular location inside the

47:14

skull and whatever you feel there through doing this practice move into

47:19

the center of the center of the center of the center of that place inside the

47:25

skull of that location where you have the feeling as you keep moving dynamically

47:31

into the center of the center of the center of what you feel there at the Life Force Level you're going to at some

47:39

point of continually moving into the center become aware either in an

47:44

internal image of light and color or if you're not visual you may simply have a

47:51

feeling of light and color appearing in this place on your mental screen scene in

47:56

this place in your forehead so then keep moving all your energy and attention into the center of

48:03

the center of the center of the center of the center of this field of light and

48:08

color for those that see it it may appear as pinpoints of light and color Others May perceive it as moving Dynamic

48:16

clouds of light and color doesn't really matter just keep moving into the center of the center of the center but the

48:22

light and color is the indicator that you're now at the as level now for time purposes we're not going to go slowly

48:28

through all the other levels we're just going to keep going into the center of the center of the center and take the

48:34

Express strain to the Divine plane so constant Dynamic movement into the

48:40

center of the center of the center of whatever you feel in that third eye space and as you keep moving into the

48:46

center of the center dynamically it's almost now like there's a Vortex pulling you into that Center but it's a Vortex

48:52

coming from all directions pulling you into that Center Center at a certain point you don't even have to try to do it anymore it'll take its own energetic

48:59

momentum and pull you deep into the center that's going into the rabbit hole and as you allow your energy

49:07

intention to go into that absolute Center at when you touch that absolute

49:12

Center that innermost point that is the Divine plane that is the source of the

49:18

third eye space and as you touch the Divine plane of that absolute Center having touched the absolute

49:27

Divine plane center with your attention it activates it it's like throwing a

49:32

light switch and at this point you can start to feel an automatic reversal of

49:38

the energy coming out of that point between the eyebrows and flowing out in

49:44

all directions become aware and allow that outward movement of light and energy out

49:52

from the center in all directions and become aware as it streams outward

49:57

expanding the point to a larger sphere that completely surrounds your head with

50:04

a golden Radiance it may have other colors present but the core of it coming from the Divine plane is always

50:11

gold and allow that golden Radiance to create a sun of radiating light around

50:18

your head from having activated that Center because often we use the term

50:24

Center in an abstract way but it's an absolute Center that we can activate and allow it to create that literal Sun of

50:31

energy around the head radiating outwards now before you open your eyes I

50:38

want you to keep focusing on that outward movement of the energy now streaming out of the center we started

50:44

by moving into the center to until we reach the Divine plane now in activating it all the energy is streaming outward

50:50

the creation process back to the physical from the Divine plane become aware that streaming outward of the

50:57

light and energy and with your eyes still closed become aware that that light and energy streaming out from that

51:04

Center will help to break up and dissolve and clear any blockages that

51:10

are present within that movement range from that Center to the radiating Sun of

51:17

energy around your head that radiating Sun clears up any types of Sams scaras

51:24

blockages any types of dark areas within your Consciousness or even within the

51:29

physical structure of the head that need light and allow that radiant Golden

51:36

Light streaming out to the sphere around your head allow that to dissolve any of

51:43

these dark blocked areas the exact same way that sunlight literally dissolves

51:49

the dew on the plants in the morning to where it just vaporizes and disappears see how bright you can make

51:57

the light coming from the radiant Sun around your head you have an inner dimmer switch or

52:05

an inner Radiance switch that you can with your attention increase the Luminosity of the light coming from the

52:12

Sun around your head see how strong you can make the intensity of the energetic

52:18

vibration of that sun around the head and how bright you can make the Luminosity of the light coming out from

52:25

the Sun around your head streaming out in all directions and just increase the

52:32

intensity of vibration and the Luminosity of the light to whatever is your maximum comfortable point and then

52:38

I'm going to be quiet for just like 15 seconds and just tune in the feeling of

52:44

that Radiance and the clearing effect from your having moved up the radiance to its highest

52:54

level

53:03

and now keeping the eyes closed you can let go of the practice

53:08

know that the radiant Sun of light energy is still around your head but with the eyes closed once again return

53:15

to the energy field awareness practice and ask yourself the silent question how has this practice structured my body of

53:23

energy and simply tune into what are the

53:28

sensations in and around the body how has the structure of your energy body changed the structure of your

53:34

Consciousness changed from doing this practice what is the after effect of the practice how did it structure your

53:39

energy field don't try to create anything just tune into and observe with your eyes closed how it feels in your

53:46

body and outside your body after the

53:54

practice

54:00

and then when you're ready snap the fingers of either hand and open your

54:07

eyes and the Snapping of the fingers is just to create a clean movement between the internalized perception and moving

54:14

back out to externalized perception that that was I like don't

54:20

even have words right cuz I was so in it that was so incredibly powerful I have

54:28

to say I I would love to hear from everyone anyone who just did that what did you experience I felt the clouds I

54:36

just to share really quick when you were speaking about the clouds of I I felt clouds and with the Sun that solar

54:43

Golden Light I got like if I feel like heated in my cheeks like my whole head

54:49

felt warm so incredible that is so powerful

54:55

so powerful great I'm so glad you enjoyed it amazing again it's it's a technique that once you learn it becomes

55:01

completely natural it's one that's been done in spiritual traditions for forever

55:07

sometimes considered a hidden practice Yeah like a more advanced initiation practice but it's really the core of

55:12

everything you can activate any energy center in your body and potentially later in somebody else's body but only

55:17

with permission yeah uh through understanding how this process works it's the same process as our world was

55:23

created in the incarnation out from the center the movement back into the center that's true when we incarnate we move

55:29

from the Divine plane outward to the physical manifestation of the Earthly plane then we go back after death and we

55:36

come back and it's like a breathing process between the two yeah and the flow a question for you that came up I

55:43

started to get these images you know we see in art of and I'm curious about

55:48

the term Enlightenment enlightened one I'm afraid you're Frozen again oh no okay you're back now all right this is

55:56

funny we're just going to go with it's such high energy I think that absolutely it's like what's happening with with

56:01

those that are enlightened right the the idea of enlightened being enlightened enlightened ones um the connection with

56:07

this practice and then I also got this image of you know you might see an like

56:13

Jesus or an angel or or an enlightened person with the sun halo around the top

56:19

of their head and how that might be connected to what we just did I don't

56:25

know for sure absolutely I think you did talk about that yeah absolutely so the first thing we need to be aware of is

56:32

that light and Consciousness are the exact same thing they are literally the

56:37

exact same substance so when we experience light internally that's what

56:44

makes us conscious our Consciousness is literally light experienced internally and when we experience

56:51

Consciousness externally we experience it as light so that's why whenever you see in any

56:58

tradition any type of being or master that has a very activated higher Consciousness it always expresses itself

57:06

in terms of light so it can be the illumination of the light around the head well now you know where that Halo

57:12

of light around the head comes from from the movement at the center and now back out but rarely is anyone told that this

57:18

is the practice that creates that effect and that's literally the case uh so so

57:25

by activating the cons and you don't have to like specifically do this technical practice if you've simply activated your conscience far enough that'll happen automatically that you'll get this this is just a method that

57:30

57:36

helps to activate it more quickly and understand how it works and that has very practical

57:41

applications but then if you do this so that your entire body of energy becomes

57:47

activated then you get the complete glow around the entire aric field where it's

57:53

not just the halo around the head but it's because in some cases you have the Halo like the two-dimensional Halo

57:59

that's from activation of the Crown Center or in some cases based on the tradition it's linked to the activation

58:05

of the first center above the head slightly different discussion uh but that's that's what that is where it's

58:11

more so as a two-dimensional Circle three-dimensional is the whole sphere of light around the head then it can form

58:18

around the entire body and then it's like a an arc egg of light around the

58:24

ENT entire body that's radiating outward at that point the person has moved to some higher alchemical stages and it's

58:31

also moving toward what in some traditions would be referred to as the

58:36

fully activated light body or the rainbow body is potential at that point

58:41

these kinds of things beautiful no I I appreciate you explaining that and um

58:47

one of the questions I think I might have Frozen again um you know you were talking about you can we can use this

58:55

um anywhere anywhere in our body the seven chakras the Meridian points um

59:01

which is just really important I think for any hopefully you're still listening with me here um this is something as Dr

59:09

Gilbert was saying is is natural and that we can all do and um that we can

59:15

use this you know to expand our Consciousness expand our own light and it requires going internally and I think

59:24

that's one of the the the main gifts of anything that has us focus on going inside whether that's

59:32

meditation or yoga or you know silence um so so important to uh to be able to

59:41

really be able to focus on the inside we're just laughing because the

59:47

energy is so high right now that it keeps it keeps pausing the uh the airwaves um I actually you know a

59:54

question sometimes I hear questions from my audience which I guess does not sound strange to you I can literally hear a

1:00:01

question come in and and this is actually something I would be curious about as well for those um out there who

1:00:09

have maybe there's an area in your body maybe you hurt your knee or um you've

1:00:15

had digestive issues I know I'm working on healing by thyroid area so whatever I

1:00:20

am assuming we can use this beautiful experience what we just did the center

1:00:26

point the the the the practice you just did with us we can use that to heal to

1:00:33

shift the light and Consciousness in any part of our body so it could be an area that's injured an area that is maybe

1:00:40

struggling I wanted to ask about that absolutely

1:00:45

so there is the ability that we have to put our energy and attention into

1:00:52

anything in space or time particularly in inside of our own body but on the whole we're not taught this and so we're

1:00:59

somewhat removed from our bodies and and their internal

1:01:04

activities so it's always possible to put your attention into any part of your body

1:01:10

you're having an issue with and moving all of your energy and attention to the center of the center of the center of

1:01:15

whatever is happening in that particular body part now that's where in shamanic

1:01:21

systems you would go into dialogue with that body part and it's like what is the

1:01:28

issue what is the thing that's creating a larger challenge like I mean you could have just banged your knee on the table

1:01:33

and it's going to be okay in a few days that's not really what we're talking about here we're talking about when you have like more of a chronic thing often

1:01:40

that comes from the Restriction of the flow of energy I mean things like Dallas Chinese medicine that's kind of like the source of all ills is that we have

1:01:47

blockages or restrictions to the normal flow of energy because that's what creates the healthy functioning of every

1:01:53

body part and in Egyptian biogeometry that's also a very powerful concept for our practical energetic applications is that the flow of the energy has to be in a specific geometric

1:02:00

configuration in every organ and it's what actually allows the organ to be fully fully active and that becomes the

1:02:16

bio signatures in biogeometry that we teach people and are on The biogeometry

1:02:21

Medallion and things like this they are simplified two dimensional image of the three-dimensional energy movement

1:02:27

pattern in different organs and parts of the body and parts of the energy field that create the specific functions of

1:02:34

that area so that's some larger context so we can put our attention into person

1:02:39

has a problem with digestion they have a problem with their heart they have a problem with whatever it is to go into

1:02:45

it and in a shamanic way if you follow the shamic school then you would go into dialogue with that body part like what

1:02:52

is it that you need what is it that is is the trauma imprint that we need to

1:02:59

clear to get that energy moving again what is the secondary gains you're

1:03:04

getting by not allowing the energy to flow there how does that feel how do you subconsciously feel that keeps you safe

1:03:11

from what that you're not letting the energy flow in that body area things like this so that's one particular

1:03:20

trajectory it can also be used for a type of

1:03:25

illumination of our awareness of where we have certain Sam scaras that are

1:03:31

imprinted into the energy body sometimes from previous incarnations as well as from this one H but we've had it for so

1:03:39

long we don't even know what it would feel like not to have it we don't know what it would be like to exist without

1:03:45

that particular issue or blockage so when I trained at the Clair Vision school with Samuel seagan that's

1:03:52

where I learned that inward movement part of this but they do not work with the outward movement part of it now this

1:03:58

is something that's very interesting because many traditions in the East will work with the inward movement whereas

1:04:04

traditions in the west tend to work on the outward movement what we have to do is we have to understand if you know

1:04:10

sacred geometry it's the whole pattern so you understand oh they have to go together you can't just breathe in and

1:04:16

never breathe out right or vice versa you can't just hop on one leg to get somewhere you're going to walk with one

1:04:22

leg and then the other leg it's always a matter of polarity alternation in a living system to get to a particular

1:04:30

destination so in the Clair Vision school with moving into the center once people had

1:04:37

learned to do that and could then do it in their bodies not just in a major Energy Center then they would work with

1:04:43

a facilitator using their system because there are many many different systems and if you understand the larger pattern

1:04:48

you can see the logic between behind different systems and they would then have someone

1:04:54

scanned their energy field put their hand on a place on their body uh to that

1:05:00

there is some type of disturbance and that helped keep the person who they were doing it with the client keep their

1:05:06

attention focused on that area and then they would move all their energy and attention into where that disturbance

1:05:12

energy field had been isolated and then they would open their Consciousness up as they keep going into

1:05:18

the center the center the center of the energy disturbance and that would often open up into traumatic memory or in into

1:05:24

some type of memory of what's happening there as well as mapping it what does it feel like is it is it uh smooth or

1:05:33

sticky is it hot or cold is it sharp or smooth these types of things gets people

1:05:39

to engage with it and often people would have all types of things come up that

1:05:45

once it gets cleared with their attention often it would clear somatically as well and it's one of

1:05:52

those things that there are methods that exist where we can remove energetic blockages externally from a person's

1:05:59

system and there be many cases where that may be a good idea I'm not trying to say anything dogmatic here but this

1:06:05

method is is one that relies on not having it removed externally is that the

1:06:11

only way out is through you go into the actual Disturbed structure and out the

1:06:18

other side allowing yourself to remember whatever was the origin point of that disturbance and if you can get to the

1:06:26

point that you can keep an even Keel in your own emotional body and mental body

1:06:32

so that you're non-reactive then you can go out the other side of it and it turns it inside out and it transforms there was a great

1:06:39

saying by Samuel SE the Clair Vision school which was your ability to see spiritually is governed by your ability

1:06:45

to not react to what you see and that's true on every level of

1:06:50

our own Spiritual Development including when we get in touch with the trauma impact centers in our own body of

1:06:57

energy can you say that again that's that is that hit me real hard your ability to see spiritually is connected

1:07:03

to your ability to not react to what you're seeing exactly your ability to

1:07:09

see spiritually is governed by your ability to not react to what is seen now

1:07:15

this is something that you find in many Traditions so like the Tibetans talk

1:07:20

about grasping so grasping is not just oh I want this person in my life I want this

1:07:26

money I want this car I want I want I want that's grasping but in a deeper sense grasping is even when things pop

1:07:34

up for us in an expanded Consciousness state that we are calm and stable we

1:07:42

don't grasp it we're just observing it no type of emotional reaction to

1:07:48

whatsoever so there's the grasping where we're trying to grasp like oh I want to see what is that thing that's popped

1:07:54

up in my mental field as soon as you try to grasp it you'll start changing it you have to say completely calm and just

1:08:00

observe what is this thing that's come up and of course the opposite reaction to the grasping it's like oh I want that

1:08:05

thing let me get that toy the opposite reaction to that is of avoidance like oh

1:08:12

God no I don't want to see that I don't remember that trauma that happened to me when I was three I don't want to see

1:08:18

this incredible failing that I have in my personality where I [___] over all these people but I justified it to

1:08:23

myself and now I realize I better make some amends whatever that thing is either it's grasping or it's avoidance

1:08:30

in both cases it's a reaction and so to be able to get to

1:08:36

non-reactivity is one of the most important aspects of in virtually every spiritual tradition they understand this

1:08:42

now they may call it mindfulness or they may call it some other things but it really comes down to being able to see

1:08:49

spiritually perceive things with the mind power and not react to it whether whether it's grasping or

1:08:57

avoidance you know I just I uh this is so powerful I feel like I am going to

1:09:03

need to have you come back and back again again I have thank you so many questions and the thing that's coming up

1:09:10

for me is just a Insight it's not a new one but you know in a way as our society

1:09:17

has gotten even more fast-paced and more focused on I would say not just technology but

1:09:24

but really reactivity and and just not being in the moment not being present um

1:09:31

it's actually what happens the more you're in that reactive state that over

1:09:36

busy overachieving state which can be so cherished in the West in the west at

1:09:42

least I'm just seeing it it takes you completely out of the realm of of doing

1:09:49

this work and being in that non-reactive state and it it it can affect and we

1:09:55

know it affects your health but I'm getting it really there's detrimental effects here with your ability my

1:10:02

ability to tap into this natural healing beautiful powers that are for all of us

1:10:09

and I it's it's profound because I I know for me I've I've one of my aims has

1:10:16

been can I do less how might I do less how might I be more of an observer uh not react you know you get on the road

1:10:23

I'll just put into clear plain everyday terms you're on the road someone cuts you off you know and I and I notice am I

1:10:31

reacting am I just what am I saying to myself even in that example I would think like learning to be in a space

1:10:37

where someone cuts you off and there's no reaction that's kind of one of the goals the underlying goals in kind of

1:10:44

seeing you know getting a sense where are you on the spectrum of either uh as you said you're either like overly

1:10:51

grasping attached or you're avoidant can oh it's interesting there you are back in the center can you be in the center

1:10:58

point that's exactly right and again this is the way like you're saying that many people can gauge their Spiritual

1:11:05

Development do you get upset and start yelling every time you get cut off by somebody in traffic or is it something

1:11:12

where you just you just flow with it there's no benefit to getting upset and

1:11:17

screaming in your car at somebody else that kind of thing so that's getting a reflection from our day today external

1:11:24

life for how much we've developed non-reactivity now this is also connected to what at a deeper level

1:11:33

becomes an observation for our reactivity in relationships with other people because

1:11:40

that's one of our Prime things so family is one of like you can become a saint

1:11:47

all day in a cave but you had to deal with your family that's something when you deal with your significant other or

1:11:53

people that we have romantic intimate connections with that's a whole another ball game so it's these are ratcheting

1:11:59

up levels of intensity and how can we truly be non-reactive stay in compassion

1:12:05

these kinds of things again Buddhism is great for describing a lot of these principles and how it works but also

1:12:12

there's ways to develop this in a more complete fashion so when I created my

1:12:19

online course called essential teachings and practices of spiritual

1:12:24

science one of the most fundamental practices I teach there is the one that is referred to as

1:12:31

the six basic exercises or the six essential exercises for the European

1:12:36

rosac crucians coming from the work of Rudolph Steiner who's another great teacher of mine and I think he's one of

1:12:43

the most amazing spiritual teachers of Modern Times And so when he gave indications on this they were very short

1:12:49

so I based on many years of working with this I expanded it great in the course but there's the basic idea of this is

1:12:57

that if you're going to be developing your energy system to a higher level another very

1:13:03

important principle that we haven't really gotten into yet is that your

1:13:09

Spiritual Development is completely mirrored in the structures of your subtle body so structuring the subtle

1:13:16

body is the Lost million dooll concept to real Spiritual Development that every act you take with

1:13:23

your mind everything to do with your emotions it all creates activations of certain energy centers sedations of

1:13:29

others flows of energy to start making connections and geometries in the energy body the structuring of the subtle body

1:13:36

is who you really are that's the pearl of great price you take through the gate of death the structuring of the subtle

1:13:41

bodies if you don't create a new structure in the subtle bodies that's stable anything that you develop in

1:13:48

spiritual work is ephemeral it will disappear because it's not anchored so

1:13:54

structuring the subtle bodies is like the key of everything now the thing is that in my central teaching and practice

1:14:00

of spiritual science course and addition to going into the six essential exercises I also talk about the three

1:14:05

fundamental methods of activating the energy system one is from below to above

1:14:10

and that's the old Indian system that's like the Kundalini system activate the base of the spine first shoot the energy

1:14:16

up to the crown then there's from top down that's the one that really became popularized

1:14:23

with Christianity with The Descent of the dove of the Holy Spirit coming into the central channel of the human body

1:14:28

from above activating the head centers first and then in sequence the ones below it activating the lower sensors

1:14:37

the ones connected to Life Force energy sexuality Etc then toward the end of the process rather than at the beginning of

1:14:43

the process but the third one that very few people have any consciousness of is the

1:14:50

the method of activating from Center out and the center out method is the one

1:14:56

used by the European rosac crucians and I think it's one of the smartest systems

1:15:01

out there the center out system means that you have to develop the heart first now if we look at the structure of this

1:15:08

again back to sacred geometry everything has a pattern people that really understand this know that there's a

1:15:14

reason why in the Indian tradition they describe the heart as the 12 petal Lotus every one of the Petals on the 12 petal

1:15:20

Lotus of the heart is conect connected to a particular achievement of

1:15:26

Consciousness a particular structuring of the subtle body that's linked to how we've used our

1:15:31

Consciousness and so Steiner described the way in the Ros crucian tradition of Europe Rudolph Steiner described that

1:15:38

six of the 12 Lotus petals have already been developed we developed them in previous incarnations in previous cycles

1:15:44

of human culture development but now we have to develop the other six to get the heart fully active and so every one of

1:15:52

those six petals is developed through a different practice that's why there's six essential exercises each one

1:15:59

activates a particular lotus petal of the heart chakra now the reason we want to do this is that once we have

1:16:05

activated it then the entire heart chakra as a Vortex of energy becomes

1:16:11

fully active and it then becomes the organizing center for the entire body of

1:16:16

energy until then you have no organizing Center in your body of energy and makes

1:16:23

the structuring of the subtle body much less stable and it also makes much slower

1:16:30

development on the path to have an organizing Center of anything that you do is essential so that's why we would

1:16:38

do this now if we then understand that larger context the center out method of activating the field because you want to

1:16:44

create an organizing Center for everything with the six essential exercises the six essential exercises

1:16:51

are also ones that get us out of reactivity but we break it down to its

1:16:56

component parts linked to different Lotus pedals of the heart so there's one that has to do with the observation and

1:17:03

then proper direction of all of our thoughts the next one the observation and proper direction of all of our

1:17:10

emotional life and feelings the observation and then proper direction of all of our willpower and actions in the

1:17:17

world then developing positivity toward everything that we

1:17:23

encounter in life even things that are horrible painful challenges understanding that as a type of

1:17:29

initiation trial that by overcoming it we will develop something of benefit and I can say much more about it

1:17:36

that's a very simple introduction to it and then the next one the fifth one is

1:17:42

the having tremendous openness to new information New Perspectives new ways of

1:17:49

being because even if we get pretty clever we can get very frozen into a particular personality into particular

1:17:56

attributes like that's me but no those are surface personality attributes those are malleable and to be open to new ways

1:18:04

of being new ways of acting new ways of seeing and then the sixth one is really

1:18:11

the harmonization of all of this into a new configuration in the energy

1:18:18

body my goodness my brain is like the six essential um exercises that could be in

1:18:26

itself a whole another conversation uh to go through those it I don't know if

1:18:31

you've studied this at all but I I've um I've had uh and I've done quite a bit of

1:18:37

studying in heart math Institute with heart uh coherence and yes and heart intelligence and I'm just I'm getting

1:18:45

like this sensation of this is all feels very very connected uh just even what

1:18:51

I've learned around you know it everything emanating how important the heart is and the Heart Center um and I

1:18:58

don't know as much about Rudolph Steiner I know you talk about the rosac crusan uh just what he what he studied and and

1:19:05

and what that means I find what you're saying it just in my body it completely

1:19:11

resonates this how I felt when I was watching your series I'm like we have got to get him on here because this to

1:19:17

me this is what can shift Consciousness and can shift our planet and can

1:19:23

you can shift let's start with each of us individually and I just I believe in this so much you know and it it takes

1:19:30

something it takes something to focus your attention and to decide you know I am going to with free will um decide

1:19:38

that I am I am a being and I I want to be I want to be adding more light I want

1:19:43

to have those six other petals I know it's not really a Lotus but I can see it like those six other petals developed um

1:19:51

I am curious and we definitely will make sure to have your information Dr Gilbert I wore this and I wear this often I'm

1:19:58

wearing actually one of the medallions I'll just put it up if anyone's watching you can see there are all kinds of codes

1:20:03

on it you mentioned this earlier um and the minute you talked about it you know

1:20:10

I was like I don't really even know exactly exactly how this works but I

1:20:16

want to have this near me and on me as often as possible can you share about because I know this was also with um was

1:20:23

it Dr um Dr Kareem kareim as well that you created this yes absolutely so that

1:20:30

was created by Dr Kareem based on years and years of research where we teach

1:20:36

something called vibrational radiesthesia as part of the uh biogeometry training now in its modern

1:20:44

form it comes from French research in the early 1900s where they were able to develop a system to be able to detect

1:20:50

and differentiate any subtle energy quality and they do a kind of energetic

1:20:57

x-ray of any energy system at the subtle energy level and understanding what the functions are of all these different

1:21:05

energy qualities now that's something that was a tremendous breakthrough but is almost unknown today it allows you to have

1:21:12

tremendous technical knowledge of any Energy System whether a human being or a plant or an animal or whatever else and

1:21:19

you can find all these hidden links between things because they have similar energy qualities so the radiesthesia allows us

1:21:26

to test the qualities in the energy field it allows you to trace out movements of subtle energy including in

1:21:32

the body and that's what Dr Kareem did in tracing out like what are all the energy movements inside the heart that

1:21:39

give the heart all of its functions so the ability to pulsate the ability to keep a specific Rhythm the ability to

1:21:46

cleanse the blood the ability to whatever all of these things are a different energy movement pattern

1:21:53

so that's the first thing we need to understand to explain this Medallion that Dr kareim created that in being

1:22:00

able to trace out these movements three-dimensional energy movements in the body within the organs it then gives

1:22:07

you a method for finding when a particular disturbance is taking place

1:22:14

because the energy flow pattern has been Disturbed the whole idea here is that energy into shape creates function

1:22:23

energy in its Primal form is the Proteus it could take any manifestation it's like a stem cell that stem cell could

1:22:30

become your eye it could become your genitals it could become your fingertip it can become anything that's how energy

1:22:36

is the reason that stem house can do this is that there are first manifestation from energy into matter

1:22:42

before differentiation has happened so in the Energy System the energy could take on any form

1:22:50

any function any power but it the power is given to it by the

1:22:55

energy movement pattern it has what we think of a shape is simply a momentary

1:23:02

snapshot of an ongoing Dynamic flow of energy in a larger pattern but it's

1:23:09

Dynamic so when you see these bio signatures you see what look like little squiggly lines on your medallion don't

1:23:17

look at them as a static pattern look at them as a simplified two-dimensional flattening of the original

1:23:23

three-dimensional energy movement pattern in the body that works to remind the body of the energy movement now this

1:23:31

is true for all types of Esoteric Healing throughout history that it's linked on the

1:23:36

principle of resonance the resonance between two similar energy qualities so the foundation of biogeometry is that

1:23:43

it's really getting the ancient Egyptian temple science and putting it into a modern format where we can understand and apply it today and

1:23:51

so the these energy movement patterns of the bio signatures are something that is

1:23:59

literally creating the function inside that that body part and resonance we

1:24:05

always use the metaphor of sympathetic resonance we have things like two tuning Forks get two tuning Forks tuned to the

1:24:11

same frequency strike one now it's vibrating and you can feel it vibrate if

1:24:17

you bring it close to a second unstruck tuning fork of the exact same frequency

1:24:23

you'll feel the unstruck tuning fork also start vibrating even though nothing has happened to physically make it

1:24:30

vibrate it's a transmission of the vibration from the first thing same thing is true in all types of modern

1:24:35

electromagnetic waveform and antenna systems they're coupled they link together because of resonance and so

1:24:43

this is the esoteric application of it so having that pattern available is something that can help the body to move

1:24:51

the the energy back into the correct pattern again to remind it of this one

1:24:56

reason I got into biogeometry as big as I did is that Dr Kareem worked with me with bio signatures when I first met him

1:25:01

over 20 years ago H and long before I became an instructor and I had had

1:25:07

serious car accident lots of damage to my neck and spine all kinds of issues and I got massive restoration of my life

1:25:16

from something as simple as these energy diagrams it is something that for the

1:25:22

mind would just be how could this possibly work how does what's the idea behind this but I saw that it did work

1:25:28

and I saw the power inherent in the biogeometry now again I'm not making any medical claims mileage will vary with

1:25:35

everyone for anything of a esoteric energy level but I'm describing the principle behind it so what Dr Kareem

1:25:43

did when he first released this outward is that he was invited to do a project at the Egyptian National Research Center

1:25:51

on what became a study group on the effect of geometric forms on life

1:25:57

functions incredible work that they did there stuff Paradigm shifting

1:26:03

mindblowing and then he was invited from that to participate in the National

1:26:08

hepatitis C research project in in Egypt and his group like some people got

1:26:15

interfer on some people got some type of herb or whatever it was they were testing for pepc and his people got only

1:26:25

a medallion that had engraved on it the bio signatures for the liver and some

1:26:30

other function had to be in there because it's not just the liver energy movement patterns that were needed to restore the function there was also

1:26:37

certain patterns from the heart that work with it synergistically that also have to be present and other patterns

1:26:42

that are related to the immune function and things like this again no medical claims experimental work but at the end

1:26:48

of that project he won the hepatitis C research project trials and had by far

1:26:54

the best results is of people wearing a medallion with those shapes on it now people will often then contact us when they hear the story and say oh can I get

1:27:00

the medallion for heeey or whatever and again we always make clear we make no medical claims consider this to be

1:27:06

experimental work that you're welcome to experiment along with us lots of people have incredible anecdotal stories about

1:27:12

it including myself uh but what we make available is The Medallion that you have

1:27:20

there because there was so much demand in Egypt once this became public uh that is not for any specific ailment it just

1:27:27

has a selection of different bio signatures for different functional areas of the body that everybody would

1:27:35

need that would create a good Baseline it doesn't have all the bio signatures on it because there's hundreds and hundreds of Bio

1:27:41

signatures but that's the idea of how this works and how it how it was developed this goes back you'll find

1:27:48

things by Buddhist priests in Asia where one biogeometry student from Holland

1:27:54

like showed us these pictures says you know I was on a trip in uh in Thailand and I was in a taxi cab that had been

1:28:01

blessed by a Buddhist priest and this pattern that they drew as a part of the blessing of the taxi cab was almost

1:28:07

identical to a bio signature because they understand this energy science too but nowhere else in the world today that

1:28:13

I know of can you get an actual catalog of H's energy movement patterns of Bio signatures outside of biogeometry and Dr

1:28:21

kareim made the public a few years ago with a book called bio biogeometry signatures now it doesn't tell you all

1:28:28

the methods that we will teach you to be able to use them and apply them in the biogeometry online trainings that I

1:28:35

offer because that just takes more time but it will show you the patterns and you could do very simple things with

1:28:40

them based on what's In the book amazing absolutely incredible this

1:28:46

is just as I like to say mind glowing like just mind glowing work I um

1:28:53

you know I I I'm already I already have questions I'm I I'm just going to say Dr Gilbert if you be willing to come back I

1:29:00

think we need a part two I know be happy to yeah I I I uh there's so many other

1:29:06

thoughts and questions I was taking notes in the series and of course now and and um I just I want to thank you

1:29:14

you know this the whole idea of this show being your usest you it kind of gives a whole new meaning I've always

1:29:20

felt there's a real deep spiritual you know meaning to even though it's kind of a like funny kind of almost

1:29:26

cheesy plan words but it really this idea that there's a signature you know a geometric signature and that we all have

1:29:33

that at the core of who we are it just gives a whole another dimension to what it means to really be you know to be

1:29:39

tapped in to your your most um your soul self your highest self your that that

1:29:47

that um you know I'm think of the word maybe samade right the that enlightened self if I'm using that correctly um

1:29:54

before we close I always like to ask I actually it's interesting and I'm thinking oh maybe this is one of the

1:29:59

lotus petals I call them heart flares where I just get this you froze again oh

1:30:06

no oh no tell me when I'm back that's all right we will uh hopefully can you hear me now does that is that now I can

1:30:12

hear you all right heart flares I was saying I came up with this term heart flare where your heart has something it

1:30:19

didn't say yet that uh it would like to share so I'm laughing I said maybe it's one of the lotus pedals that we're here

1:30:25

to develop but what maybe it is is there anything just in there for you on your

1:30:32

heart that um that you feel you would like to share before we close something

1:30:37

I didn't ask you or just something that's there for you well thank you so much I really appreciate that I'll just

1:30:42

use this opportunity to go ahead and put in the plug which is if you want to check out more about the work we do at

1:30:48

The vesica Institute our website is vess .org and bessica is spelled v as inv

1:30:55

Victor ea.org and you'll also find various uh

1:31:00

videos with me on YouTube and things like this on different topics that may be of interest and you can if you get on

1:31:07

our mailing list there's a lot of promotions and things that we do for people in the mailing list that people wouldn't see otherwise and we have a lot

1:31:13

going on right now we're bringing Dr Kareem to the US for people that have already trained in biogeometry next year

1:31:19

and I haven't done a live course uh for four years and I'm going to be starting in a few months next year I'll

1:31:27

be starting to offer live courses again which I'm looking forward to so that's uh kind of the immediate thing but also

1:31:34

I'll just as something that will be helpful for people when you talk about heart flaring what I'd like to offer to

1:31:40

people is that when I trained with Samuel seagon at the Clair Vision School in Australia uh he had something that as

1:31:46

we were developing the third eye center it's not just the frontal third eye that we worked on a moment ago there's a

1:31:52

tunnel that goes from the frontal third eye back to the cave of Brahma the third ventricle of the brain and the center of

1:31:58

the head and then goes back to the ancient Palace this area around the external occipital protuberance or the

1:32:05

bump on the back of your head it's a tunnel of energy and in developing this with

1:32:13

systems related to what I I we did together earlier in the show but also

1:32:19

with some other uh methods we haven't discussed you start to activate the

1:32:24

Third Eye Center in such a way that there'll be times it starts to get

1:32:30

activated in a much stronger way and then it goes back and it activates and it goes back this is a natural process

1:32:37

and Sagan referred to this as third eye flaring so be aware that parts of the energy body as they're getting

1:32:45

activated can flare and become very active for a shorter or longer period

1:32:51

per of time I became aware of this as I was doing meditation in dark rooms at the clair vision school with my eyes

1:32:57

closed and there would be moments that I was certain that someone had walked into the room and was shining a flashlight on

1:33:03

my eyes because the light got so strong and I thought they were playing a joke on me and I'd opened my eyes up to talk

1:33:10

with them there'd be nobody there the room was completely dark and it was a third eye flaring experience same thing

1:33:15

had happened to the heart there can be an activation of that Center so there's literally heart flaring that happens

1:33:20

there so you know you have some beautiful moment with your children and that beautiful you know ecstatic moment

1:33:27

with your children when you hug them and like you get all the benefits of being a parent at that moment then you get the

1:33:32

heart flaring or with the lover or with something of that kind you get that oh

1:33:37

fantastic so this can happen throughout the energy body and people should be aware of it as a phenomenon the flaring

1:33:44

phenomenon oh okay I've got a whole new level of like oh my gosh I thought I

1:33:50

made that up I thought that it kind of came through me I heard heart flare and

1:33:55

I had no idea that that is actually something that's a real thing that is

1:34:01

incredible that is uh I'm a little floored and just really I'm having a

1:34:08

hard time rapping because it's there's you're so knowledgeable there's so much wisdom here um I cannot thank you enough

1:34:17

for your gracious time for obviously the the

1:34:22

years of study and the practice and the intention to really help Humanity here I

1:34:28

could feel it when I was watching you and I I just thought all right this is this is he's got to be here so it's an

1:34:34

honor you're you have really I mean there's so much there's so much wisdom in here and I hope we can bring you back

1:34:42

to go through the next round of questions which we didn't even touch some of them and that's okay um thank

1:34:49

you Dr Gilbert for for for for being your usest you and just helping all of

1:34:54

us to access the the the the geometric patterning the the healing the wisdom

1:35:03

the light that is possible for each of us wonderful thank you so much I've

1:35:08

enjoyed being here with you I'll be happy to come back I really appreciate it thank you amazing and I'll just say

1:35:15

thank you beloved listener thank you thank you we'll have all of Dr Gilbert's information so you can check it out and

1:35:21

I promise to bring him back we'll even get into what vess means um and just thank you for being on this journey of

1:35:28

being your USU being the greatest light in the world possible and from our heart

1:35:33

to yours lots of love my friend I'm so grateful and honored to be here with you on your journey and being your USU thank

1:35:40

you for watching this episode for being part of this incredible community and this mission to really step into your

1:35:47

light to your highest purpose I believe that as we all do that we all can really

1:35:53

be our best selves and uplift Consciousness and in humanity so thank you I also wanted to say that if you are

1:35:59

looking for greater support right now maybe you're having a health concern or you're looking to really step into that

1:36:07

next version best version of yourself please come connect with me whether it's for more resources or coaching or

1:36:13

guidance I would love to support you in any way that I can just go to julie.com you can book a powerful

1:36:21

one-on-one breakthrough session there you can connect with me I would love to meet you I'd love to hear how I can be

1:36:27

on this journey with you and before I forget if you'd like a little more of this good vibe uh tribe and would like

1:36:34

to digest these episodes with a high Vibe Community just go to Facebook and look up the usest you podcast Community

1:36:41

you'll find us there love always and thank you so much for taking the time

1:36:47

and energy to truly stepping into your authenticity and being your

1:36:57

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