



PATHWAYS OF LIGHT: SACRED GEOMETRY FOR BALANCE AND AWAKENING

Course Outline



Manual compiled by Dr Emma Bisschoff

Sunshineuni-uk.com

Copyright © 2025 All Rights Reserved

No part of this course may be reproduced or distributed in any form
or by any means without the written permission of the author.

Course Content

21 PDF modules

3 videos (embedded)

1 Audio

Extras:

369 Manifesting Journal

Merkaba document

Introduction to Sacred Geometry (31 pages)

Attunements to the value of \$100 / R1 800 (attunements can be passed on and charged for once received)

Enter the Living Temple of Sacred Geometry

Step gently into a sanctuary of light and form, where every curve and pattern becomes an invitation to remember who you truly are. In this course, sacred geometry is not presented as abstract theory - it is experienced as the living language of creation, woven through stars, stones, cells and the rhythm of your own breath.

Together, we will explore timeless patterns such as the Flower of Life, the Platonic Solids, the Sri Yantra and more - not only as symbols found in temples or ancient texts, but as energies living within your body, your consciousness and the spaces around you. Through breathwork, rituals, meditations and visualization practices, you will begin to align with the quiet intelligence behind all form - the sacred blueprint that holds everything in balance and harmony.

This journey is both mystical and grounded. Whether you are just beginning to explore this path or are deepening an inner knowing that has long stirred within you, you are invited to experience geometry not only as a concept, but as a presence - one that speaks to your soul, restores coherence to your field and reminds you that you are part of something vast and beautiful.

In this course, you will gently learn how to:

Recognize the universal forms that echo the harmony of creation

Activate subtle energy centers through sacred shapes and breath

Use geometry for emotional balance, energetic healing and inner clarity

Create simple yet powerful tools - such as grids and yantras - to support your intentions

Connect with higher guidance and intuitive insight through form and frequency

Sacred geometry bridges the seen and unseen. As you begin to notice these patterns in nature, in your inner landscape and in the quiet spaces between thoughts, the world begins to glow with meaning. The sacred becomes visible. The mystical becomes intimate. And you begin to walk, not just as an observer - but as a co-creator in the great design of life.

Let this course be your companion in remembering the order beneath the chaos, the stillness within movement and the divine beauty that lives in all things - including you.

Module 1

Introduction

Foundations of Sacred Geometry

The Universal Language of Form

What You Will Learn in This Course

Crystal Pairings – Why We Include Them

The Bridge Between Worlds

Breathwork Practice

Ritual: Honoring the Geometry of Life

A Sacred Opening Ceremony

Materials Needed

Steps

Sacred Reminder

Closing Invocation

Module 2

Foundations of Sacred Geometry

Geometry as a Bridge

Breathwork Practice

Practice: Embodied Observation of Form

Journaling Prompts

Ritual: Candle and Circle Invocation

Crystal Pairing: Clear Quartz

Affirmation: "I am Attuned to the Divine Blueprint of Creation"

Suggested Practices for Working with the Affirmation

Expanded Contemplation of the Affirmation

Mythological and Historical Context

Closing Invocation

Spoken in Honor of the First Step

Video: Spirit Science Sacred Geometry

Module 3

The Blueprint of Creation

Why This Matters

What You Will Explore in This Module

The Flower of Life and Seed of Life

The Platonic Solids

The Golden Ratio

These Are Not Just Shapes – They Are Mirrors

How This Module Unfolds

Final Reflection

Module 3.1

The Flower of Life

The Flower of Life and Seed of Life

The Seed of Life – The Pulse of Creation

What Lives Within the Seed

The Flower of Life – Unity Expressed Through Multiplicity

A Pattern That Holds All Others

Unity Through Diversity

A Living Portal

Sacred Tip: You Are One Circle in the Whole
Reflection Questions
Breathwork Practice
Ritual: Breath-Aligned Drawing of the Seed of Life
Materials Needed
Steps
Reflection Prompt
Crystal Pairing: Ametrine
How to Work with Ametrine in This Module
Affirmation: "I see the sacred patterns that shape all existence."
Suggested Practices for Working with the Affirmation
Expanded Contemplation of the Affirmation
Mythological and Historical Context
Closing Invocation
Spoken in Alignment with the Pattern of Unity

Module 3.2

The Flower of Life
The Flower of Life and Seed of Life
The Seed of Life – The Pulse of Creation
What Lives Within the Seed
The Flower of Life – Unity Expressed Through Multiplicity
A Pattern That Holds All Others
Unity Through Diversity
A Living Portal
Sacred Tip: You Are One Circle in the Whole
Reflection Questions
Breathwork Practice
Ritual: Breath-Aligned Drawing of the Seed of Life
Materials Needed
Steps
Reflection Prompt
Crystal Pairing: Clear Quartz
How to Work with Clear Quartz in This Module
Affirmation: "I see the sacred patterns that shape all existence."
Suggested Practices for Working with the Affirmation
Expanded Contemplation of the Affirmation

Mythological and Historical Context

Closing Invocation

Spoken in Alignment with the Pattern of Unity

Video: The Platonic Solids in relation to the 5 Elements

Module 3.2

The Platonic Solids

The Platonic Solids – The Elemental Architecture of Form

Geometry as Elemental Expression

Tetrahedron – Fire

Cube (Hexahedron) – Earth

Octahedron – Air

Icosahedron – Water

Dodecahedron – Ether (Spirit)

Why These Forms Matter

Reflection Questions

Breathwork Practice

Practice: Visual Meditation on the Five Forms

Guided Inner Practice

Optional Journaling Prompts

Crystal Pairing: Amethyst – Awakening Higher Perception and Spiritual Insight

How to Work with Amethyst in This Module

Sacred Message of Amethyst

Affirmation: "I am aligned with the elemental harmony that shapes all things."

Suggested Practices for Working with the Affirmation

Expanded Contemplation of the Affirmation

Mythological and Historical Context

The Platonic Solids and the Soul's Sacred Architecture

The Mystery School Traditions

The Dodecahedron and the Divine

Geometry as a Spiritual Teacher

Closing Invocation

Spoken in Alignment with the Elemental Temple Within

Module 3.3

The Golden Ratio

The Golden Ratio – The Spiral of Becoming

The Fibonacci Spiral – The Graceful Path of Unfolding

The Golden Ratio as a Spiritual Principle

Spiritual Message
Reflection Questions
Breathwork Practice
Practice: Spiral Tracing with Breath
Attuning to the Sacred Rhythm of Expansion
Materials Needed
Steps
Energetic Purpose
Crystal Pairing: Smoky Quartz – Grounding the Spiral of Transformation
Energetic Qualities of Smoky Quartz
How to Work with Smoky Quartz in This Module
Sacred Message of Smoky Quartz
Closing Reflection
Mythological and Historical Context
The Golden Ratio as a Reflection of Divine Beauty and Sacred Order
Renaissance Mystics and the Philosophy of Divine Proportion
Temples, Cathedrals and Sacred Architecture
Beauty, Harmony and the Spiral of Becoming
Closing Invocation
Spoken in Harmony with the Spiral of Becoming

Module 4

Awakening Sacred Sight
Perceiving the Patterns Behind the Veil
Inner Vision as a Sacred Sense
Geometry in the Seen and Unseen
Breathwork Practice
Meditation: The Sphere of Infinite Potential
Crystal Pairing: Lapis Lazuli
Affirmation: "I awaken my inner sight to see truth and beauty."
Mythological and Historical Context
Closing Invocation
May my inner sight awaken gently and truly...

Module 5

Chakras and Sacred Shapes

Aligning Energy Centers Through Form

Chakras as Geometric Gateways

The Sacred Architecture of the Energy Body

Root (Muladhara)

Sacral (Svadhishthana)

Solar Plexus (Manipura)

Heart (Anahata)

Throat (Vishuddha)

Third Eye (Ajna)

Crown (Sahasrara)

Breath of Alignment – Illuminating the Inner Temple Through Sacred Shape

Practice – Tracing Chakra Shapes in the Air

Crystal Pairing – Rainbow Fluorite

Affirmation – "Each energy center within me flows in divine harmony."

Sacred Lineage of the Chakras – A Living Inheritance

Closing Invocation – Spoken in Honor of the Inner Temple

Module 6

The Merkaba and the Light Body

The Star Tetrahedron - A Gentle Geometry of Balance

Breathwork Practice - Merkaba Breath: Activating the Light Body Within

Practice Tool - Geometric Bed Grid

How to Create the Grid

Crystal Pairing - Moldavite: Catalyst for Transformation and Multidimensional Awakening

Affirmation - "My light body is awakened and protected in all realms."

Mythological and Historical Context - The Merkaba Across Sacred Traditions

Closing Invocation - Spoken in Alignment with the Light Body

Meditation: Merkaba Meditation

Module 7

The Torus

The Torus as a Living Field

Breathwork Practice – Torus Breath: Spiraling Into Sacred Flow

Visualization Practice – Living Torus Aura
Crystal Pairing – Rose Quartz – The Stone of Unconditional Love
Advanced Practice – Spiral Release with Rose Quartz
Sacred Message of Rose Quartz
Affirmation – “I flow in harmony with the energy of all life.”
Mythological and Historical Context
Closing Invocation

Module 8

Sri Yantra
Meditating with the Sri Yantra
Entering the Stillness of Sacred Union
The Geometry of Divine Union
A Sacred Map of Wholeness
Breathwork Practice – Yantric Breath of Stillness
Entering the Sacred Geometry of Union
Practice
Gaze and Breath Meditation with the Sri Yantra
Crystal Pairing
Selenite – Illuminating Stillness and Connection to Divine Light
Affirmation
“I rest in the stillness of cosmic harmony.”
Mythological and Historical Context
The Sri Yantra as the Body of the Goddess
Closing Invocation
Spoken in the Presence of Inner Stillness

Module 9

Vesica Piscis and Emotional Alchemy
The Sacred Shape of Integration
Breathwork Practice – Vesica Breath: Breathing into the Space
Between
Practice – Gaze and Breathe into the Vesica Piscis
Crystal Pairing – Moonstone
Affirmation – “I am the meeting point of peace and possibility.”
Mythological and Historical Context
Closing Invocation

Module 10

Metatron's Cube and Intuitive Clarity

A Map of Cosmic Balance and Inner Peace

An Ally for the Awakening Mind

Sacred Symmetry as a Channel for Insight

Breathwork Practice – Cube of Clarity: Aligning Breath with Sacred Structure

Meditation – Metatron's Cube from the Heart

Crystal Pairing – Fluorite: A Stone of Sacred Focus and Energetic Clarity

Affirmation – "I receive divine wisdom in perfect form."

Mythological and Historical Context

Closing Invocation

Module 11

Shadow Work

Shadow Work Through Geometry

The Spiral as a Map of Inner Descent: A Sacred Geometry of the Soul

The Spiral as Cosmic Blueprint

The Spiral in Shadow Work: A Non-Linear Unfolding

Walking the Spiral with Presence

The Spiral as Return to Wholeness

Breathwork Practice – Spiral Breath: A Descent into Wholeness

Ritual: Draw Your Shadow and Offer It to the Spiral of Light

Crystal Pairing - Obsidian: A Mirror for the Soul and Guardian of Inner Depths

Affirmation – "I meet my shadow with courage and grace."

Closing Invocation

Module 12

Pathways of Light

Geometry of the Third Eye

The Third Eye and Geometric Resonance

Breathwork Practice – Sacred Sight Breath

Practice – Shape Tracing for Third Eye Activation

Crystal Pairing – Azurite

Affirmation – My vision is clear. I trust what I perceive.

Mythological and Historical Context

Closing Invocation

Module 13

Manifestation with the 369 Code

The Power of 3, 6 and 9 in Energetic Architecture

Breathwork Practice – Manifestation Breath: Attuning to the Geometry of Desire

Practice: 369 Manifestation with Sacred Geometry

Crystal Pairing – Pyrite: A Stone of Grounded Will and Purposeful Manifestation

Affirmation – “I align with the codes of divine creation”

Mythological and Historical Context

Closing Invocation

Module 14

The 64-Tetrahedron Grid

Awakening to the Living Web of Wholeness

Geometry as a Map of the Unified Field

Breathwork Practice – Grid Breath: Breathing Within the Matrix of Light

Practice: Embodying the Grid

Crystal Pairing: Herkimer Diamond

Affirmation – “I am a node of light within a vast cosmic web.”

Mythological and Historical Context

Closing Invocation

Module 15

The Cube and Fibonacci for Peace

Anchoring Calm Through Form and Flow

Stillness in Structure, Flow in Form

Breathwork Practice – Spiral Cube Breath

Practice – Drawing Peace into Form: A Sacred Spiral Ritual

Crystal Pairing – Smoky Quartz: Anchoring Stillness in the Storm

Affirmation – “I root into peace and spiral into grace.”

Mythological and Historical Context
Closing Invocation

Module 16

Healing & Empowerment
Sacred Geometry for Healing and Empowerment
The Egg of Life
The Pyramid
The Spiral
Working with Water and Intention
Breathwork Practice – Healing Spiral Breath
Practice – Sacred Geometry Water Infusion
Crystal Pairing – Green Aventurine
Affirmation – “I am whole, empowered and aligned with sacred flow.”
Mythological and Historical Context
Closing Invocation

Module 17

Integration and Living Geometry
Embodying the Sacred Pattern of Your Becoming
Ritual – Completion Ceremony with Your Geometric Toolkit
Sealing the Spiral of Your Sacred Journey
Materials Needed
The Ritual
Creating Your Personal Emblem
Closing Reflection
Reflection: Writing Your Sacred Vow
Crystal Pairing – Labradorite – A Stone of Soul Integration and Inner Illumination
Energetic Qualities of Labradorite
Ways to Work with Labradorite in Your Integration Practice
Deeper Reflection on Labradorite’s Role
Affirmation: “I live as a sacred pattern in motion.”
Suggested Practices for Working with the Affirmation
Expanded Contemplation of the Affirmation
Energetic Purpose
Mythological and Historical Context

Closing Invocation

Attunements

HanaNahas Energy Filter –Free gift

By Founder: Hana Nahas, RMT – May 2010

The *Energy Filter* system is a spiritual tool gifted through divine guidance to support energy practitioners in maintaining energetic purity and alignment. It was developed by Hana Nahas, Reiki Master Teacher, as a response to the increasing need for protection and clarity in energy work. Designed to be simple yet powerful, this system filters out negative vibrations, thought forms, energetic parasites and attachments - whether they stem from others, spaces, or even tainted attunements.

This manual outlines the foundational understanding of how energy contamination can occur and provides practical steps to cleanse and protect one's field. It introduces a symbol-based filtering technique centered on a diamond with circles, which can be used for attunement cleansing, personal energetic hygiene, space clearing and even water charging.

The *Energy Filter* is not a commercial product—it is a free gift from the Divine Will. Practitioners are encouraged not to sell the manual or charge for attunements. If an energy exchange is necessary, one may offer healing intentions to global causes such as world peace.

Benefits

Cleanses received attunements and healing systems of impure or negative influences

Protects practitioners and recipients from energetic contamination

Amplifies the purity and effectiveness of healing energies

Acts as a standalone healing energy for self-care and focused healing

Can be used intuitively across various objects, spaces and ritual applications

Supports spiritual hygiene, energetic sovereignty and alignment with the Eternal Sacred Source

Attunement and Use: No prerequisites are required to receive the attunement. However, Reiki Level II is recommended for those who wish to pass it on.

This system is ideal for both beginners and advanced practitioners who wish to safeguard their energy field, cleanse spiritual tools and ensure that all healing transmissions are in alignment with the highest light.

Aura Infusion System – Value \$70 / R1 255

Founder: Hari Andri Winarso

Rooted in traditional Javanese mysticism and enhanced through modern energy practices, this system is designed to support spiritual growth, emotional well-being, psychic development and energetic protection.

The essence of Aura Infusion lies in increasing the amount of light within the auric field. By charging the light body with high-frequency energy, the system strengthens one's connection to divine guidance, opens pathways for higher communication (particularly through the throat and third eye chakras) and deepens alignment with one's soul purpose. It is particularly beneficial for those seeking to activate or amplify their channeling, mediumship, or psychic abilities.

Aura Infusion's energy works across five main treatment stages: cleansing, balancing, activating, reinforcing and infusing. Each phase is designed to purify and energize the aura, release negativity, harmonize energy flow and fortify the energetic field against psychic interference. These steps create a comprehensive framework that supports both the healing and the expansion of the practitioner's or recipient's subtle body.

The benefits of working with Aura Infusion include:

Enhanced psychic sensitivity and spiritual communication, including the ability to connect more clearly with guides and angels

Greater emotional harmony and healing in relationships and self-perception

Amplified joy, confidence and creative energy

Improved physical vitality, including support for blood conditions, appetite regulation and pain relief

Energetic protection from manipulation or external interference

Activation of the light body and spiritual clarity of purpose

The system supports deep healing across the heart, throat and third eye chakras and provides a multi-layered tool for personal transformation and soul alignment. Aura Infusion is a powerful companion for those walking a path of ascension, energetic mastery, or inner empowerment.

Sacred Geometry Reiki – Value \$53 / R946

Founder: Rebecca Donaldson

The *Sacred Geometry Reiki* manual presents a unique synthesis of two powerful energetic systems: the ancient wisdom of sacred geometry and the channelled healing modality of Reiki. This manual introduces a spiritual and vibrational approach to energy healing, developed to help practitioners access deeper layers of alignment, protection and transformation by working with specific geometric forms and light frequencies.

Benefits

Energetic Protection and Structure: The use of sacred geometric forms such as the Merkabah, cube and pyramids helps establish protective grids in and around the energy field. This not only enhances clarity and psychic shielding but also supports stability during energy work or spiritual practice.

Multidimensional Healing: Sacred Geometry Reiki opens gateways to higher dimensional energies. It is said to help activate dormant codes within the subtle body, allowing the practitioner to channel more refined frequencies of divine light for deep cellular healing and soul realignment.

Amplification of Intention: Geometric shapes act as vibrational amplifiers. When used alongside Reiki, they intensify the transmission of healing energy, making sessions more focused and effective. Practitioners often report increased intuition and clearer energetic perception.

Support for Ascension and Spiritual Growth: As a spiritually attuned system, Sacred Geometry Reiki is designed not only for healing physical and emotional wounds but also for supporting one's spiritual evolution. It enhances meditation, raises consciousness and aligns the practitioner with higher vibrational states.

Universal Application: While rooted in esoteric wisdom, the manual emphasizes the simplicity and accessibility of the system. It can be used by both experienced healers and newcomers alike, offering a versatile modality that integrates smoothly with other energy practices.

This manual offers attunements, symbol guidance and spiritual insights that help unlock the transformative power of sacred form combined with universal life force energy. It serves as both a reference and a sacred guidebook for those called to walk the path of energetic healing through the lens of divine geometry.

Clear Quartz Crystal Healing & Manifestation – Value \$50 / R900

Founder: Daelyn Wolf

This manual introduces a channeled energy system created by Daelyn Wolf, focused on the healing and manifestation potential of *Clear Quartz*, known as the “Master Crystal.” The system connects practitioners to the high-frequency vibrations of Clear Quartz and aligns them with pure source energy for transformative work.

Clear Quartz is honored in this manual not only for its versatility and purity, but for its spiritual intelligence. It is described as a conduit for spiritual guidance, chakra balancing and multidimensional healing. The manual explores the many varieties of Clear Quartz and emphasizes how each type (rainbow quartz, double-terminated, etc.) brings a unique energetic gift. It includes a dedicated healing and manifestation symbol, guided invocation phrases and clear explanations for using the crystal for spiritual connection, psychic meditation and chakra harmonization.

Benefits

Activates a strong connection to higher realms and source light

Balances and strengthens all chakras, especially the crown

Supports physical, emotional and energetic healing

Enhances psychic awareness, intuition and meditative depth

Empowers focused manifestation through crystal energy and intention

Infuses water or physical space with amplified healing energy

Offers distant attunement practices for practitioners and teachers

This system is suitable for anyone drawn to crystal healing or energy work and especially for Reiki practitioners seeking to deepen their connection to Clear Quartz and expand their healing toolkit.