

Light Creation in Sacred Geometry: From the First Sphere to the Vesica Piscis

The First Sphere – Unity and the Primordial Source

Sacred geometry creation myths often begin with a single point or sphere arising from the void. In metaphysical teachings (such as the Flower of Life teachings), this initial sphere represents unity or the Source – an existence with no beginning or end . The void before creation is described as infinite, silent, and formless – “pure potential” or the womb of all creation . Into this stillness, the Creative Spirit (or consciousness) moves with a desire to know itself, and draws the first perfect circle (or sphere) around itself . This first circle is the container of all possibilities, symbolizing the One (the monad) in sacred geometry . It is said to correspond to the “Spirit of God” moving upon the face of the waters in Genesis, initiating creation from the cosmic void . In essence, the first sphere embodies wholeness – the undivided Oneness before any duality exists.

The Second Sphere – Duality, Reflection, and the Vesica Piscis

According to these teachings, the act of creation progresses when the primordial Oneness seeks to experience itself. The Spirit (or cosmic consciousness) “moves to the surface of the first sphere” and creates a second sphere of equal size, overlapping the first . This duplication represents unity expanding into duality – often interpreted as the division into masculine and feminine, or the Creator reflecting upon itself as observer and observed . The two spheres intersect in a lens-shaped overlap. This overlapping shape is the Vesica Piscis, Latin for “fish’s bladder,” referencing its almond or fish-like form. Geometrically, it is formed such that each circle’s center lies on the circumference of the other.

Two overlapping circles forming a Vesica Piscis (shaded almond shape in the center). In sacred geometry this is the first interpenetrating shape born from unity. The second sphere overlaps the first to create the Vesica Piscis, marking the initial division of unity into polarity . This form is considered a sacred portal or womb – the point where creation truly begins.

The Vesica Piscis is thus the first product of the creation process – often called the “first geometric shape to come out of the creation process” . Symbolically, it is the birth of “two-ness” (the dyad) from the one, establishing the relationship between Self and reflection, or spirit and mirror. Many sources emphasize that the second circle was placed precisely on the circumference of the first, so that their centers are separated by exactly one radius . This yields the balanced, symmetric Vesica Piscis shape at the intersection. In Flower of Life lore, the moment the two spheres intersect marks a pivotal event: the creation of light. In the Biblical metaphor, “God said, ‘Let there be light’” – this corresponds to the formation of the second sphere and the Vesica Piscis in geometric creation narratives . In other words, the emergence of the Vesica Piscis is seen as the moment duality was born and light (conscious awareness) came into being.

Vesica Piscis – “Let There Be Light” and the Birth of Consciousness

The Vesica Piscis holds profound meaning in sacred geometry and metaphysics. It is often described as the geometrical image through which light was created . As Drunvalo Melchizedek (a Flower of Life teacher) puts it, this form is the blueprint for light itself – a geometric formulation of the electromagnetic spectrum . In fact, within the Vesica’s proportions lies the mathematical ratio $\sqrt{3}:1$ (height to width), which some authors note is fundamental to light and color frequencies . Thus, the Vesica Piscis is equated with the “Let there be light” moment of genesis – the first spark of creation arising from the overlap of Spirit and its reflection .

Philosophically, this shape also symbolizes the birth of consciousness. One interpretation suggests the first circle represents universal or divine consciousness, and the second circle represents individualized consciousness; their overlap (the Vesica) is the interface – the emerging awareness or mind (manas) that bridges the two . In other words, the Vesica Piscis is the center of awareness, where the eternal spirit and the temporal self meet. It is regarded as the “mediating womb” of consciousness: “One circle may signify the breath of spirit (the eternal); the other the body or material world (the changing); the Vesica Piscis itself symbolizes that which mediates spirit – the psyche or soul” . This aligns with the idea that light = awareness. Thus, the overlapping region – bathed in the union of two circles – metaphorically “brings forth light” as the first illumination of mind or spirit in the void.

Symbolism of the Vesica Piscis – Portal, Womb, and Union of Opposites

Far from a mere geometric lens, the Vesica Piscis has been revered across spiritual traditions as a sacred portal of creation. Its shape has rich symbolic interpretations:

- Birth Portal / Womb of Creation: The vesica's almond-shaped geometry is often likened to a yoni or birth canal – the cosmic womb from which creation emerges . In sacred geometry it is literally described as the “womb of all form”, since from this shape all other geometries can be generated . It is the birth canal of light – the matrix through which the Light of creation is born into the cosmos . Fittingly, when the vesica is depicted vertically, it resembles the vulva and symbolizes the Divine Feminine, fertility, and the generative goddess principle in nature . Many medieval church vesica-shaped aureoles around Christ or the Virgin Mary (called mandorlas) carry this womb-of-light symbolism.
- Eye of Vision and Third Eye: The Vesica Piscis is also the shape of a human eye – the organ that perceives light . This is no coincidence in mystical interpretation: as the geometrical pattern behind light itself, the vesica is seen as the metaphysical “eye” through which consciousness perceives creation. In esoteric symbolism it is associated with the Third Eye (Ajna chakra) – the gateway of insight between physical and spiritual realms . In art, a horizontal vesica can represent the interface between spirit and matter, often drawn as an eye or an aureole of glory . It signifies illumination – both literal light entering the eye and spiritual light (enlightenment) entering the soul.
- Fusion of Opposites / Balance: By its very definition, the Vesica Piscis is formed from the union of two equal circles. It epitomizes the harmonization of duality – the fusion of polarities (male–female, heaven–earth, yin–yang) into a unified field . This overlapping zone has been called a “passageway through the world’s apparent polarities” , implying that opposites (spirit and matter, self and other) find balance and creative interplay here. Spiritually, the two circles have been compared to a God and Goddess meeting – their overlap is the “divine offspring” or creative result of the sacred marriage . In Christian symbolism, the same shape is recognized as the Ichthys (fish) emblem – an allegory of Christ as the product of divine and human union, and as a mediator between heaven and earth . Thus, the vesica symbolically represents dual forces in perfect balance, giving birth to a third thing (light, life, the “Son”, etc.) out of their interaction.
- Gateway Between Worlds: Because it forms at the juncture of two realms (the circles), the Vesica Piscis is often seen as an interdimensional doorway. Mystics describe it as the portal between the spiritual and material planes . It is “the opening where the connection with the transcendental is made possible”, essentially a threshold through which spirit becomes matter and vice versa . One text calls it “the crucible for creation … the portal through which we must cross” to experience higher reality . In this way, the vesica is

the bridge between worlds – a literal vesica-shaped “vessel” carrying consciousness into physical manifestation, and through which one can peer back into the metaphysical source.

In summary, the Vesica Piscis is richly symbolic: at once an origin point of light, a symbol of sacred union, and a gateway of creation and consciousness. Its pervasive appearance in sacred art, architecture, and geometry (from church mandorlas to temple designs) attests to its significance as the geometric archetype of creation’s birth.

From the Vesica to the Seed of Life – Continuing the Creation Pattern

In sacred geometry’s creation story, the Vesica Piscis is only the beginning. Once light/consciousness is born through the vesica, creation continues to unfold by adding more circles (or spheres). The “Flower of Life” teachings detail a step-by-step geometric genesis:

- Third Sphere (Triad): After forming the Vesica Piscis with two spheres, a third sphere is added. Its center is placed at one of the Vesica’s intersection points (so that all three circles interlock). This creates the first trinity of circles, sometimes called the Tripod of Life or Triquetra (three overlapping vesicae forming a triangular knot) . This triad is associated with the Holy Trinity in Christian symbolism (Father, Son, Holy Spirit) , and generally with the principle of multiplicity emerging from duality. In geometric terms, with three circles one can now locate equilateral triangles and the first polygonal forms inside the overlaps.
- Six Spheres Around One (Seed of Life): The process continues symmetrically. The Spirit adds sphere after sphere, each new circle’s center placed on the circumference of the previous circle(s). When six circles have been placed around a seventh central circle, the pattern is known as the Seed of Life (a six-petaled flower-like figure) . This figure of seven interlocking circles has been equated to the seven days of Creation in Genesis . In this interpretation, Day 1 corresponds to the formation of the Vesica Piscis (Light); Day 2 adds the third sphere (establishing the Tripod of Life); Days 3–6 add one new circle each day until the sixfold Seed of Life is complete on the sixth day . The seventh day – the Sabbath, a day of rest – is symbolized by the completion of the six-around-one pattern (no new circle, just repose in the perfection of the Seed of Life) . Thus, the Seed of Life encapsulates the entire Creation week. Notably, the “Egg of Life” is a derivative of this stage: it is the three-dimensional analog consisting of 8 spheres (or the 2D projection of seven circles), which intriguingly matches the shape of a multicellular embryo in its early division (the morula) . This is often cited as evidence of sacred geometry’s reflection in biology and life.
- Flower of Life Pattern: By extending the hexagonal arrangement of the Seed of Life outward, a larger tapestry of circles emerges. The Flower of Life is the name given to a repeating pattern of interlocking circles often shown with 19 complete circles (and portions of others) in a hexagonal symmetry . The Flower of Life pattern, found inscribed in ancient

temples (e.g. at Abydos in Egypt), is said to contain all the geometric building blocks of the universe . Within its lattice, one can find the Seed of Life, multiple vesica piscis lenses, and various polygonal figures. It is revered as a diagram of the interconnected nature of all reality, a kind of geometric blueprint of Creation.

The Flower of Life pattern built from multiple circles (often shown with 19 circles). This elaborate design grows from the initial Seed of Life (the central seven circles) and extends outward. Within the Flower of Life, one can identify the Vesica Piscis and other fundamental shapes. In sacred geometry philosophy, expanding from the Vesica to this flowering grid symbolically depicts creation unfolding into complexity. The Flower of Life is believed to encode the blueprint of the universe, from which even the Platonic solid shapes of classical elements can be derived .

As the Flower of Life expands, various subsets of circles are distinguished with special names and significance (as noted in Flower of Life teachings). For example, the Fruit of Life is a pattern of 13 specific circles within the Flower – it forms a kind of hidden geometrical cluster. This Fruit of Life is considered the “blueprint of the universe”, containing the basis for every atom and molecule, and it is from these 13 circles that one can construct Metatron’s Cube by connecting their centers . Metatron’s Cube, in turn, unveils the five Platonic Solids .

Platonic Solids – Manifesting Light into Form

One remarkable aspect of the Flower of Life geometry is that it encodes the Platonic Solids – the five perfect 3D forms (tetrahedron, cube, octahedron, icosahedron, dodecahedron) which ancient philosophers saw as the building blocks of the material world. By drawing straight lines between the centers of the circles in the Fruit of Life (13-circle) pattern, one obtains Metatron’s Cube, a complex figure in which all five Platonic solid shapes can be found inscribed . In other words, the lattice of circles (born from that first sphere and Vesica Piscis) inherently contains the geometry of three-dimensional matter.

This is profoundly significant in metaphysical interpretation. The Platonic solids have long been associated with the classical elements of creation (earth, water, air, fire, ether) – they represent the structure of matter itself. That they emerge from the Flower of Life implies that light/consciousness (geometrically initiated by the Vesica Piscis) eventually crystallizes into form. Indeed, researchers note that the five Platonic solids are hidden within the Flower of Life / Metatron’s Cube, acting as a “template from which all life springs.” In sacred geometry, each Platonic solid is seen as an idealized archetype of matter, and all molecular structures are thought to be based on these forms . Thus, starting from the Vesica Piscis

(the genesis of light/consciousness), one can generate the atomic and molecular geometry of the physical world. The progression from circle to Vesica to Flower of Life to Platonic solids is essentially the process of consciousness manifesting as the material cosmos – a key theme in many esoteric and mystical teachings.

It's worth noting that this entire geometric cosmology has been explored by philosophers and artists. For instance, Leonardo da Vinci studied the Flower of Life pattern and drew the Platonic solids and spheres within it, recognizing that all geometry (and thus all nature) unfolds from this fundamental pattern . Modern spiritual circles likewise use these geometries (e.g. Metatron's Cube) in meditation and symbolism to connect with the idea of a light-based, interconnected universe.

Conclusion: Light and Unity in Geometric Symbolism

Through the lens of sacred geometry, the act of creation is elegantly encoded in a sequence of geometric forms. The process begins with unity (the first circle), moves into duality (with the second circle), and gives birth to the Vesica Piscis, revered as the origin of light and consciousness in the universe. This almond-shaped Vesica Piscis – the overlapping of two spheres – is celebrated as the geometric essence of “Let there be Light” , the point where the One becomes self-aware as Two, generating a third principle (illumination). From this primordial geometry flows a cascade of creation: the proliferation of circles yielding the Seed of Life, the Flower of Life, and all manner of form and structure, even the Platonic solids that underlie physical matter .

The interplay of Spirit and reflection that the first two circles represent is not only a creation story but also a profound spiritual metaphor. It suggests that light (both literal and metaphorical) arises from relationship – from the Creator knowing itself, from unity embracing duality. The Vesica Piscis stands as an emblem of that moment where consciousness emerges, where divine insight (“light”) enters the void. It is simultaneously a symbol of the Divine Feminine (the cosmic womb), a symbol of Christ (the fish and luminous halo), and a symbol of the union of all opposites. In sacred geometry and mystical thought, creation is geometry, and geometry is the language of light. The two intersecting circles and their Vesica Piscis remind us that from the simple act of one becoming two, an entire universe of light and life blossoms forth.

Sources: Sacred geometry teachings and interpretations from Flower of Life literature ; symbolism of the Vesica Piscis in mystical and mathematical contexts ; Flower of Life and Platonic solid relationships ; and traditional spiritual symbolism relating geometry to creation .

