# **Flower of Life and Sacred Geometry: A Literature Review**

## **Sacred Geometry and the Human Biofield – Scientific Perspectives**

Modern research has begun to explore whether **sacred geometric patterns** can measurably influence human physiology and biofields. A notable peer-reviewed study in 2023 investigated the effects of a Sri Yantra (a sacred geometry pattern similar in concept to the Flower of Life) on participants’ energy fields using **GDV biofield imaging**. In this study, 17 participants placed their hands on a stone engraved with the Sri Yantra; measurements with a Bio-Well GDV camera before and after exposure showed significant changes in their bioenergetic readings ([An exploratory investigation of human biofield responses to encountering a sacred object | CoLab](https://colab.ws/articles/10.1016%2Fj.explore.2023.01.007#:~:text=overall%20Bio,on%20aspects%20of%20the%20human)) Specifically, the overall **“biofield energy state”** (measured in joules) increased post-exposure (p = 0.001), and energy indices corresponding to multiple organ systems (cardiovascular, endocrine, musculoskeletal, digestive, etc.) shifted significantly (p < 0.003) ([An exploratory investigation of human biofield responses to encountering a sacred object | CoLab](https://colab.ws/articles/10.1016%2Fj.explore.2023.01.007#:~:text=overall%20Bio,on%20aspects%20of%20the%20human)) Even the **chakra energy levels** of participants changed after touching the sacred geometry stone (p = 0.001), suggesting a short-term impact on the body’s energy centers ([An exploratory investigation of human biofield responses to encountering a sacred object | CoLab](https://colab.ws/articles/10.1016%2Fj.explore.2023.01.007#:~:text=while%20the%20nervous%20and%20respiratory,on%20aspects%20of%20the%20human)) While this was an exploratory study, it provides the first quantitative evidence in a scientific journal that contact with a sacred geometric form can alter measurable aspects of the human biofield ([An exploratory investigation of human biofield responses to encountering a sacred object | CoLab](https://colab.ws/articles/10.1016%2Fj.explore.2023.01.007#:~:text=overall%20Bio,on%20aspects%20of%20the%20human))

Beyond direct touch, researchers have also examined **visual and auditory geometric stimuli** on the human nervous system. For example, a 2024 study introduced the concept of “**Geometric Sound**,” where sound waves were engineered into holographic patterns of shapes (pyramid, cube, sphere) to test their physiological impact ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=This%20study%20introduces%20Geometric%20Sound,traditional%20stereo%29%2C%20and%20recorded)) In a controlled trial with 50 participants, each shape’s sonic pattern produced distinct effects on **EEG brainwaves, heart rate, and blood pressure** ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=on%20Faraday%20wave%20pattern%20morphology,dependent)) Notably, brain activity in the **alpha wave band** (8–12 Hz, associated with relaxation) showed the strongest shape-specific changes. The **pyramid-shaped sound** in particular induced the greatest increases in alpha wave power and also led to reduced heart rate and blood pressure, correlating with enhanced relaxation and well-being ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=baseline%20where%20no%20sound%20was,correlate%20with%20the%20excitation%20Geometric)) ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=Pyramid%20Geometric%20Sound%20yielded%20the,mechanisms%20and%20expand%20its%20applications)) These changes were **“primarily shape-dependent,”** meaning each geometric form had a unique effect on physiology ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=baseline%20where%20no%20sound%20was,morphology%20analysis%20indicated%20that%20identical)) The pyramid stimulus, for instance, was most effective at shifting the autonomic nervous system toward a calm state, while cube and sphere sounds had their own signatures ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=on%20Faraday%20wave%20pattern%20morphology,dependent)) ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=Pyramid%20Geometric%20Sound%20yielded%20the,mechanisms%20and%20expand%20its%20applications)) Such findings lend credence to the idea that **geometric configurations can influence bio-psycho-physiological states** in measurable ways. Similarly, preliminary work by Szendro (2023) hypothesized that simply **observing mandala patterns** could trigger a meditative brain state and increase alpha EEG activity, much as traditional meditation does ([EDUC Alliance – Open your world of European education](https://www.educalliance.eu/news/effect-of-the-perception-of-specific-visual-patterns-of-buddhist-mandalas-on-brain-activity#:~:text=My%20research%20hypothesis%20is%20that,visual%20patterns%20based%20on%20mandalas)) This line of inquiry, though in its early stages, aligns with reports that viewing or meditating on geometric art (like Buddhist mandalas or the Flower of Life) has calming, centering effects on the mind.

Other biofield-oriented studies have looked at **Galvanic Skin Response (GSR)** and **heart rate variability (HRV)** in relation to geometric environments. Early experiments suggest that certain shapes can alter arousal levels; for example, one study observed decreased GSR (indicating lower stress arousal) when participants were exposed to specific spatial geometry projections ([EEG-power in EX1 and EX2. Error bars represent the standard error ...](https://www.researchgate.net/figure/EEG-power-in-EX1-and-EX2-Error-bars-represent-the-standard-error-of-the-mean_fig4_379420098#:~:text=,during%20projection%20of%20a)) Although detailed data on the Flower of Life pattern itself are scarce in mainstream literature, these related studies (on yantras, pyramids, etc.) provide a scientific basis to explore sacred geometry’s impact. They show that **physiological measures (EEG rhythms, cardiovascular indices, skin conductance)** can indeed respond to geometric or geometric-inspired stimuli. Overall, rigorous scientific inquiry into sacred geometry is just emerging, but initial evidence points toward real, if subtle, **“energetic” effects on the human biofield and nervous system** when individuals interact with these archetypal patterns ([An exploratory investigation of human biofield responses to encountering a sacred object | CoLab](https://colab.ws/articles/10.1016%2Fj.explore.2023.01.007#:~:text=overall%20Bio,on%20aspects%20of%20the%20human)) ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=on%20Faraday%20wave%20pattern%20morphology,dependent))

## **Energy Fields, Waveforms, and Consciousness – Alternative Perspectives**

Outside of formal studies, there is a rich body of **alternative and fringe literature** claiming profound connections between the Flower of Life (and other sacred geometries) and human energy fields or consciousness. In New Age and esoteric traditions, the Flower of Life is often regarded as far more than an artistic motif – it is seen as a fundamental **blueprint of creation and energy**. Drunvalo Melchizedek, a prominent New Age author, popularized this idea in *The Ancient Secret of the Flower of Life*, asserting that the Flower of Life pattern **“encodes the blueprint of creation itself”**, representing the interconnected web of energy uniting all life ([The Ancient Secret Of The Flower Of Life Summary PDF | Drunvalo Melchizedek](https://www.bookey.app/book/the-ancient-secret-of-the-flower-of-life#:~:text=to%20the%20underlying%20themes%20that,prepares%20the%20reader%20for%20a)) According to Melchizedek and similar teachers, meditating upon or visualizing this pattern can awaken a higher awareness of **universal energy** and even activate a person’s **“light body”** or **biofield**. He describes practices like the **Merkaba meditation**, wherein one imagines rotating geometric fields (derived from the Flower of Life’s geometry) around the body as a means to tune or strengthen the **aura** and consciousness. Though such claims are not empirically verified, they illustrate the alternative view that **consciousness and geometry are deeply intertwined**.

Many **energy healers and metaphysical practitioners** likewise believe that sacred geometry patterns influence the human aura or biofield. The Flower of Life, composed of interlocking circles, is often called a **“geometric representation of a full field of energy”** that can **resonate with the body’s own energy field** ([Products with Purpose® | Crystal Life](https://www.crystal-life.com/products-with-purpose/#:~:text=choice%20is%20the%C2%A0Flower%20of%20Life%2C,your%20energy%20field%20to%20recover)) For instance, makers of **subtle energy tools** sell Flower of Life pendants and art, suggesting that these items “help your energy field to recover” by restoring energetic balance ([Products with Purpose® | Crystal Life](https://www.crystal-life.com/products-with-purpose/#:~:text=choice%20is%20the%C2%A0Flower%20of%20Life%2C,your%20energy%20field%20to%20recover)) In aura photography and Kirlian GDV imagery (popular in fringe circles), anecdotal reports claim that placing a **Flower of Life symbol** near a person or water container leads to brighter, more coherent aura images. Some experimenters, inspired by the late Dr. Masaru Emoto’s water crystal studies, even imprint water with the Flower of Life symbol to “structure” it – reporting more symmetric ice crystal patterns as a sign of positive energetic influence ([The Ancient Secret Of The Flower Of Life Summary PDF - Bookey](https://www.bookey.app/book/the-ancient-secret-of-the-flower-of-life#:~:text=Melchizedek%20explains%20that%20the%20Flower,the%20blueprint%20of%20creation%20itself)) These interpretations, while **not peer-reviewed**, are part of a broader alternative narrative: **sacred geometry shapes carry vibrational frequencies or information** that can interact with living systems.

In the realm of consciousness studies, the Flower of Life and similar geometries are sometimes linked with the idea of a **universal energy grid or waveform**. Alternative theorists propose that underlying the material world are geometric energy lattices – essentially a **sacred geometric fabric of space** – which our consciousness can tap into. This viewpoint resonates with concepts from quantum mysticism (e.g. “geometry of consciousness”) and with ancient philosophies. Some liken the overlapping circles of the Flower of Life to interference patterns of waves, suggesting that it’s a 2D snapshot of a deeper 3D or even 4D wave structure of reality. While mainstream science does not endorse these claims, it is noteworthy that **millennia-old traditions** across Egypt, India, and elsewhere revered these patterns, hinting at an intuitive understanding of their significance. In summary, **fringe sources credit the Flower of Life with potent energetic and spiritual properties** – from harmonizing the biofield and chakras to encoding cosmic knowledge – albeit without the rigorous validation that scientific approaches require ([The Ancient Secret Of The Flower Of Life Summary PDF | Drunvalo Melchizedek](https://www.bookey.app/book/the-ancient-secret-of-the-flower-of-life#:~:text=to%20the%20underlying%20themes%20that,prepares%20the%20reader%20for%20a)) ([Products with Purpose® | Crystal Life](https://www.crystal-life.com/products-with-purpose/#:~:text=choice%20is%20the%C2%A0Flower%20of%20Life%2C,your%20energy%20field%20to%20recover))

## **Terrence Howard’s Interpretation: Flower of Life, Mathematics, and Reality**

Actor and self-styled thinker **Terrence Howard** has in recent years put forward his own *interpretation of the Flower of Life*, blending it with unorthodox theories of math and physics. Howard has expressed a deep fascination with this geometric figure, regarding it as key to understanding the fabric of reality. In a viral 2019 interview, he claimed: *“I was able to open up the Flower of Life properly and find the real wave conjugations we’ve been looking for for 10,000 years.”* ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=%E2%80%9CI%E2%80%99ve%20made%20some%20discoveries%20in,%E2%80%9D)) By “opening up” the pattern, Howard believes he unlocked hidden **waveforms** – what he calls wave conjugations – that fill the **“in-between spaces”** of the universe ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=%E2%80%9CAll%20energy%20in%20the%20universe,%E2%80%9D)) He asserts that **all energy and motion** in the universe are fundamentally **waves and curves**, not particles or straight lines, and that the Flower of Life’s geometry holds the secret to how those waves combine and create matter ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=%E2%80%9CAll%20energy%20in%20the%20universe,%E2%80%9D)) Essentially, Howard views the Flower of Life as a map of the **wave interactions that “hold us all together”** – a grand unifying pattern behind reality.

In Howard’s view, modern mathematics and physics have missed something fundamental that sacred geometry can reveal. He notably questions the very basis of arithmetic, controversially insisting that **1 × 1 should equal 2**, not 1 ([Terrence Howard’s Theories Simplified: Understanding His Unique Perspective - Brad Hook](https://bradleyhook.com/terrence-howards-theories-simplified-understanding-his-unique-perspective/#:~:text=Challenging%20Multiplication%3A%20Howard%E2%80%99s%20Hypothesis)) This claim stems from his idea that when you combine two unique entities (1 and 1), the result should reflect both – a concept he ties to **geometric merging rather than abstract math**. Howard argues that traditional math is a limited construct and proposes a new **mathematical language based on the Flower of Life’s structure** ([Terrence Howard’s Theories Simplified: Understanding His Unique Perspective - Brad Hook](https://bradleyhook.com/terrence-howards-theories-simplified-understanding-his-unique-perspective/#:~:text=Howard%20has%20expressed%20a%20deep,based%20on%20this%20sacred%20geometry)) ([Terrence Howard’s Theories Simplified: Understanding His Unique Perspective - Brad Hook](https://bradleyhook.com/terrence-howards-theories-simplified-understanding-his-unique-perspective/#:~:text=Howard%20takes%20the%20Flower%20of,the%20true%20nature%20of%20existence)) He even built a **“multidimensional” Flower of Life model**, taking the flat 2D pattern and folding it into a complex 3D form like origami, to illustrate what he believes are the true shapes of the universe’s space-time fabric ([Terrence Howard’s Theories Simplified: Understanding His Unique Perspective - Brad Hook](https://bradleyhook.com/terrence-howards-theories-simplified-understanding-his-unique-perspective/#:~:text=Multidimensional%20Model%20of%20the%20Flower,of%20Life)) According to Howard, this 3D (or higher-dimensional) Flower of Life lattice is the key to unlocking **gravity (which he famously called “fake”), cosmology, and unified field theories**. For example, he has demonstrated computer simulations of planetary formations without gravity, guided instead by what he describes as an **inward-outward force** derived from wave geometries ([Terrence Howard’s Theories Simplified: Understanding His Unique Perspective - Brad Hook](https://bradleyhook.com/terrence-howards-theories-simplified-understanding-his-unique-perspective/#:~:text=Gravity%20is%20Fake)) He also frequently insists that **“straight lines are an illusion”** – that if you zoom in far enough, even a line is composed of curves/waves – echoing principles of non-Euclidean geometry and quantum wave-particle duality ([Terrence Howard’s Theories Simplified: Understanding His Unique Perspective - Brad Hook](https://bradleyhook.com/terrence-howards-theories-simplified-understanding-his-unique-perspective/#:~:text=Straight%20Lines%20are%20an%20Illusion))

Howard’s interpretations have been met with skepticism by scientists, who note that he often mixes correct observations (like “there are no perfectly straight lines in nature”) with misconstrued physics ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=based%20on%20real%20science,lines%2C%20%20he%E2%80%99s%20not%20wrong)) His fascination, however, clearly draws from **sacred geometry lore**. As one science writer observed, Howard is “into ‘sacred geometry,’ a new-age spiritual practice” using shapes like the Flower of Life and Platonic solids to connect with different energies ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=Howard%20probably%20didn%E2%80%99t%20come%20up,like%20Plato%2C%20Euclid%20and%20Pythagoras)) ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=Sacred%20geometry%20assigns%20new%20meaning,%E2%80%9D)) Indeed, the Flower of Life contains within it the templates of all five Platonic solid shapes – something that ancient philosophers like Pythagoras and Plato found mystical, and which Howard cites as evidence of a universal geometric code ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=Sacred%20geometry%20assigns%20new%20meaning,%E2%80%9D)) In summary, **Terrence Howard views the Flower of Life as the foundational geometric matrix of existence**, informing his personal theories on waves, mathematics, and the nature of the universe. While his ideas are far outside mainstream science, they represent a modern attempt to bridge **ancient geometric wisdom with physics**, in line with the sacred geometry revival in fringe science culture ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=%E2%80%9CI%E2%80%99ve%20made%20some%20discoveries%20in,%E2%80%9D)) ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=Sacred%20geometry%20assigns%20new%20meaning,%E2%80%9D))

## **Walter Russell’s Universal Geometry and Vibrational Energy**

**Walter Russell (1871–1963)**, an artist and polymath, presented a cosmology deeply rooted in **geometry and vibration** which has intriguing parallels to sacred geometry concepts. Russell’s writings (such as *The Universal One* and *The Secret of Light*) propose that the entire universe is built on one fundamental **geometric form in motion**. He wrote, *“In my universe there is but one form from which all forms appear. That one form is the pulsing cube-sphere… All forms pulse, therefore all forms are two, one form for the inbreathing pulse, which generates, and one for the outbreathing, radiating one.”* ([Article 105: Physics - Aether Units - Part 10 - Harold Aspden & Walter Russell's Cube-Sphere - Cosmic Core](https://www.cosmic-core.org/free/article-105-physics-aether-units-part-10-harold-aspden-walter-russells-cube-sphere/#:~:text=%E2%80%9CIn%20my%20universe%20there%20is,%E2%80%9D15)) In this description, Russell introduces a **universal geometric structure** – the **cube-sphere** – as the basis of creation. The **sphere** represents the compressed, visible, “formed” aspect of matter (e.g. a star or planet), and the **cube** represents the expanded, invisible energy field that surrounds and balances it ([cube-sphere | Notes on Walter Russell and related studies](https://walterrussellblog.wordpress.com/category/cube-sphere/#:~:text=All%20bodies%2C%20human%20and%20otherwise%2C,fields%20of%20black%20light)) ([cube-sphere | Notes on Walter Russell and related studies](https://walterrussellblog.wordpress.com/category/cube-sphere/#:~:text=,body%20of%20the%20violet%2C%20insect)) He saw every object (from atoms to planets to living beings) as a **sphere of light centered in a cube of energy**, forming a kind of **standing wave field**. This dynamic cube-sphere continually **pulses** with a rhythm of expansion and contraction – analogous to a cosmic heartbeat or breathing cycle – which he believed to be the mechanism by which energy becomes matter and vice-versa ([Article 105: Physics - Aether Units - Part 10 - Harold Aspden & Walter Russell's Cube-Sphere - Cosmic Core](https://www.cosmic-core.org/free/article-105-physics-aether-units-part-10-harold-aspden-walter-russells-cube-sphere/#:~:text=%E2%80%9CIn%20my%20universe%20there%20is,%E2%80%9D15))

Walter Russell’s perspective essentially merges **sacred geometry with wave physics**. He insisted that the apparent diversity of forms in nature (the “countless thousands of forms”) all reduce to variations of the cube-sphere geometry, which is the “one form” God or nature uses ([cube-sphere | Notes on Walter Russell and related studies](https://walterrussellblog.wordpress.com/category/cube-sphere/#:~:text=,body%20of%20the%20violet%2C%20insect)) This view resonates with sacred geometry’s idea of a **single originating pattern** (like the Flower of Life or other seed geometries) giving rise to all structure. Furthermore, Russell emphasized that the universe is purely **vibratory** – *“solely waves of motion… nothing other than vibration,”* as he famously stated (["The universe exists solely of waves of motion. There exists nothing ...](https://www.reddit.com/r/interestingasfuck/comments/bfb4mz/the_universe_exists_solely_of_waves_of_motion/#:~:text=...%20www.reddit.com%20%20,~%20Walter%20Russell)) Matter, in his view, is an **illusion of motion** created by waves spiraling into geometric form. He described light, electricity, magnetism, and even consciousness as manifestations of wave motions within a divine geometric framework. In Russell’s diagrams, one finds shapes like the **spiral, torus, and crystalline lattices** which are also beloved in sacred geometry and modern energy theories. For example, he attempted a new periodic table arranged in octaves on a spiral, hinting at geometric patterns underlying atomic vibrations.

In terms of **energy fields**, Walter Russell’s cube-sphere model implies that every **organism or object has an energy blueprint** shaped like a cube-sphere around it. This is conceptually similar to the idea of a **human biofield or aura** as an interlocking geometry of light – a notion sacred geometers often discuss. Russell’s “wave-fields” are essentially **force-fields with geometric structure**, and he asserted that these are the true reality shaping matter ([Article 105: Physics - Aether Units - Part 10 - Harold Aspden & Walter Russell's Cube-Sphere - Cosmic Core](https://www.cosmic-core.org/free/article-105-physics-aether-units-part-10-harold-aspden-walter-russells-cube-sphere/#:~:text=What%20Seth%20is%20getting%20at,are%20the%20result%20of%20consciousness)) Notably, he was ahead of his time in suggesting a kind of **fractal embedding** of these geometries: “cubes within cubes, spheres within spheres,” across scales, which mirrors ideas in today’s fractal physics and also in esoteric teachings. While Russell was not explicitly part of the New Age sacred geometry movement (which grew later), his work has been embraced by many in that community as a bridge between **science, spirituality, and geometry**. He provides a **philosophical framework in which vibrational energy and geometry are one and the same** – every vibration tracing a geometric form, and every cosmic form being sustained by vibrational energy. In summary, Walter Russell’s cosmology posits a **universal geometric energy field (the cube-sphere or “geometry of space”) underlying all matter**, closely aligning with the sacred geometry principle that **harmonic forms and waves are the essence of the physical and spiritual universe** ([Article 105: Physics - Aether Units - Part 10 - Harold Aspden & Walter Russell's Cube-Sphere - Cosmic Core](https://www.cosmic-core.org/free/article-105-physics-aether-units-part-10-harold-aspden-walter-russells-cube-sphere/#:~:text=%E2%80%9CIn%20my%20universe%20there%20is,%E2%80%9D15)) ([cube-sphere | Notes on Walter Russell and related studies](https://walterrussellblog.wordpress.com/category/cube-sphere/#:~:text=,body%20of%20the%20violet%2C%20insect))

## **Malcolm Bendall’s Contributions: Energy Patterns and Sacred Geometry in Technology**

Inventor **Malcolm Bendall** offers a contemporary application of sacred geometry principles, claiming to harness them in groundbreaking energy technology. Bendall is known for his development of the **Plasmoid Unification Model (PUM)** and a device often referred to as the “**Thunderstorm Generator**,” which he asserts can generate clean, limitless energy. At the core of this technology is the creation and control of **plasmoids** (self-organizing plasma energy structures) using geometric configurations – essentially bringing **sacred geometry into the realm of engineering**. In presentations (some in collaboration with researcher Randall Carlson), Bendall explains that **geometry is a necessary component** for understanding and producing plasmoid energy effects ([The Malcolm Bendall Lectures - RandallCarlson.com](https://randallcarlson.com/the-malcolm-bendall-lectures/#:~:text=MODEL%20OF%20THE%20ELEMENTS)) In fact, he relates his plasmoids to classical elements and shapes, suggesting that specific geometric forms (toruses, spheres, etc.) are integral to stabilizing and extracting energy from plasma. The **toroid (doughnut shape)**, a staple shape in both sacred geometry and plasma physics, is fundamental in his designs. A torus is often seen as a symbol of self-contained energy flow (sometimes called the “prana field” in metaphysics), and Bendall’s plasmoid reactors reportedly use toroidal plasma loops that **mirror natural energy flows** seen in everything from galaxies to the human aura ([The Malcolm Bendall Lectures - RandallCarlson.com](https://randallcarlson.com/the-malcolm-bendall-lectures/#:~:text=Malcolm%20explains%20PLASMOIDS%20in%20relation,uses%20the%20Zero%20Point)) ([Plasmoids - Cosmic Summit on Instagram](https://www.instagram.com/cosmicsummit2025/reel/Cz-MtHLv0zU/#:~:text=Plasmoids%20,From%20the)) This reflects the alternative idea that *when technology follows sacred geometry, it taps into nature’s own energy patterns*.

Bendall also draws explicit connections between his inventions and **ancient sacred geometry knowledge**. He suggests that advanced ancient civilizations may have used similar plasmoid or geometric energy technologies – an idea supported by intriguing coincidences and symbols. For example, Bendall noted that certain measurements in his plasma reactor **match the slope angle of the Great Pyramid of Giza** ([Fuel Economy, Hypermiling, EcoModding News and Forum - EcoModder.com - Plasmoids](https://ecomodder.com/forum/showthread.php/plasmoids-41110-print.html#:~:text=1%3A27%3A26%20,the%20future%20of%20planet%20earth)) He and Carlson have discussed how the **Flower of Life symbol at the Temple of Osiris in Abydos** and Hindu/Buddhist symbols like the **Vajra (thunderbolt)** might encode the same principles of implosive and explosive forces harnessed in plasmoid technology ([Fuel Economy, Hypermiling, EcoModding News and Forum - EcoModder.com - Plasmoids](https://ecomodder.com/forum/showthread.php/plasmoids-41110-print.html#:~:text=OUTLINE%200%3A00%20,The%20plasmoid%20Unification%20Model)) ([Fuel Economy, Hypermiling, EcoModding News and Forum - EcoModder.com - Plasmoids](https://ecomodder.com/forum/showthread.php/plasmoids-41110-print.html#:~:text=1%3A27%3A26%20,the%20future%20of%20planet%20earth)) In one lecture outline, Carlson highlights that *ancient “thunderbolt tools” (like Zeus’s thunderbolt or the Vajra) could be metaphors for a plasmoid-based energy device* ([Fuel Economy, Hypermiling, EcoModding News and Forum - EcoModder.com - Plasmoids](https://ecomodder.com/forum/showthread.php/plasmoids-41110-print.html#:~:text=51%3A34%20,potential%20applications%20for%20plasmid%20energy)) Bendall’s **Model of the Elements** poster similarly ties **traditional sacred geometry patterns to elemental energy processes** ([The Plasmoid Unification Model Of The Elements Poster - Pinterest](https://www.pinterest.com/pin/the-plasmoid-unification-model-of-the-elements-poster-howtube--349803096073327899/#:~:text=The%20Plasmoid%20Unification%20Model%20Of,THE%20ELEMENTS%20%26%20Sacred%20G)) All these suggest that Bendall views **sacred geometry not just as philosophy, but as a practical blueprint** for new energy systems – from the micro scale of atomic reactions to the macro scale of power generation.

When it comes to **biofield interactions**, while Bendall’s focus is primarily on physical energy generation, the implications of his work do spill into the biological realm. His technology is often described in almost life-energy terms: creating a controlled **“plasmoid”** (sometimes likened to a ball lightning or a miniature sun) inside a device could be seen as recreating a piece of the natural energy that animates living systems. Some commentators speculate that if plasmoid fields are tuned with sacred geometry, they might interact benignly with human energy fields or even have healing applications, though this remains speculative. Bendall himself has been cautious, aiming first at industrial applications (like retrofitting engines to drastically reduce fuel needs) ([The Malcolm Bendall Lectures - RandallCarlson.com](https://randallcarlson.com/the-malcolm-bendall-lectures/#:~:text=Section,GENERATOR%20And%20How%20It%20Works)) However, the **holistic, harmonic nature** of his approach – using resonance, frequency, and geometry – is very much in line with alternative energy-healing concepts. It’s essentially **technologically applied sacred geometry**. As one source put it, *the torus in Bendall’s plasmoid tech “reflects the natural flow of energy”* in systems from atoms to the human aura ([How Do You See Sacred Geometry Influencing Modern Technology?](https://www.reddit.com/r/SacredGeometry/comments/1f55eof/how_do_you_see_sacred_geometry_influencing_modern/#:~:text=Technology%3F%20www,natural%20flow%20of%20energy%2C)) This suggests a potential bridge between his energy device and biofield science: if the device creates a **coherent field** akin to those in living organisms, it could one day be used to study or even influence biological energy fields.

In summary, Malcolm Bendall contributes a unique angle by taking sacred geometry out of the purely conceptual or spiritual domain and embedding it in **real-world technology**. He claims to have achieved practical results – a plasmoid-based energy generator – by applying geometric principles (like precise angles, symmetry, and harmonic ratios) gleaned from nature and ancient designs ([The Malcolm Bendall Lectures - RandallCarlson.com](https://randallcarlson.com/the-malcolm-bendall-lectures/#:~:text=MODEL%20OF%20THE%20ELEMENTS)) ([Fuel Economy, Hypermiling, EcoModding News and Forum - EcoModder.com - Plasmoids](https://ecomodder.com/forum/showthread.php/plasmoids-41110-print.html#:~:text=1%3A27%3A26%20,the%20future%20of%20planet%20earth)) While the broader scientific community has yet to validate these bold claims (and remains skeptical, with some viewing the PUM as too good to be true), Bendall’s work has invigorated discussions at the intersection of **ancient knowledge, geometry, and advanced physics**. It stands as a cutting-edge example of how sacred geometry concepts (Flower of Life-like lattice structures, toroidal flows, etc.) are inspiring attempts to reshape technology, potentially aligning it with the **fundamental energy patterns of the cosmos and life** ([The Malcolm Bendall Lectures - RandallCarlson.com](https://randallcarlson.com/the-malcolm-bendall-lectures/#:~:text=MODEL%20OF%20THE%20ELEMENTS)) ([Fuel Economy, Hypermiling, EcoModding News and Forum - EcoModder.com - Plasmoids](https://ecomodder.com/forum/showthread.php/plasmoids-41110-print.html#:~:text=0%3A00%20,the%20ancient%20THUNDERBOLT%20tool))

## **Conclusion**

The **Flower of Life** and related sacred geometries occupy a fascinating space bridging scientific inquiry and alternative spirituality. On one hand, **rigorous studies** are beginning to examine their effects: initial evidence from biofield imaging, EEG, HRV, and other physiological measures suggests that geometric patterns can influence human states in subtle ways ([An exploratory investigation of human biofield responses to encountering a sacred object | CoLab](https://colab.ws/articles/10.1016%2Fj.explore.2023.01.007#:~:text=overall%20Bio,on%20aspects%20of%20the%20human)) ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=on%20Faraday%20wave%20pattern%20morphology,dependent)) This lends some empirical support to age-old assertions that *form and frequency are connected* – that certain shapes might induce harmony or coherence in our bio-energetic system. On the other hand, **alternative perspectives** have long ascribed sweeping significance to these patterns: as **blueprints of reality, carriers of consciousness, and tools for healing and ascension** ([The Ancient Secret Of The Flower Of Life Summary PDF | Drunvalo Melchizedek](https://www.bookey.app/book/the-ancient-secret-of-the-flower-of-life#:~:text=to%20the%20underlying%20themes%20that,prepares%20the%20reader%20for%20a)) ([Products with Purpose® | Crystal Life](https://www.crystal-life.com/products-with-purpose/#:~:text=choice%20is%20the%C2%A0Flower%20of%20Life%2C,your%20energy%20field%20to%20recover)) Figures like Terrence Howard, Walter Russell, and Malcolm Bendall illustrate the diverse modern engagement with these ideas – from reimagining math and physics through the Flower of Life, to proposing a geometric wave-universe, to engineering devices inspired by sacred forms. Each, in his own way, speaks to an underlying intuition that **geometry is fundamental to nature and consciousness**.

It is important to maintain a balanced perspective. The **scientific approach** demands careful validation; while intriguing, the few studies to date are exploratory and sometimes methodologically debated (especially in biofield research, which is still an emerging discipline). The **fringe approach**, meanwhile, thrives on synthesis of ancient wisdom and experiential insight, but can leap to grand conclusions not yet substantiated by evidence. A comprehensive view appreciates that sacred geometry **operates as a language** – one that has historically conveyed profound ideas about order, energy, and unity. The Flower of Life symbol, appearing across cultures from Egyptian temples to Leonardo da Vinci’s drawings, clearly resonated with human consciousness as something significant. Today, scientists are learning how to test those resonances in the lab, measuring brainwaves and biophotons, while spiritual seekers continue to meditate with the symbol for personal growth.

In bridging these worlds, one might say that **sacred geometry provides a meeting ground for mind and matter**. Whether through an EEG experiment or a metaphysical discourse, the inquiry is ultimately the same: do these timeless patterns affect us, and if so, how? The literature reviewed here shows a spectrum of answers – from measurable biofield shifts ([An exploratory investigation of human biofield responses to encountering a sacred object | CoLab](https://colab.ws/articles/10.1016%2Fj.explore.2023.01.007#:~:text=overall%20Bio,on%20aspects%20of%20the%20human)) to philosophical frameworks of a geometric cosmos ([Article 105: Physics - Aether Units - Part 10 - Harold Aspden & Walter Russell's Cube-Sphere - Cosmic Core](https://www.cosmic-core.org/free/article-105-physics-aether-units-part-10-harold-aspden-walter-russells-cube-sphere/#:~:text=%E2%80%9CIn%20my%20universe%20there%20is,%E2%80%9D15)) to visionary technological applications that could transform our energy paradigm ([The Malcolm Bendall Lectures - RandallCarlson.com](https://randallcarlson.com/the-malcolm-bendall-lectures/#:~:text=MODEL%20OF%20THE%20ELEMENTS)) As research progresses, we can expect more data on physiological effects (e.g. heart coherence or neural synchrony during exposure to geometric art), which will either bolster or challenge the anecdotal and intuitive claims. Regardless, the **Flower of Life continues to inspire a dialogue between science and spirit**. Its **interlocking circles** remind us that multiple perspectives can overlap – and perhaps, like the pattern itself, form a more complete picture when seen as a unified whole.

**References:**

* Barsotti, T. J., et al. (2023). *“An exploratory investigation of human biofield responses to encountering a sacred object.”* **Explore: The Journal of Science and Healing**, 19(5), 430-438 ([An exploratory investigation of human biofield responses to encountering a sacred object | CoLab](https://colab.ws/articles/10.1016%2Fj.explore.2023.01.007#:~:text=overall%20Bio,on%20aspects%20of%20the%20human)) ([An exploratory investigation of human biofield responses to encountering a sacred object | CoLab](https://colab.ws/articles/10.1016%2Fj.explore.2023.01.007#:~:text=while%20the%20nervous%20and%20respiratory,on%20aspects%20of%20the%20human))
* Geffen, R., & Braun, C. (2024). *“Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology.”* **Evidence-Based Complementary and Alternative Medicine**, 2024, Article ID 9844809 ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=on%20Faraday%20wave%20pattern%20morphology,dependent)) ([Effects of Geometric Sound on Brainwave Activity Patterns, Autonomic Nervous System Markers, Emotional Response, and Faraday Wave Pattern Morphology - PubMed](https://pubmed.ncbi.nlm.nih.gov/38586300/#:~:text=Pyramid%20Geometric%20Sound%20yielded%20the,mechanisms%20and%20expand%20its%20applications))
* Szendro, V. (2023). *Effect of the perception of specific visual patterns of Buddhist mandalas on brain activity* – EDUC-SHARE project report (University of Pécs/Masaryk University) ([EDUC Alliance – Open your world of European education](https://www.educalliance.eu/news/effect-of-the-perception-of-specific-visual-patterns-of-buddhist-mandalas-on-brain-activity#:~:text=My%20research%20hypothesis%20is%20that,visual%20patterns%20based%20on%20mandalas))
* Melchizedek, D. (1999). *The Ancient Secret of the Flower of Life, Volume 1.* Light Technology Publishing. ([The Ancient Secret Of The Flower Of Life Summary PDF | Drunvalo Melchizedek](https://www.bookey.app/book/the-ancient-secret-of-the-flower-of-life#:~:text=to%20the%20underlying%20themes%20that,prepares%20the%20reader%20for%20a))
* Crystal Life Technology, Inc. (n.d.). *Products with Purpose – Subtle Energy Tools.* (Website) ([Products with Purpose® | Crystal Life](https://www.crystal-life.com/products-with-purpose/#:~:text=choice%20is%20the%C2%A0Flower%20of%20Life%2C,your%20energy%20field%20to%20recover))
* Howard, T. (2019). Interview at Emmy Awards Red Carpet (as reported by VICE) ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=%E2%80%9CI%E2%80%99ve%20made%20some%20discoveries%20in,%E2%80%9D)) ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=%E2%80%9CAll%20energy%20in%20the%20universe,%E2%80%9D))
* Minsky, C. (2019). “A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys.” **Vice** ([A Scientific Explainer of What Terrence Howard Was Talking About at the Emmys](https://www.vice.com/en/article/a-scientific-explainer-of-what-terrence-howard-was-talking-about-at-the-emmys/#:~:text=Sacred%20geometry%20assigns%20new%20meaning,%E2%80%9D))
* Hook, B. (2023). “Terrence Howard’s Theories Simplified: Understanding His Unique Perspective.” *BradleyHook.com* ([Terrence Howard’s Theories Simplified: Understanding His Unique Perspective - Brad Hook](https://bradleyhook.com/terrence-howards-theories-simplified-understanding-his-unique-perspective/#:~:text=Howard%20has%20expressed%20a%20deep,based%20on%20this%20sacred%20geometry)) ([Terrence Howard’s Theories Simplified: Understanding His Unique Perspective - Brad Hook](https://bradleyhook.com/terrence-howards-theories-simplified-understanding-his-unique-perspective/#:~:text=Challenging%20Multiplication%3A%20Howard%E2%80%99s%20Hypothesis))
* Russell, W. (1926). *The Universal One.* (Walter Russell’s cosmology of the cube-sphere and vibrational universe) ([Article 105: Physics - Aether Units - Part 10 - Harold Aspden & Walter Russell's Cube-Sphere - Cosmic Core](https://www.cosmic-core.org/free/article-105-physics-aether-units-part-10-harold-aspden-walter-russells-cube-sphere/#:~:text=%E2%80%9CIn%20my%20universe%20there%20is,%E2%80%9D15)) ([cube-sphere | Notes on Walter Russell and related studies](https://walterrussellblog.wordpress.com/category/cube-sphere/#:~:text=,body%20of%20the%20violet%2C%20insect))
* *Cosmic Core – Walter Russell’s Cube-Sphere Aether unit* (n.d.) – summary of Russell’s geometry of space ([Article 105: Physics - Aether Units - Part 10 - Harold Aspden & Walter Russell's Cube-Sphere - Cosmic Core](https://www.cosmic-core.org/free/article-105-physics-aether-units-part-10-harold-aspden-walter-russells-cube-sphere/#:~:text=%E2%80%9CIn%20my%20universe%20there%20is,%E2%80%9D15))
* Randall Carlson (2022). *The Malcolm Bendall Lectures* – Plasmoid Technology and Sacred Geometry (Video series announcement) ([The Malcolm Bendall Lectures - RandallCarlson.com](https://randallcarlson.com/the-malcolm-bendall-lectures/#:~:text=MODEL%20OF%20THE%20ELEMENTS))
* Carlson, R. (2023). Podcast Outline on Bendall’s Plasmoid Tech (via EcoModder) ([Fuel Economy, Hypermiling, EcoModding News and Forum - EcoModder.com - Plasmoids](https://ecomodder.com/forum/showthread.php/plasmoids-41110-print.html#:~:text=0%3A00%20,the%20ancient%20THUNDERBOLT%20tool)) ([Fuel Economy, Hypermiling, EcoModding News and Forum - EcoModder.com - Plasmoids](https://ecomodder.com/forum/showthread.php/plasmoids-41110-print.html#:~:text=1%3A27%3A26%20,the%20future%20of%20planet%20earth))