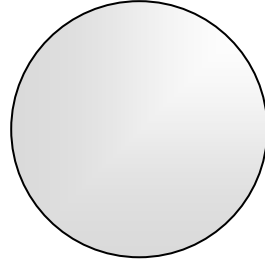


# ENERGY LANGUAGE BASICS

Shapes & Colors

Puria Kaestele

# *The Sphere*



***Movement***

***Flow***

***Flexibility***

***Unlimited Possibilities***

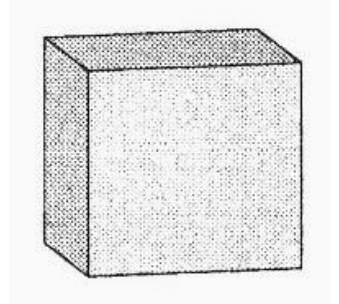
***Freedom***

***Initiative***

***Opening***

# The Cube (Hexahedron)

(Greek: hexa – six)



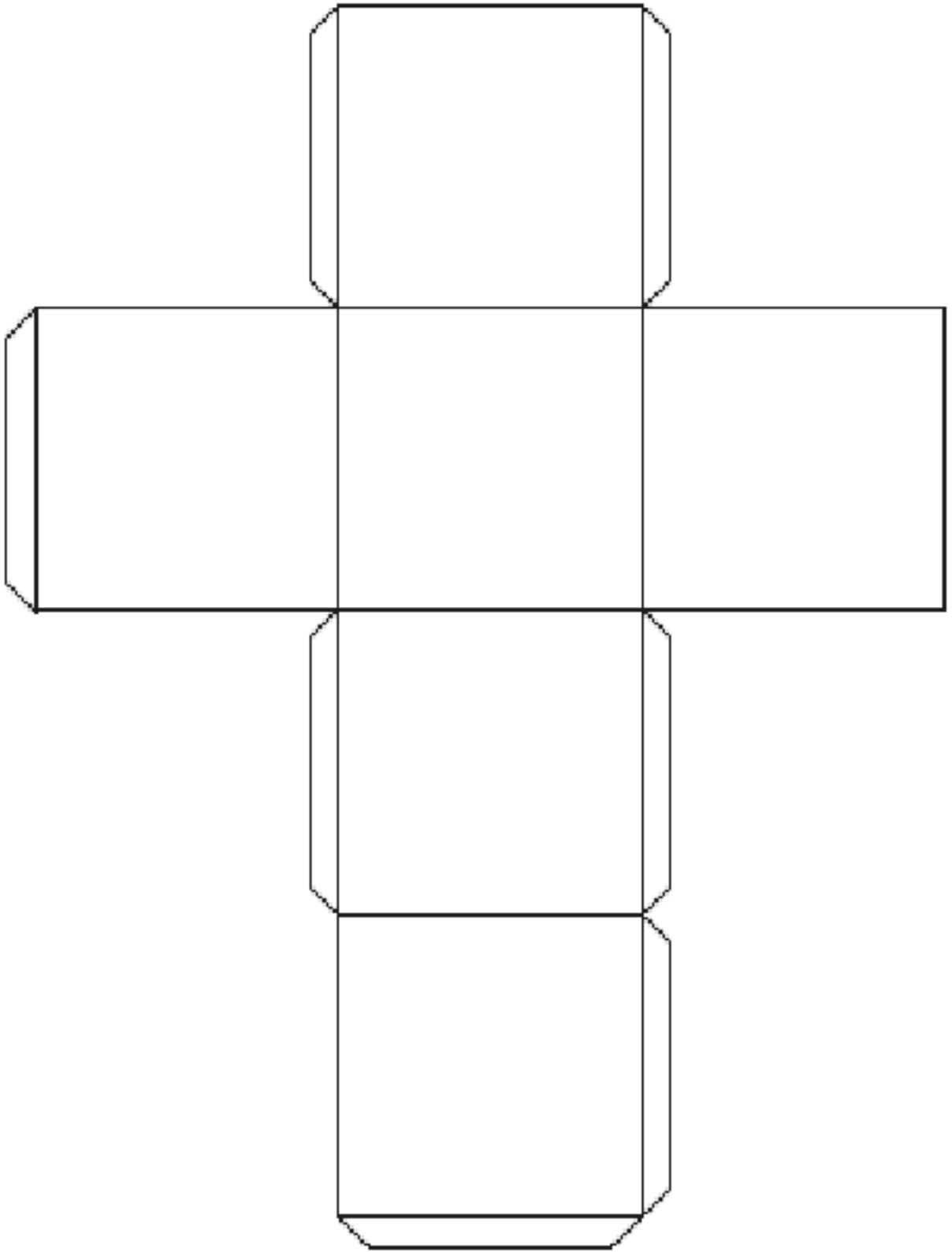
Number of sides:	6
Number of vertices:	8
Basic shape:	Square
Element according to Plato:	Earth
Keyword:	Stability
Dual:	Octahedron

The cube is a composition of six identical squares. The square, the four, is the principle of stability. Six squares together form a very solid, energetically dense and compact body.

The cube is like stone: solid, stabile, hard, imperturbable.

We use the cube when we want to stabilize and solidify energies, persons or things. We have to be very conscious in its application, since the cube can represent stagnation. Whatever we surround with a cube will stay in this form – almost as though it were turned to stone.

The cube steps, with the six directions, into a stabile, solidifying relationship: one square faces in each of the six directions (Heaven, Earth, North, South, East and West).

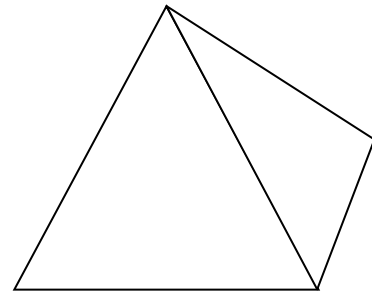


# *The Pyramid*

Number of sides: 4 triangular sides

Base: Square

Key word: Balance



The Pyramid is composed of four identical triangular sides meeting on a square base.

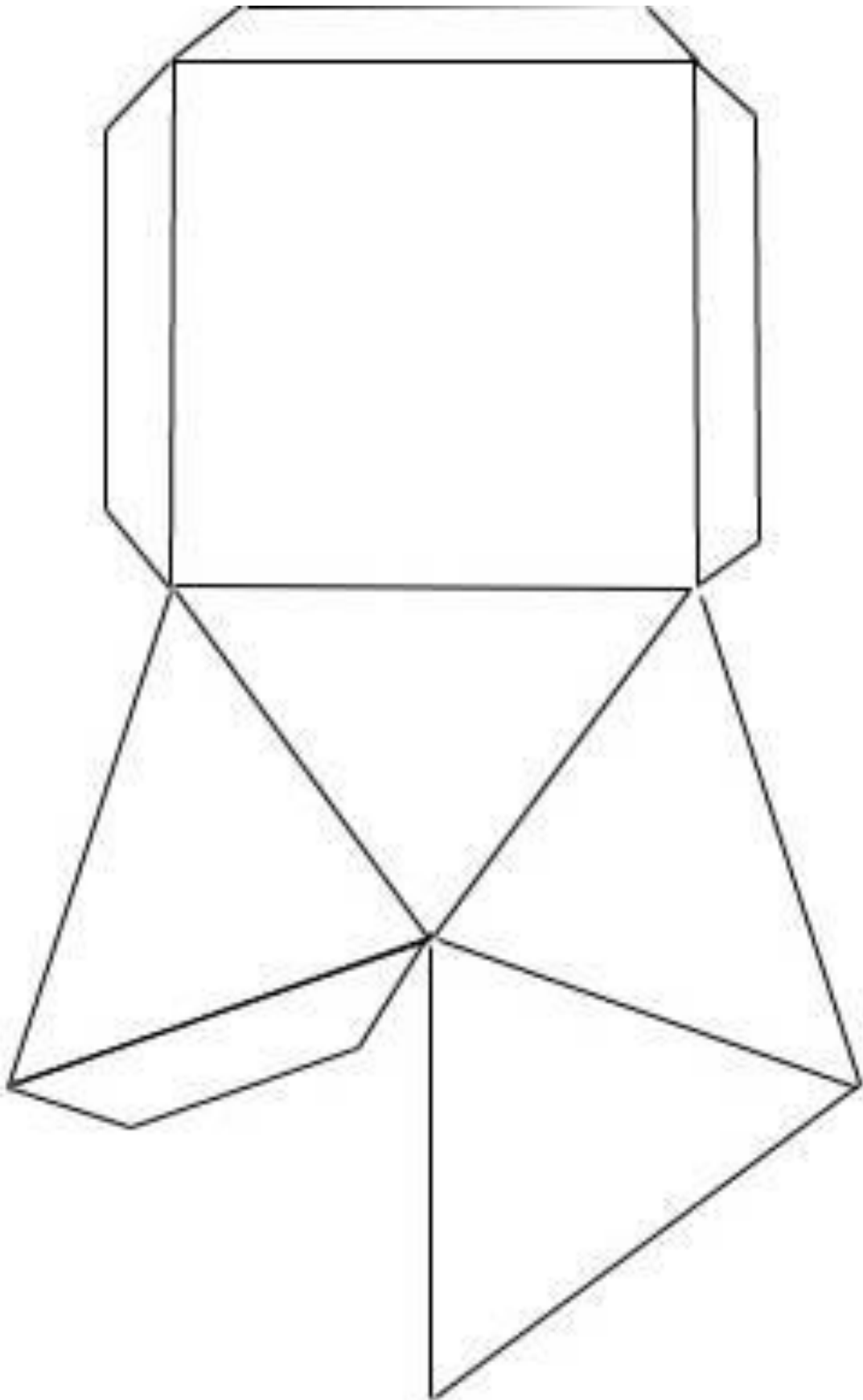
The triangle is the principle of integration.

When four triangles meet in a square base the integration process gets a certain level of stability

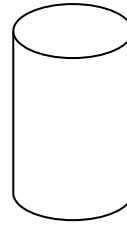
This shape is considered a balanced combination between the two extreme energies of the cube and the sphere, like Yin and Yang meeting in one structure.

The Four triangular sides meet on top in one point (sphere) and then integrated into the square base which provides stability.

We use the Pyramid when we wish to find Balance, Center and Stability which is not rigid as well as integration of energy.



# *The Cylinder*



Direct

Fast Transportation

Powerful

Immediate

Does not deal with capacity for integration of  
information being passed

# The Cones

The Cones are a family of Shapes who can transport energy in a very particular form. They do so by moving the energy in a spiral way.

This allows a very powerful flow on one hand and great capacity for integration on the other

Due to their special quality of powerful yet gentle flow we meet this shape in three variations.

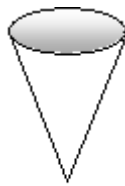
## **Funnel Cone**

Assimilation

Acceptance

Powerful Gentle Flow

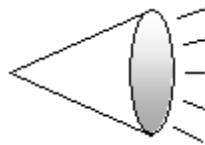
Receptiveness



## **Megaphone Cone**

Expression

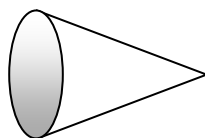
Reinforcement



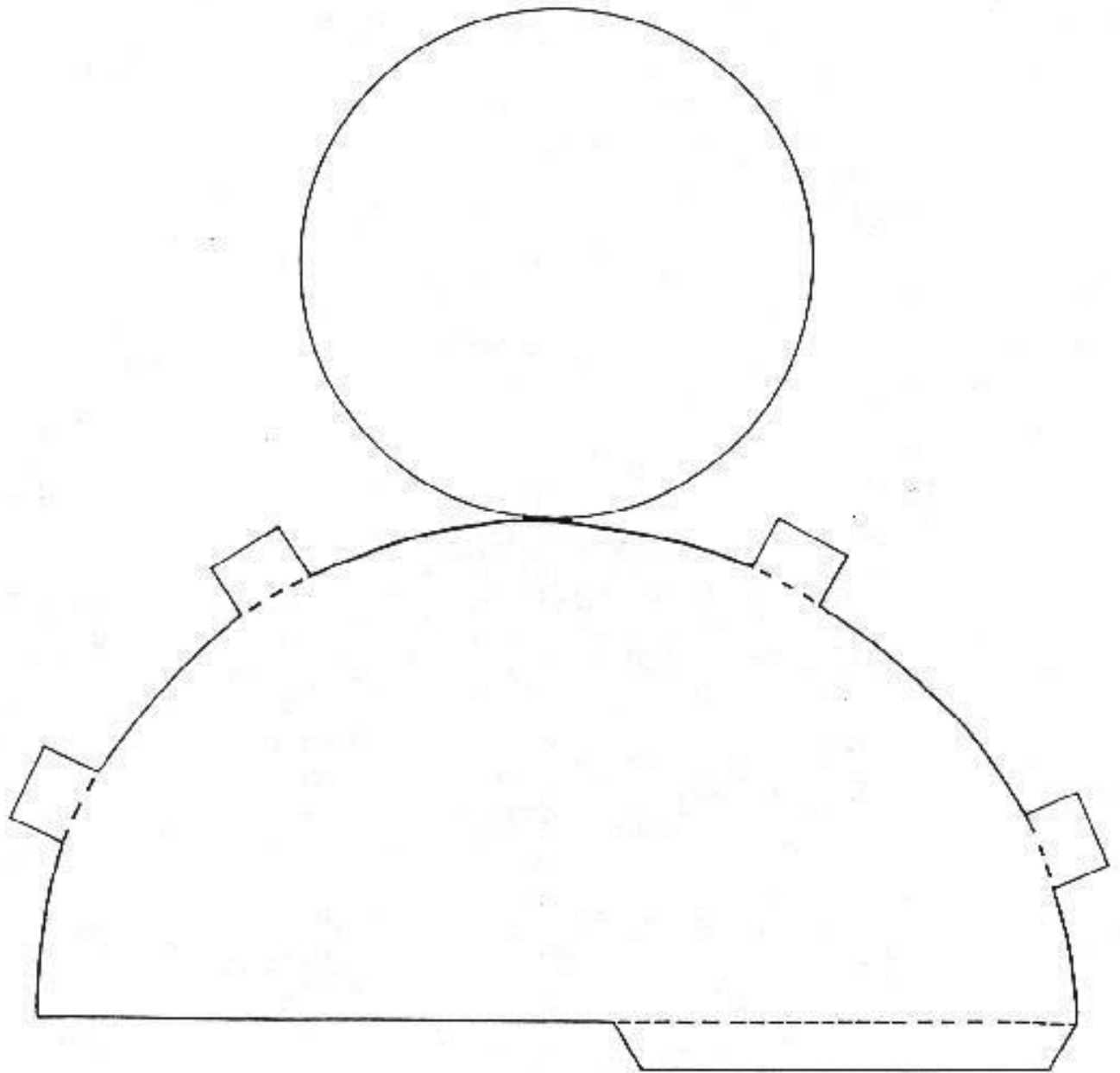
## **Focus Out Cone**

Focus

Concentration

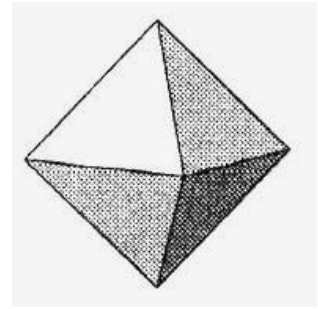






# The Octahedron

(Latin: octa - eight)



Number of sides:	8
Number of vertices:	6
Basic shape:	Triangle
Element according to Plato:	Air
Keyword:	Differentiation
Dual:	Cube

The octahedron consists of eight identical triangles – or two pyramids placed together.

The octahedron steps with its six directions into a dynamic, integrative relationship: four integrative triangles form a tip in every direction (comparison: cube).

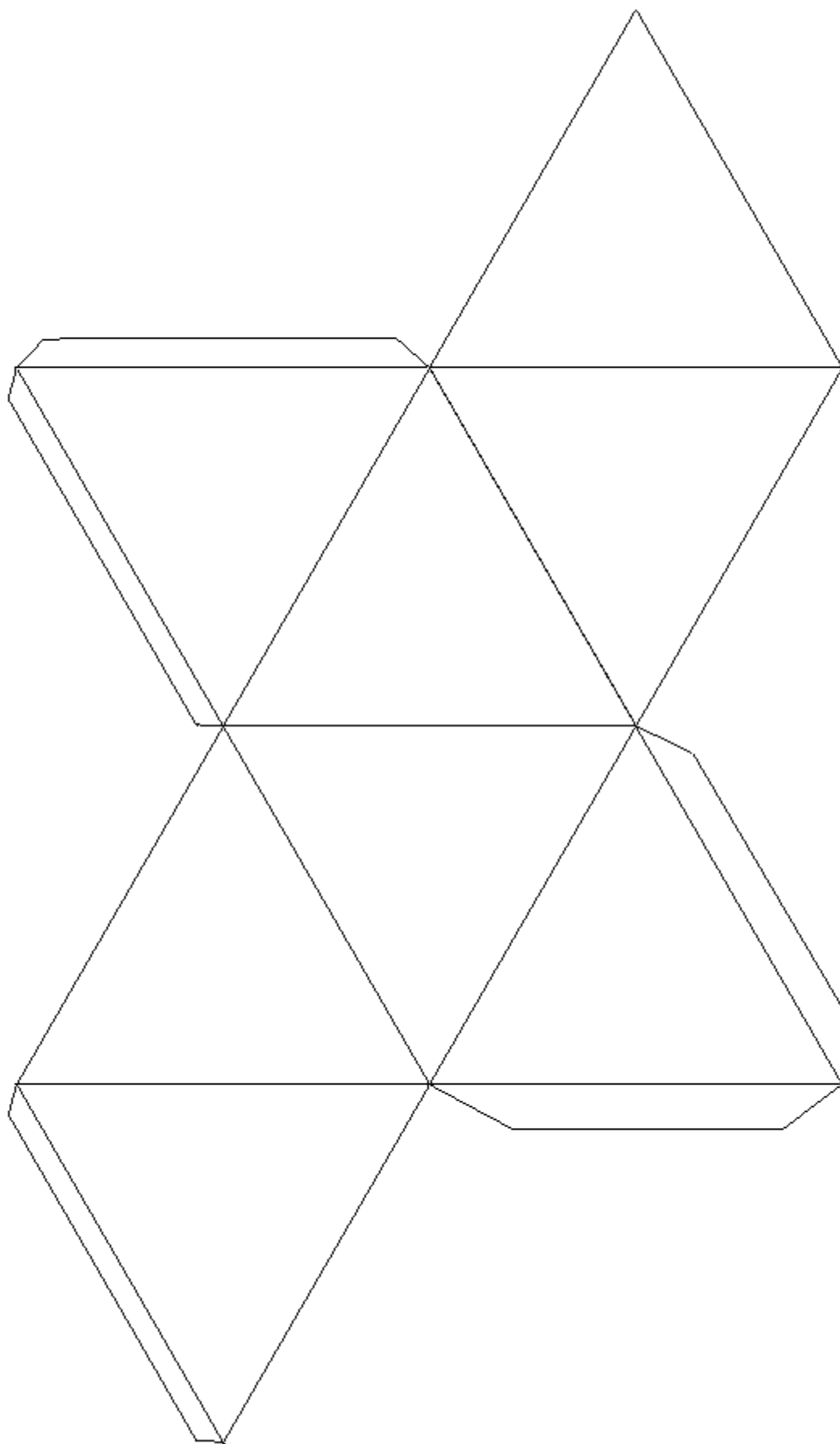
The octahedron gives us the ability to consider and integrate diverse aspects: the perspective of the source, the matter, the past the future, the Ying and the Yang, Wisdom.

The octahedron pulls the various aspects together, in order to enable a holistic step from the middle (the heart, the median).

Octahedron can show you the way.

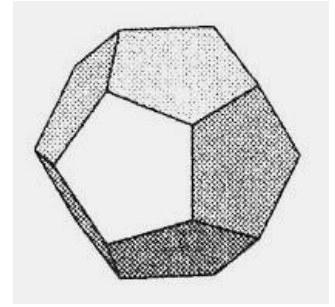
GPS – shows you the current, actual position.

Clarity, differentiation.



# The Dodecahedron

(Greek: *do* – two, *deca* – ten)



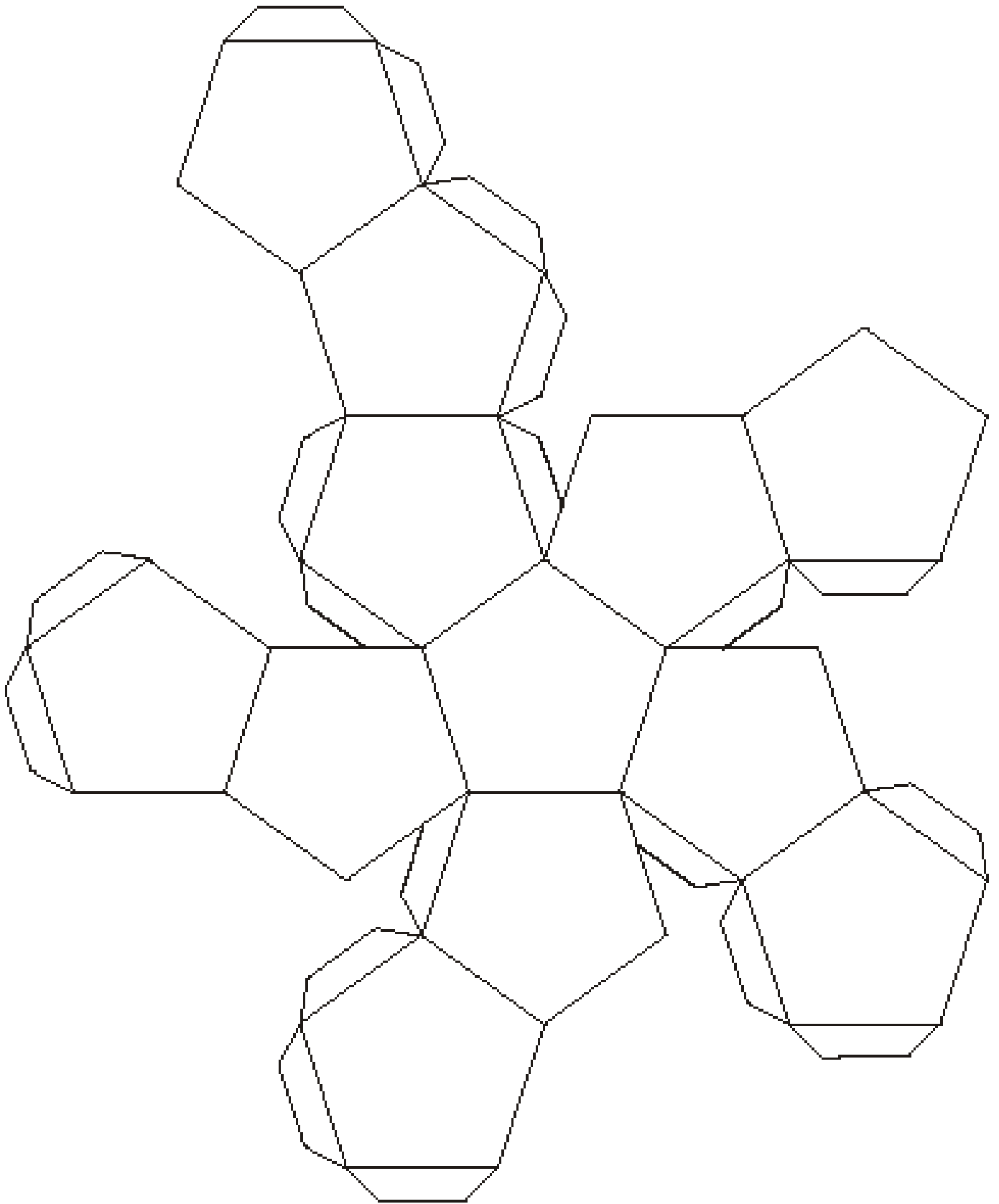
Number of sides:	12
Number of vertices:	20
Basic shape:	Pentagon (five-sided figure)
Element according to Plato:	Ether
Keyword:	Choice
Dual:	Icosahedron

The dodecahedron is comprised of twelve identical, regular pentagons.

The principal of five (pentagon) is connected, among other things, to the basic principle of our hands (five fingers). In the Balinese language, for example, the word for the number five (*limo*) is identical to the word for hand. Here we find an indication of the functionality of the dodecahedron: it opens up possibilities for us to take action (which we then realize with our hands).

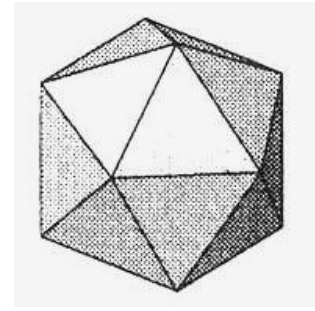
The dodecahedron shows us 12 aspects of a situation, energy or story. Just as there are twelve star signs or principles in astrology, the dodecahedron shows us twelve perspectives and thus allows us a deeper, more differentiated insight. It reveals the twelve principles in any matter.

In its basic form, the dodecahedron possesses similarity to a sphere and is related to it, in that it opens up possibilities to us. Contrary to the sphere, however, the dodecahedron has large enough surfaces at its disposal to find certain stability in a choice, once it is made. Moreover, it makes a decision, without being inflexible and rigid like a cube.



# The Icosahedron

(Greek: ikosi – twenty)



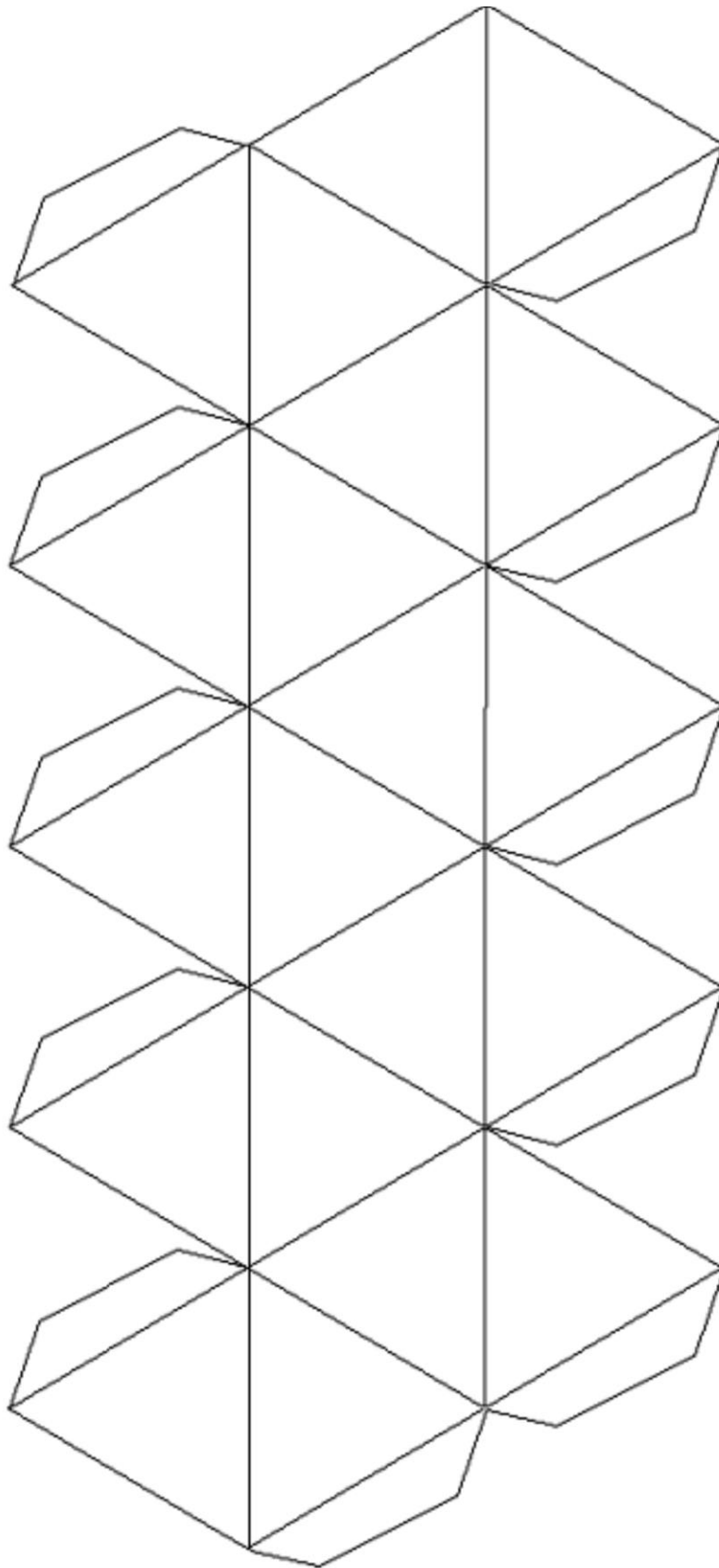
Number of sides:	20
Number of vertices:	12
Basic shape:	Triangle
Element according to Plato:	Water
Keyword:	Expansion
Dual:	Dodecahedron

The Icosahedron is a compilation of twenty identical triangles.

The principle of the triangle is integration. Twenty triangles, assembled spherically, form a permanently expanding, extending, growing body. The icosahedron's energy behaves like water that is flowing from a vessel, spreading itself, stretching and splitting apart.

Since the Icosahedron consists of more surfaces than the dodecahedron, it possesses less stability and is more dynamic. It flows more.

We use the Icosahedron when we want energy to expand, extend and stretch. The Icosahedron is the principle of extension – like a balloon blowing up, a breast that expands to take in breath, or the expanding universe.



# *Colours and Chakras*

In addition to the shapes, the second component in Energy Language is the colours. Colours are vibrations, frequencies. A colour determines at what vibration level or frequency a particular form assumes.

## *The Chakras*

The chakra system is a system of energy points in our bodies, whose existence is acknowledged and has been reported on by many metaphysical traditions from diverse cultures.

The term “Chakra” that we like to use today originates for example from the Sanskrit, an ancient Indian language. It literally means “wheel” and relates to the imagery of the points in our energy field.

Each chakra has a different frequency/vibration/colour. Subjects or life areas are allocated to each chakra according to the frequency, since this influence each other via resonances.

The following pages give an overview of the chakras, colour frequencies and main issues. This is a dramatically simplified explanation. Our subtle bodies are, just as with our physical bodies, highly differentiated and complex systems. The information presented here should serve as an orientation and in no way replace the direct perception and exploration of the chakra system

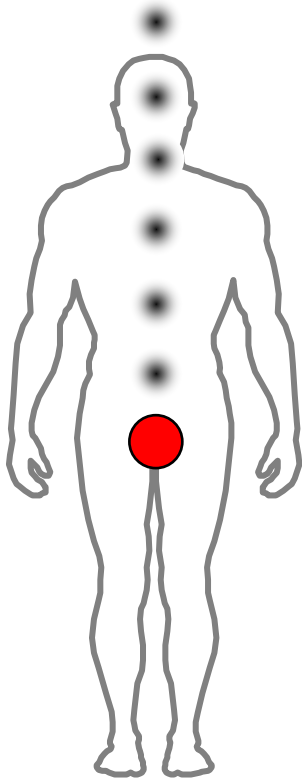


# ***I. The Root Chakra***

***Sanskrit: Muladhara***

**The First or Root Chakra is located at the perineum -  
between the anus and the genitals.**

***Colour: RED***



**Survival**

**Life Force**

**Vitality**

**Anger**

**Physical Plane**

**Movement**

**Stimulation**

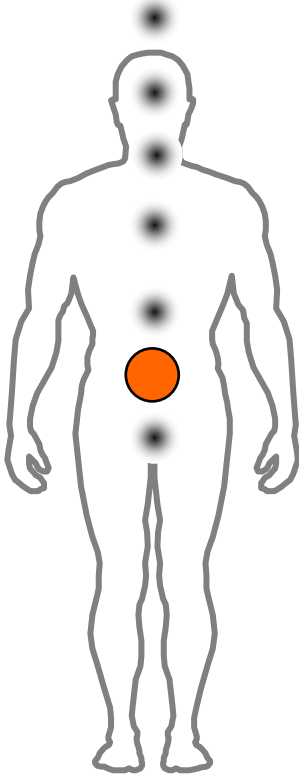
**Connection to Earth**

## ***II. The Sacral Chakra***

*Sanskrit: Swadisthana*

The Second or Sacral Chakra is located 5-10 cm below the navel

***Colour: ORANGE***



**Sex**

**Cash**

**Pro-Creation**

**Co-creation**

**Creativity**

**Team-work**

**Manipulation**

**Death**

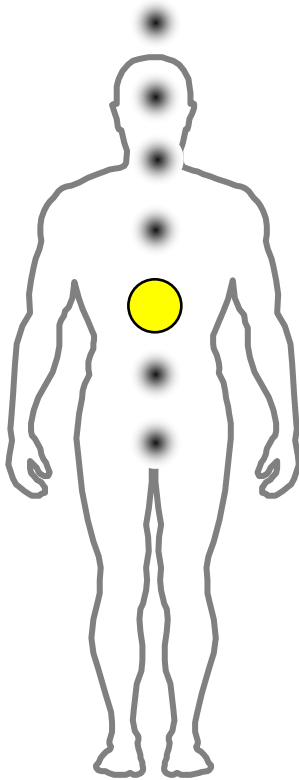
**Sensuality**

# ***III. The Solar Plexus Chakra***

Sanskrit: Manipura

The Third or Solar Plexus Chakra is located  
above the navel under the ribcage.

***Colour: YELLOW***



**Clarity**

**Intuition**

**Focus**

**Direction**

**Power**

**Active intelligence**

**Fear**

**Inner Child**

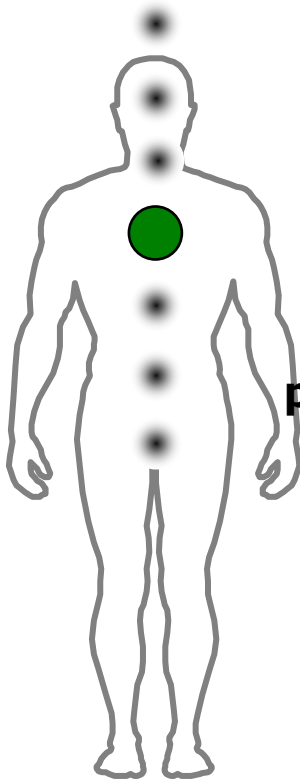
**Ego**

## ***IV. The Heart Chakra***

Sanskrit: Anahata

The Fourth or Heart Chakra is located in the center of the chest

***Colour: GREEN***



**Love**

**Healing**

**Balance**

**Bridge between  
physical and spiritual**

**New growth**

**Feeling**

**Empathy**

**Compassion**

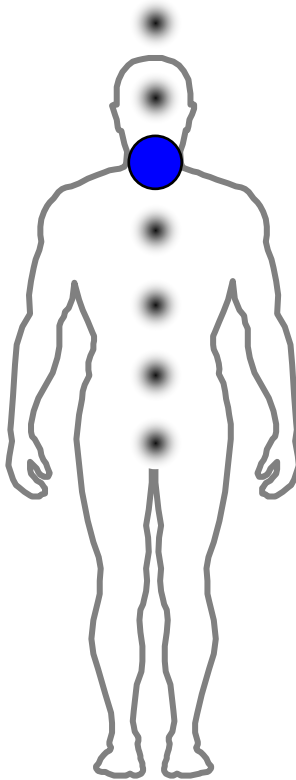
**Emotionality**

# ***V. The Throat Chakra***

Sanskrit: Vissuddha

The Fifth or Throat Chakra is located in the throat and mouth area

***Colour: BLUE***



**Communication**

**Relaxation**

**Revitalisation**

**Flow**

**Father**

**Authority**

**Voice**

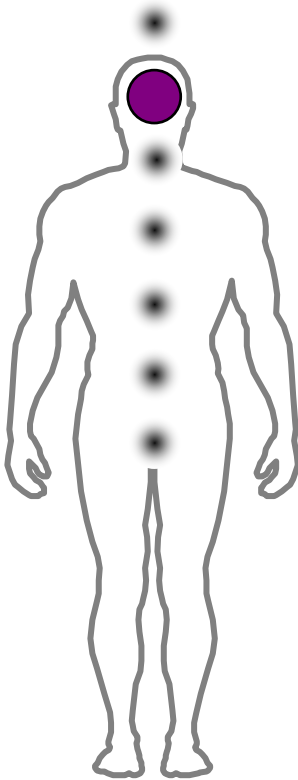
**Self-Expression**

# ***VI. The Third Eye Chakra***

Sanskrit: Ajna

The Sixth or Third Eye Chakra is located between the eyebrows

***Colour: PURPLE***



**Wisdom**

**Spirituality**

**Psychic Insight**

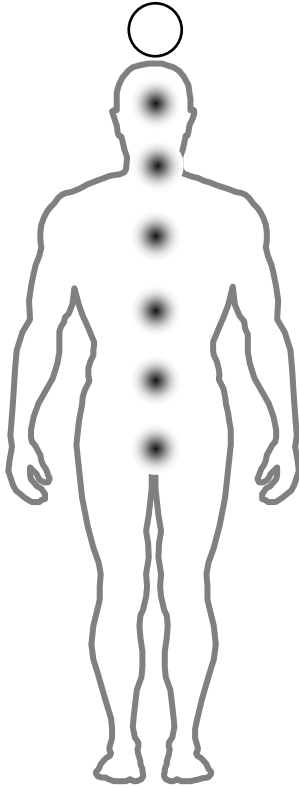
**Knowing**

# ***VII. The Crown Chakra***

Sanskrit: Sahasrara

The Seventh or Crown Chakra is located on top of the head

***Colour: WHITE***



**Connection**

**Enlightenment**

**Connection to the  
Higher Power**

**Purity**

**Light**

**Oneness**

**Unity**