

Finding Balance: A Journey Through the Vitruvian Man

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In this PDF, we connect with the profound image of Da Vinci's Vitruvian Man, which illustrates the perfection of the human form through sacred geometry. It invites us to see ourselves as free and independent—perfect in our physical expression and powerful in our ability to sense and interact with the world around us. We close with a message that helps us integrate these aspects into a unified awareness of wholeness.



What does “independence” mean?

independence:

free from outside control; not depending on another's authority

independence:

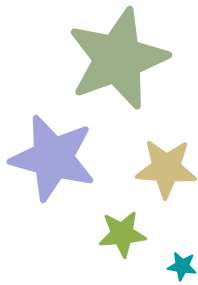
not depending on another for their livelihood or subsistence (we add in here this can also be energetic)

independence:

capable of thinking or acting for oneself

independence:

separate; free standing; not depending on something else for strength or effectiveness



Sacred Geometry:

Leonardo DaVinci's Vitruvian Man

With this sketch in 1490, Da Vinci sought to depict the perfectly proportioned human form. All physical aspects of this human body are exactly proportionate to each other - meaning each part is balanced with the others. Balance is a keyword for this month's energy work.

Within this sketch, Da Vinci included sacred geometries too: the circle and the square, the cross and the pentagram. (Don't think witches here if this shape awakens fear or distrust—think of simple, proportionate geometries.)

Spirit reveals more about this drawing in our monthly message on the last page of this newsletter. For now, let's focus on the idea of balance in human form - **the energetic kind**, since finding our dharma is about soul and energetic work.

Start with the question: **Where in my life do I feel out of balance?**

Take cues from where you are feeling more shadow emotions—jealousy, anger, fear, frustration, powerlessness, etc. Then, move to the next page to do the exercise that will guide you to more clarity and greater awareness around these kinds of imbalanced energetic situations and belief systems.

Pentagram Symbolism:

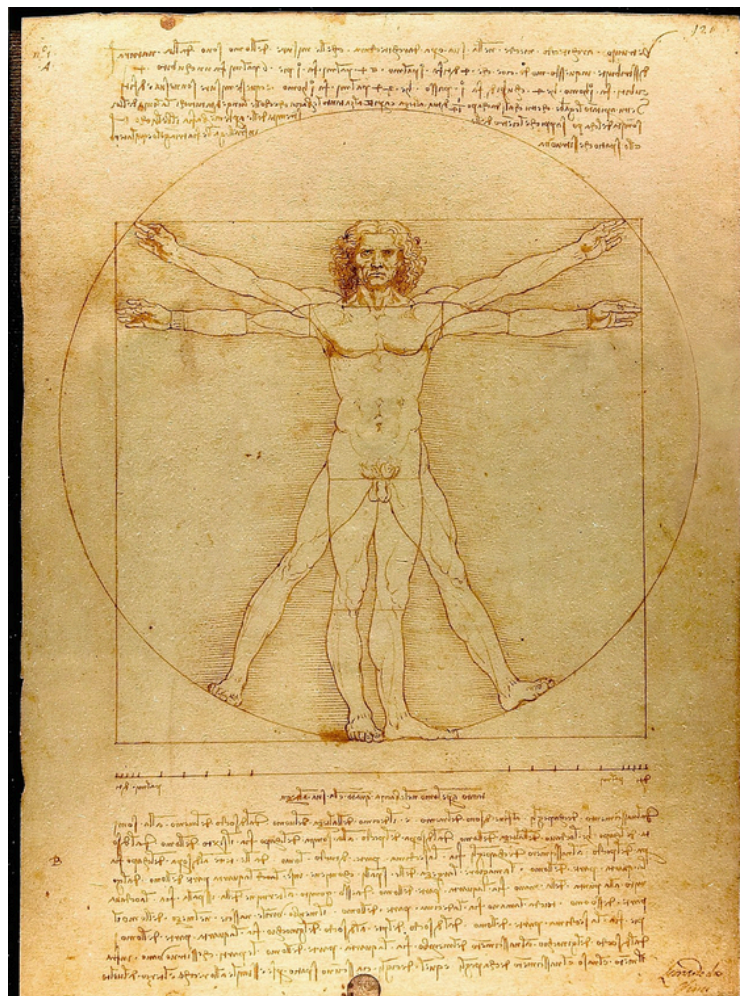
Chinese & Japanese -
to represent the 5
elements that create life
(**magic**)

Christian - representing
the wounds of Christ
(his **humanity**)

Pythagorus - **perfection**
in form "The Golden
Ratio"

Jewish - **wisdom,**
justice, mercy, the
Temple in Jerusalem

Greek - the **5 senses** of
the human body



Empowerment through Our Senses: Living Our Truth

Self-Care Practice: First Steps to Accessing your Truth

Using our senses (just as the pentagram and Da Vinci's Vitruvian Man evoke) is one of the most effective ways to guide ourselves toward recognizing what is true for us—and to block out the noise of the world telling us what should be true for us.

Awareness practice brings empowerment, and empowerment comes from connecting with Self - fostering a self-awareness and trusting that what arises from this is valid and of worth. This is the first, foundational step.

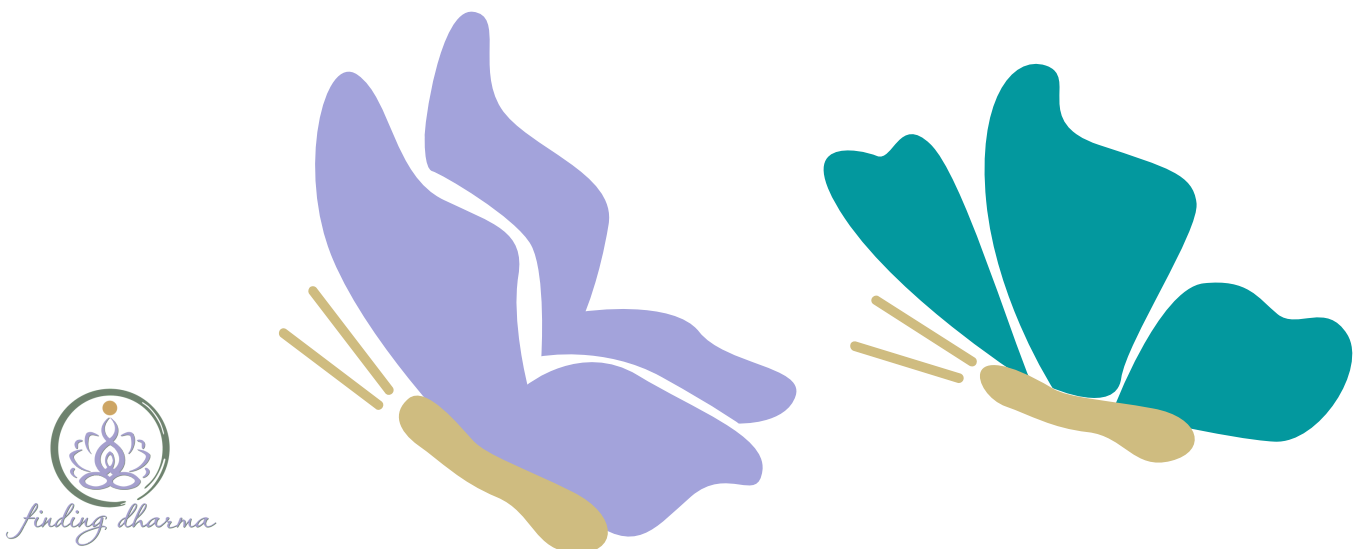
It allows us to make choices that resonate with who we truly are and to take action to live the unique and magnificent life meant for each of us.

Although we are part of a collective - whether that's our community, society, or humanity—we are each also an individual light making up the whole.

Labels, expectations, and shoulds have no place in connecting with your True Self, because none of them can define who you truly are or what each flowing moment asks of you.

One last little note: You can be many things all at once or over a lifetime. Time doesn't matter here. Moment to moment, you get to decide what is true for you. You are changeable; your truth may shift as well. As an energetic being, you shift with the energies around you.

With this exercise, you can be the Light that you are meant to be and let it illuminate the truths you seek.



Exercise to Access Your Truth



A Message from Spirit

To be honest, awareness isn't something that's supported—or even encouraged—in our world, especially as we grow up. How many times as a child were you asked to connect with how you felt about something, to express that, and then to take action based on that, despite what the outer world was telling you?

July's message from Spirit is all about doing exactly this: learning how to reconnect and listen for that inner voice guiding you, giving it authority and validity over all other things, and—if you feel ready—taking action based upon it.



We brought you a 5-pointed star to represent you as a human being, just as Leonardo DaVinci's famous sketch evokes of the Vitruvian Man with arms and legs stretched out, which along with the head creates a 5-pointed star too. He created his Vitruvian Man to represent the human physical form in a perfectly balanced state. Isn't it interesting that he sketched this perfect human form within both a circle (never ending, limitless and infinite energy) and within a square (foundational, concrete form for building upon, boxed in). Just as this Vitruvian man, we hope you can now recognize the infinite energy you hold (your soul and unique Light), as well as the ever present foundational boxed energy (society, institutions, physical body) and the importance of balance - within as outside of you, an individual as part of the whole, unique within a collective.

Above all, and in complete simplicity, we hope to have inspired in you a curiosity about who the True You is and to have given you some guidance to help you begin to uncover and resurrect more of this wonderful, spectacular and divine True You.

