

HISTORY AND USES OF VESICA PISCIS

By Eileen Nauman

I stumbled upon the Vesica piscis symbol many years ago in Glastonbury, England, at the Chalice Wells Garden. It is there, that I became acquainted with this wondrous and miraculous symbol that created the lower pond of the well. It was created out of hand-hewn stones, this double circle, and the water from the sacred site beneath The Tor that rose above the magical garden, and poured forth into this Garden of Eden. I brought my experiences home from using it, experimented with years, shared it with others, and now use it daily in meditation. For me, it is the most powerful because it brings me back into balance and harmony with me. And in today's stressful world, I can't think of a better way to get back to center!

When we're in balance, the stresses and drags on our mind leave us alone. When we allow our mind to haul the past into the present, or we worry about something in the future, we really aren't living fully or a 100% in the present. With the Vesica piscis symbol being used in meditation, this changes everything. It dissolves our energy lines to the past and future, so it leaves us with all our energy to deal with the present, the 'here and now.'

If you have high blood pressure, have anxiety, are depressed or over weight, this meditation can have healthy meaning to you, too. Utilizing this meditation will improve your life on all levels. Not to mention, over time, your health.

If you utilize this meditation daily for six months, you will experience remarkable changes--all positive ones....

But, I'm allowing my experience-based enthusiasm get ahead of the 'rest of the story'--you need to know more about this ancient symbol that can be used by us today!

THE VESICA PISCIS SYMBOL AND ITS MANY MEANINGS OVER THE AGES...

There is an old symbol, much older than anyone can remember, beyond Christianity, beyond Rome, Greece and Mesopotamia. It is known as the Vesica Piscis symbol. Latin translation calls it the fish bladder. But don't be detoured by this name. Looking like two circles overlapping one another, it has been called the symbol of the 'fish' (because it is shaped like one where the circles overlap) or 'the eye of God,' because it looks like the shape of an eye, as well. I call it The Eye. Eye of Horus, for example. There are many 'eye' motifs and myths/legends around the world.

The Vesica Piscis is easily one of the most profound geometrical images of ancient and modern times. It is, for example, considered to be an integral part of the Ark of the Covenant, as described and shown figuratively by ka-gold's version of the Vesica Piscis.

Essentially the intersection of two, overlapping spheres, the Vesica Piscis (including the interior portion of it, and/or the more common two dimensional version) represents, among other things:

1. The joining of God and Goddess to create an offspring.
2. A symbol for Jesus Christ.
3. In art a pointed oval used as an aureole in medieval sculpture and painting.
4. The uterus of the female goddess (or Mother Mary's womb).
5. The basic motif in the Flower of Life.
6. An overlay of the Tree of Life.
7. The formative power of polygons in mathematics.
8. A geometrical description of square roots and harmonic proportions.
9. A source of immense power and energy.
10. As such, it is also a doorway or portal between worlds, and symbolizes the intersection between the heaven and the material plane. The shape of arches in gothic architecture is based on the Vesica.
11. The shape of the Vesica Piscis is derived from the intersection of two circles, the Pythagorean "measure of the fish" that was a mystical symbol of the intersection of the world of the divine with the world of matter and the beginning of creation. To the Pythagoreans, the whole of creation was based on number, and by studying the properties of number, they believed one could achieve spiritual liberation. The Vesica Piscis was the symbol of the first manifestation, the dyad that gives birth to the entire manifest universe. Within the Vesica can be found the triangle, the tetrad, the square, the pentacle, and many more polygons, making the Vesica a true symbolic womb.
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13. The Latin term Vesica Piscis, meaning "Vessel of the Fish" is the most basic and important construction in Sacred Geometry. A Vesica is formed when the circumference of two identical circles each pass through the center of the other. When a Vesica Piscis is viewed horizontally, it looks like a vagina or a womb which is why the Christ child was often pictured inside of one. When the Vesica Piscis is viewed vertically it looks like the shape of a fish. Amazingly, the above two Vesica Piscis each have a horizontal axis equal in length to the gematria value of the Greek word for "fishes."
14. The Vesica Piscis is an ancient symbol used in Earth based religions and cultures, Christian symbolism and sacred geometry, as well as various other belief systems. This enduring symbol is so old that I would suggest it was 'born' during the age of Lemuria, the first world upon Earth, eons ago.
15. The two overlapping circles represent the physical world on one side and the causal or spiritual world on the other. The section where they intersect is the Akashic or etheric level and is the "bridge between heaven and earth."

In the earliest traditions, the supreme being was represented by a sphere, the symbol of a being with no beginning and no end, continually existing, perfectly formed and profoundly

symmetrical. The addition of a second sphere represented the expansion of unity into the duality of male and female, god and goddess. By overlapping, the two spheres, the god and goddess created a divine offspring. It also shows the integration of the male/female that Carl Jung has talked about and that is the path to the Individuation process. The Vesica Piscis motif (and its derivatives, the Flower of Life, Tree of Life, and fundamentals of geometry) has a history of thousands of years and easily predates virtually all major religions of the current era.

The son or daughter of the god and goddess is associated with the overlapping of the spheres -- the resulting three dimensional figure somewhat like an American football. In the case of Jesus Christ, the two dimensional figure has also served as a symbol for the miracle of the fishes. (The "tail" also served to more easily identify the source of the plane figure.) There is also conveyed the spiritual power originating from the interior of this symbol.

Virtually every medieval church in Europe uses as a standard motif, the Vesica Piscis in two dimensions. The fact many of these churches were dedicated to the Virgin Mary or to Mary Magdalene (aka the goddess) is simply part of the understanding. Several of the churches in northern France are even located in such a manner that their points of light recreate the "lights" of the constellation Virgo. In Glastonbury, England, the site normally attributed to Avalon (the island of the Goddess), is also where the Chapel of St. Mary is located -- the latter which is apparently patterned with the use of the Vesica Piscis.

The goddess of any and all religions which recognize her power and significance invariably use the Vesica Piscis to identify her. From the overlapping pools of water and the Chalice Well Gardens cover in the goddess's garden in Glastonbury (aka Avalon) to any number of representations of the Tree of Life, the goddess and her ability to create and birth life are celebrated.

Robert Lawlor, in one of the best books available on Sacred Geometry [Thames and Hudson, 1982] notes that the \odot contained within the Vesica Piscis is "the formative power giving rise to the polygonal 'world'."

In Mark Percy's Appendix to the unique book, *Two Thirds*, Aulis Publishers, London, 1993] the square roots of 2, 3, and 5 (three of the first digits in the Fibonacci Numbers) can be geometrically calculated. This is just an inkling of the possibilities. And, for those who are into mathematics, $3 - \text{Square Root of Three} - 1.732 : 1 - \text{Vesica Piscis}$.

In 1996, a Crop Circle in the shape of the Vesica Piscis appeared in England. Anyone stepping into the inner portion of the two circles' intersection could feel a sudden rush of energy. More dramatically, is the Hubble Space Telescope photo of the ineptly named the [Hourglass Nebula](#) which looks like the Vesica Piscis symbol! In the center of which is a dramatic, colorful object, supposedly the remnants of a dying star (one about the size of our Sun). The green spot, in fact, is larger than the size of our solar system! The photograph is so dramatic, in fact, that it has appeared on the cover of National Geographic [April 1997]. The fact that it is out in space, in our spiral armed galaxy makes this a symbol of the Universe, not just on our Earth.

Now that you have a better idea of the definitions of Vesica Piscis, we need to explore why we want to utilize this symbol to help us leap into the New World or be prepared to transcend into peace rather than war, peace rather than chaos, peace rather than hatred and all the lower human emotions.

CREATING THE VESICA PISCIS—USING SOME STRING...

Sometimes, people like to make things complex when simple will do. And this is basic and simple and anyone can do it. All you need is a ball of red yarn (or your favorite color). Or, just plain string. I prefer yarn because it is easier to handle and has some weight to it. But, if you're on a tight budget, some plain old white string from any store will do. You need to cut two sixteen feet (16') lengths of yarn/string. The reason is that each string is going to make one circle large enough for you to stand within. And you need two strings to make two circles that will overlap one another.

I know you probably think this sounds crazy but before you make a judgment, test it out. Science was built upon trying something and then repeating the experiment. And if you want to prove this doesn't work, you need to try it to do that.

CREATING TWO INTERLOCKING CIRCLES

I would try this inside a house or structure rather than out in Nature (although if you don't have enough room inside, go out to your lawn, instead). Take one piece of red yarn and create a circle out of it, making sure the ends are touching and connecting.

Next, take the second string and create a second circle. But this time, make sure that half (or less) of the second circle overlaps the first circle. There should be a 'fish' or 'eye' that is created as this yarn intersects one another. Congratulations! You have just created the Vesica Piscis symbol!

TESTING THE VESICA PISCIS

There are some rules to the road in utilizing the Vesica Piscis (VP). First, step into one of the outer circles (either side) of the double circle, but not into the 'fish' or 'eye' area. When you get into the single circle area, ground yourself (see silver tree roots gently twining around your ankles and the tip of the root going down through each of your feet and several hundred feet down into Mother Earth), close your eyes and bend your knees slightly (we call this 'soft knees'). Take two or three deep breaths down into your abdomen and out your mouth. Stand there for a minute or two and see what happens.

Next, open your eyes and step OUT of the single circle. Go to either end of the 'lens/eye/fish' and step into it. Close your eyes, soften your knees, take a couple of nice, deep breaths. Then, see what happens.

Many people experience many sensations in the Eye . You can suddenly be pulled forward until you feel like you're going to tip over your toes and fall. Or, you can feel pulled backward to the point where you think you're going to fall over. Or, you may feel a strong pull from your left or right shoulder. It may seem that you're doing what I call, 'adjusting' by moving one way or another. This adjustment is about getting your aura or energy field, back into balance and harmony. Once that is accomplished in the Eye, you then can experience an incredible amount of things.

Some people see a color or two. Others see a person, sometimes, their Master or spirit guide or a loved one that has passed over. Or, some will hear music, or their hearing will be sharpened and accentuated. Words, sentences or instructions may be given. Other times, places, incarnations or your home planet may be shown to you. No two people will ever have the same experience because they are uniquely different.

What is the point of working in the Eye of the VP? This is a way to access our own integration process, clean out our dirty laundry within us (our wounds/negative emotions, ect.), and heal yourself. When you sit and meditate in the eye, this is one of the most profound experiences you can have.

The VP is about healing. And opening up. Don't be surprised if your heart chakra flies open and you feel tremendous love pouring down through you. As you are filled up with this love from the Universe, you, in turn, can give to others. It is a win-win situation.

THE VESICA PISCIS SYMBOL—INITIATION ENGERGY

Depending upon what time zone you are in around the world, the energy will be coming to you and available at THAT TIME. So, check the day and time for where you live. When you know that info, then create your double circle and SIT or LIE DOWN in the 'Eye' where the circles overlap one another. Make your 'Eye' large enough for your entire body to be in it if you're lying down. If you're sitting up, cross legged or sitting in a chair in the 'Eye' you need less room available.

If you have a meditation technique, then use that. But please, before you do, be sure to GROUND yourself because this energy streaming from the core of our beautiful white/gold spiral armed galaxy packs a punch and you want to be able to receive what you can from it and 'ground' the rest through you, down through your body, into your legs and feet and back into Mother Earth so that she, too, receives the gift from you, as well. Otherwise, if you try to sit the Vesica Piscis without grounding, you will be so dizzy and spaced out for hours afterward it will probably take a good night's sleep to readjust from the energy that coursed through you.