

ETC's Learning Environment

by Lady Carla Davis, MPH
Specializing in Nutrition

Education for Total Consciousness (ETC) is about creating a humanistic learning environment, knowledge, and policy for others to learn from. It has immense benefits, no barriers, and can easily be applied anywhere in the world.

https://www.youtube.com/watch?v=PY_rF9xdKN0&list=PLuUBsXn59BPMY7DPucO6yJsQfiPuhN2u&index=7

"What is 'Education for Total Consciousness'?" - YouTube - Prof. Lalitha B. Santhakumar

It also teaches that the subjective inner world and the objective outer world are inseparable and that we are all part of the Universe. In fact, the human being is a miniature Universe that also needs to maintain a balance and harmony with all the other elements it is part of; just as Nature balances the Universe.

Energy and consciousness are one and the same. The only variables are the different frequencies, which are explained in more detail with HH Swami Isa's iTheory.

<https://www.youtube.com/watch?v=ammaJHA89G4&list=PLuUBsXn59BPMY7DPucO6yJsQfiPuhN2u&index=5>

"The subject and the object are one" - Dr. C.V. Ananda Bose on Education for Total Consciousness

A place of study, be it indoors or outdoors, needs to be conducive to learning. If indoors, this means having a clean and tidy classroom with sufficient, full-spectrum lighting, clean fresh air with no unpleasant smell, a delightful ambience, and sufficient space for the amount of students in the room. Seating should be comfortable for a straight spine and arranged so that the student has clear visual access to the learning aids, his/her own space, and eye contact with the teacher. The ideal shape of a classroom has eight corners (top to bottom) and a dome roof, which is shaped like a human head. (Note the dome roof tops on all the world's great cathedrals.) This allows the energy field of the human body and that of the classroom (indoor or outdoor) to be in harmony with each other.

To establish a bond, the teacher needs to be well groomed, attractive, inspiring, and maintain eye contact with all the students.

Distortions in the energy fields, including crowded conditions, will cause mental and physical disturbances, which disrupt concentration and hinder the ability to learn.

Teaching both inside and outside the classroom make learning more enjoyable because nature's environment provides the student with first hand experiences.

Everything has its own energy field: from your body to the home you live in, the school where you learn, or the office you work in. This science is nothing new. In fact, ancient architects and art masters knew this; and thus, applied their knowledge of sacred geometry to create harmony and beauty in their magnificent buildings, timeless masterpieces, and beautiful environments.

<http://robertbarnesassociates.com/blog>

Applying these principals in education creates a more harmonious and healthier environment for listening, learning, and thinking. It also inspires the student, nurtures creativity, and produces a sense of well-being: physically, emotionally, mentally, and spiritually. Everything that impacts

your senses, intuition, and consciousness matters. And, every little thing makes a big difference because your inner and outer environments are inseparable.

<http://robertbarnesassociates.com/Vibrational.htm>

Himalayan spiritual communities constructed temples and [fortifications](#) using [mandala](#) and [yantra](#) design plans.



In Hinduism, the [Agamas](#), a collection of Sanskrit, Tamil, and Scriptures lay out elaborate rules for Shilpa (the art of sculpture) describing the quality and requirements of places and kinds of images and materials, dimensions, proportions, air circulation, and lighting in the temple complex. The [Manasara](#) and [Silpasara](#) are works that deal with these rules. The rituals of daily worship at the temple also follow rules laid out in the Agamas.

Diagram 1: [Thangka](#) painting of Manjuvajra mandala

A basic mandala, also called a [yantra](#), takes the form of a square with four gates containing a circle with a [center point](#). Each gate is in the general shape of a T.^[1] Mandalas often have radial [balance](#).^[2]

A [yantra](#) is similar to a mandala, usually smaller and using a more limited colour palette. It may be a two-or three-dimensional geometric composition used in [sadhana](#)s, puja or meditative rituals, and may incorporate a [mantra](#) into its design. It is considered to represent the abode of the deity. Each [yantra](#) is unique and calls the deity into the presence of the practitioner through the elaborate symbolic geometric designs. According to one scholar, "Yantras function as revelatory symbols of cosmic truths and as instructional charts of the spiritual aspect of human experience."^[3]



Diagram 2: Mandala of [Vishnu](#)

Sacred geometry ascribes to certain geometric shapes and proportions ^[4] with the belief that the universe was created according to a geometric plan. [Plutarch](#) attributed this belief to [Plato](#), writing that, "Plato said God geometrizes continually" (*Convivialium disputationum, liber 8,2*).^[4]

Centuries ago, Johannes Kepler (1571-1630) and other scientists believed that even the cosmos had geometric underpinnings.^[5] Right they were. Today's science reveals that the universe is an amazing marvel of geometric harmonics.

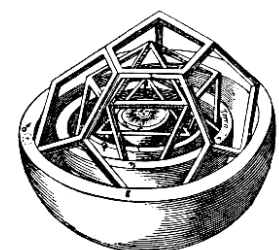


Diagram 3: Inner section of Kepler's platonic solid model of planetary spacing in the Solar System from *Mysterium Cosmographicum* (1596)

Tetrahedron	Cube	Octahedron	Dodecahedron	Icosahedron
Four faces	Six faces	Eight faces	Twelve faces	Twenty faces

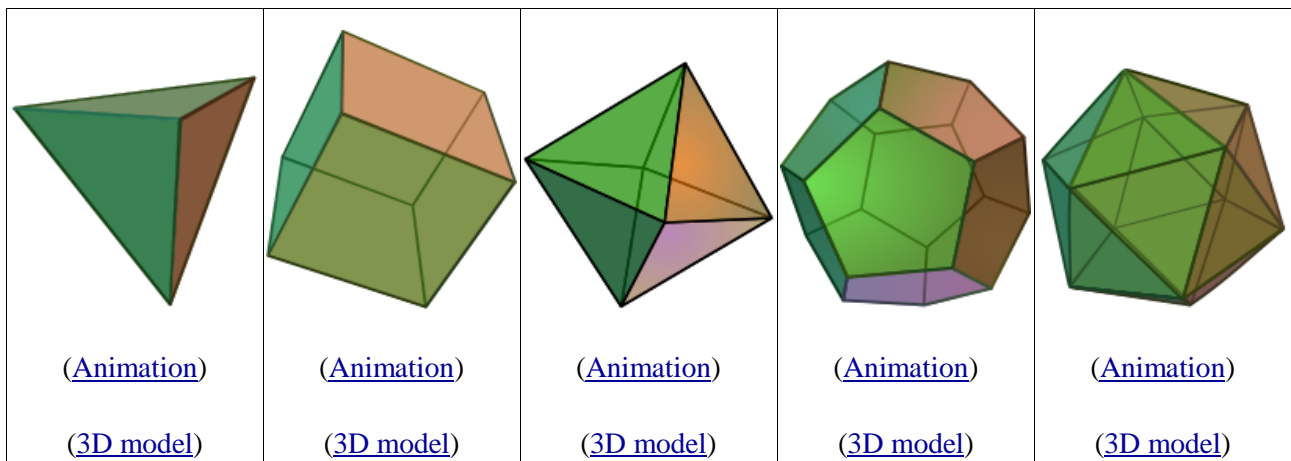


Diagram 4: Plutonic Solids, named after the Greek philosopher, Plato



And, if we look to nature, we find the roots of Sacred Geometry, where harmony and beauty abound.[6]

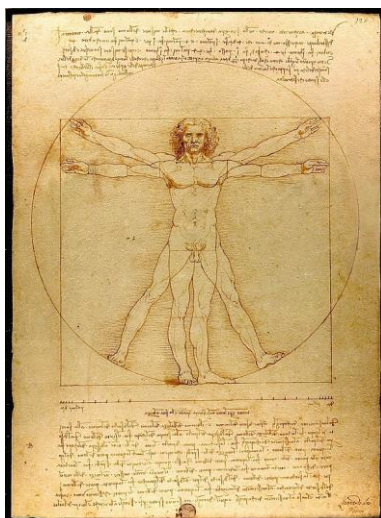
Many forms in nature, from the chambered nautilus; to the design, color, and proportion of flora, fauna, and other forms of life; to the hexagonal cells constructed by honey bees to hold their honey, reveal this beauty and harmony.

Diagram 5:
[Nautilus](#) shell's
logarithmic growth
spiral



In addition, ancient [Egyptian](#), Indian, [Greek](#) and [Roman architecture](#), many medieval cathedrals and churches, temples, mosques, monuments, Islamic patterns, Persian Girih, calligraphies, artists, and craft also applied geometry and geometric ratios in their designs.

Diagram 6: Taj Mahal, Agra, India



The Taj Mahal, my favorite architectural treasure, is a perfect example how these timeless principals of geometric harmony and beauty can inspire and nourish the human physiology.

[Leonardo da Vinci](#) also acknowledged the sacred geometry principles of the human body in his [Vitruvian Man](#), which was based on much older writings by the Roman Architect [Vitruvius](#).

Diagram 7: *Vitruvian Man*

At the beginning of the Renaissance in Europe, views shifted to favor simple and regular geometries. The circle in particular became a central and symbolic shape for the base of buildings, as it represented the perfection of nature and the centrality of a human's place in the universe.[7] The

use of the circle and other simple and symmetrical geometric shapes was solidified as a staple of Renaissance sacred architecture in Leon Battista Alberti's architectural treatise, which described the ideal church in terms of spiritual geometry.^[8] Renaissance style places emphasis on symmetry, proportion, geometry, and the regularity of parts.

In creating a harmonious, healthy, inspiring place for learning — be it a campus, school, university, classroom, library, laboratory, stage, performing arts center, gymnasium, outdoor area, or playground — applying the methodology of ETC's learning environment produces the best results.

To create a blissful ambience, ETC's learning environment incorporates the principals of sacred geometry, along with:

- meditation and a relaxed feeling
- fresh air
- clean natural scents
- beautiful visual surroundings
- full-spectrum daylight
- pleasant color frequencies
- sounds of nature (harmonious music such as harp or flute can also be used)
- a comfortable temperature
- a classroom and building in proportion to the number of students
- a harmonious location and size and shapes of objects
- individual eye contact between the teacher and student
- consciousness

When a student's senses are well nourished and harmonized with all the above, he/she feels happy, healthy, and inspired with a sense of well-being. This, in turn, generates creativity, confidence, advanced learning, and a better more peaceful society.⁽¹⁰⁾ Add all this to the ETC methodology of teaching and you have created a divine learning environment.

To learn more and how this can be implemented in your school, read: *Education for Total Consciousness*, by HH Swami Isa, which can be obtained at: <https://ivpt.org/>, and become of member of the Global Energy Parliament (GEP). <https://www.global-energy-parliament.net>

© 2021 Lady Carla Davis - www.NourishingBasics.com

References

1. Kheper, *The Buddhist Mandala – Sacred Geometry and Art*
2. www.sbctc.edu (adapted). "Module 4: The Artistic Principles" (PDF). Saylor.org. Retrieved 2 April 2012.
3. Khanna Madhu, *Yantra: The Tantric Symbol of Cosmic Unity*. Thames and Hudson, 1979, p. 12.
4. Cathérine Goldstein, Norbert Schappacher, Joachim Schwermer, *The shaping of arithmetic*, p. 235.
5. Calter, Paul (1998). "*Celestial Themes in Art & Architecture*". *Dartmouth College*. Retrieved 5 September 2015.
6. Skinner, Stephen (2009). *Sacred Geometry: Deciphering the Code*. Sterling. ISBN 978-1-4027-6582-7.
7. ^{a b} CUMMINGS, L.A. (1986), "A RECURRING GEOMETRICAL PATTERN IN THE EARLY RENAISSANCE IMAGINATION", *Symmetry*, Elsevier, pp. 981–997, doi:10.1016/b978-0-08-033986-3.50067-7, ISBN 9780080339863
8. Rudolf., Wittkower (1998). *Architectural principles in the age of humanism*. Academy Editions. ISBN 978-0471977636. OCLC 981109542.
9. HH Swami Isa, *Education for Total Consciousness*, Isa Viswa Pranjana Trust, Dec 2016, www.IVPT.org
10. Isa, HH Swami. *Habitat Harmony - Statement for the Global Energy Parliament 2016*. Isa Viswa Pranjana Trust, 2016.