



Sri Yantra ‘The Mother of all Yantras’

The Symbol of OM

*Yantras are geometrical designs denoting the energetic
‘Architecture’ of the Universe i.e. Sacred geometry.*

*Here Sri Yantra relates to mathematics
based on the Golden Ratio or Phi, the blueprint of creation.*

Focusing upon the dot at the centre of Sri Yantra is said to balance the left and right hemispheres of the brain and specifically activates the pineal gland or Ajna Chakra. Interestingly this gland contains rods and cones just as we find in our retinas and when we visualize with practice we can ‘see’ internally.

Ultimately meditation upon Sri Yantra can help us to clear our consciousness of any content so we experience the state of Pure Consciousness where we can see reality directly & with clarity without our conditioning clouding our vision.

