

**BLUEPRINT
FOR THE**

Human Spirit

A NEW PARADIGM FOR SELF-DISCOVERY AND CONSCIOUS LIVING

Blueprint for the Human Spirit®

What is the Blueprint?

The *Blueprint for the Human Spirit* is a guide for Self-discovery and conscious, compassionate living. It promotes a positive way of being that leads to spiritual wisdom and awareness by encouraging the critical examination and shifting of beliefs, thoughts and behaviors into alignment with Essence. This metaphysical and mystical teaching comprises a holistic approach that illustrates the human experience in geometric, matrix and conceptual form.

The *Blueprint* is a dynamic tool for learning and increasing awareness for seekers of all faiths. Since it contains universal truths that are compatible with ancient teachings, new science, Eastern philosophy and Western psychology, it bridges the gap between religions and doctrines, cultures and ages. It is relevant to and potentially helpful for individuals of all faiths who are committed to their spiritual growth.

The *Blueprint* matrix and support materials read like the anatomy and physiology of the human spirit. Since it explains the nature of life and our relationships with all aspects of the universe, the *Blueprint* serves as a road map for this earthly experience.

How did the Blueprint emerge?

This model spontaneously evolved through early morning intuitive flashes that began in July 1995. I would be awakened around 3:30 a.m. on three or four mornings a week. With no effort or intention on my part, information popped into my awareness one concept at a time. Each morning I would hold as many concepts in my mind as long as possible, then rise and type them into my computer.

Patterns emerged and the information expanded from a simple mind-body-spirit triangle into a tetrahedron inside a sphere. Within six months, a fifteen-box matrix with multiple levels of information developed in harmony with the diagrams. My *Higher Tea®: The Essence of Joy* book is an introduction to the *Blueprint* as it appeared in this early phase.

This mystical experience continues at intervals, shedding new light on the matrix and its designs. I frequently receive clarity on some aspect of the *Blueprint*. It also continues to evolve. New layers of information is revealed and questions are answered. In fact, since I wrote my first book, two

additional spheres have emerged—the quantum and the eternal. The quantum sphere was not new, but a new way to view and understand the original five universal laws associated with the *Blueprint*.

What is the source of the Blueprint?

The source of the *Blueprint* is God, the universe or the higher self. Some may recognize the source as the “still small voice,” the super-conscious, Holy Spirit, spiritual guides, ascended masters, or Akashic records. I believe that I inadvertently tapped into the “cosmic databank” that is available to all and filtered many of its universal truths through my conceptual, analytical mind.

Approximately four years before the *Blueprint* started to unfold I began reading sacred literature from a variety of inspired sources. I noticed common themes and patterns that resonated with me. Although these authors may have influenced me, the information that flowed into my awareness far exceeded my spiritual studies and understanding. Long before I studied quantum physics, Eastern philosophy, natural healing, mysticism and other holistic models, I recorded comparable ideas as fundamental aspects of the *Blueprint*.

How can I be sure that the Blueprint is true?

Like other sacred teachings, there is no way to prove or disprove that the information in the *Blueprint* is true or factual from an intellectual perspective. I recognize the *Blueprint* to be true because every time new information comes into my awareness I experience a resounding, visceral “YES.” The hair stands up on my arms and it just feels right.

Confirmation also comes from outside of my awareness. Strong parallels exist between the *Blueprint*, the Bible, the Chakra system, the Tree of Life, The Tao and other models for spiritual development. It is consistent with writings from masters, past and present, particularly teachings that are metaphysical and mystical in nature.

Every time I question some aspect of the *Blueprint*, I pause in silence and ask for clarification. The answer always appears in one form or another, whether it is a book, teacher, word or knowing.

Why is the Blueprint important?

The *Blueprint* has guided my own growth and transformation. Each new revelation forced me to search my soul and examine my belief system. Concepts I questioned and which seemed incongruous with my inner knowing were explained and resolved. The most interesting aspect of the *Blueprint's* evolution was that it came slowly and did not expand until I had integrated the most recent teachings into my way of being. I continue to be humbled and astounded as my “inner guru” directs my own spiritual growth in harmony with the expansion of the model.

Since the *Blueprint* has been such a vital force in my own growth and transformation, I believe that it can help others as well. I know from personal experience that it can promote personal growth, professional success and spiritual awakening. Since it is not limited to any particular faith, it can assist all spiritual students in their quest for awareness, enlightenment and authenticity. It has helped me to discover the answers to questions common to all people—Who am I? Why am I here? Where did I come from? Is there a God? Where is heaven? What is the nature of God? How was the universe created? What is truth? The answers flow in response to every question.

What are the predominant themes of the Blueprint?

The major themes in the *Blueprint* are spirituality, consciousness, love, oneness, freedom and abundance.

- *Spirituality*—We are spiritual beings enjoying a physical, earthly experience. All aspects of life are a manifestation of the spiritual nature of our being and of all creation.
- *Consciousness*—Our purpose while on earth is to become more aware of our oneness with God and express our divinity. To live more consciously we tap into our own inner wisdom or that of master teachers, and shift our perceptions into alignment with truth.
- *Love*—Life, God, creation, energy, good and love are one and the same. Love is the glue that holds the universe together and is the very nature of essence.
- *Oneness*—Since we come from the same source, are made of the same basic substance and function as a whole, we are one. Our every thought, word and deed affects the entire universe. It is our deepest desire to remember and experience our oneness with God-Source.
- *Freedom*—One false perception is at the root of all suffering—the belief that we are separate from God and each other. Duality produces a multitude of ensuing beliefs that lead to fears, attachments and blocks. Freedom from fears and old, limiting beliefs make holistic transformation and awakening possible.
- *Abundance*—The universe provides everything that we need to thrive and to achieve our highest potential. We need only to ask for what we desire, allow the universe to respond, embrace the gifts we receive as our divine inheritance, and express gratitude for all that we have and are.

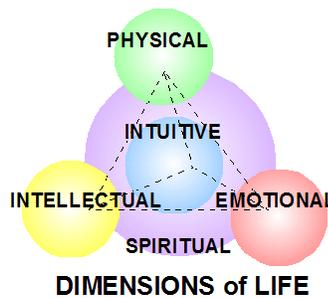
How can the Blueprint promote transformation?

The *Blueprint* can serve as a guide for individuals as they examine their own lives and their relationships with others, God and the universe as a whole. The framework provides a comprehensive, logical description of the human experience from a variety of perspectives. It offers insight into how we can live authentically, establish loving relationships, create beauty and abundance, make meaning, heal pain, and manifest peace and joy. It is also a viable model for leadership, family life, organizational structure, governance, health care, child development, professional success and other aspects of life.

The *Blueprint* is a tool for transformation because knowledge leads to greater awareness and awareness can foster positive shifts in perception with resulting changes in behavior. It also encourages others to tap into their own inner wisdom and demonstrates how this can be done.

What are the geometric designs of the Blueprint?

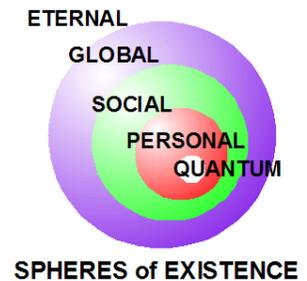
The concepts of the *Blueprint* evolved with corresponding designs that illustrate the interactive components of this dynamic model. The core pattern of the *Blueprint* is a large, amorphous sphere, which represents the whole, the Spiritual Dimension of life.



Within the sphere is a tetrahedron, which has four equilateral triangles that merge to create four points. They correspond with the Physical, Mental, Emotional and Intuitive aspects of life. A tetrahedron is similar to a pyramid, but has a triangular instead of a square base and different energy. All the dimensions are integral parts of the whole, the Spiritual Dimension.

The basic spheres of existence are illustrated through concentric, three-dimensional circles. The quantum sphere represents the energetic aspect of all Creation. Although it is pictured as a small circle, it comprises the whole of life.

The Personal Sphere represents the self (inward focus). The Social Sphere of life (outward focus) is about close relationships with family members, neighbors, friends, co-workers, spiritual family, and those with whom we come in contact on a regular basis.



The large circle represents the Global Sphere, the Earth and all of humanity (downward focus). Beyond and encompassing the all of life is the Eternal Sphere (upward focus). It is infinite, beyond space and time, and represents Spirit, the creative Source.

Years after the geometric designs evolved, I learned about sacred geometry and the energy and symbolism of different shapes. The content of the matrix reflects the energy of its designs.

What is the Formula for Inspired Living?

The formula for inspired living shows how we can live peacefully and joyfully by bringing all aspects of our life into harmony. The spiritual dimension reflects the synergistic integration of the physical, mental, emotional and intuitive aspects of life. When the spiritual dimensions of the personal, social and global spheres are integrated into a synergistic whole, we experience bliss.

In the Self Sphere, we achieve balance through authenticity and wholeness. Service is how we express love in the Social Sphere, in the relational realm. Unity or oneness is the spiritual nature of all life in the Global Sphere or cosmic realm. Simply put, the formula for creating Heaven on Earth is:

Balance (Self Sphere) + Service (Social Sphere) + Unity (Global Sphere) = Joy/Bliss (Heaven on Earth)

What is the Matrix?

The *Blueprint* matrix is a multifaceted chart that shows the dynamic interplay between the five dimensions of life (physical, intellectual, emotional, intuitive and spiritual) and the five primary spheres of existence (quantum, personal, social, global and eternal). It simply and visually shows the relationship between the basic concepts of the *Blueprint*.

At present, there are 25 cells of awareness in the matrix with corresponding goals, gifts of Spirit, attributes, and a continuum. The rows and columns of the matrix reflect the complex integration and interplay of various cells in the matrix.

The matrix also includes parallel concepts including life's lessons, the ego's quest, universal perceptions, fears, blocks and obstructing attitudes and behaviors.

You can download a free copy of the matrix by visiting the *Blueprint* page on my website, www.PamelaGerali.com. You can also learn more by watching the videos linked to this webpage.

Is the Blueprint more than an intellectual concept?

The *Blueprint* virtually came to life before dawn on the morning of October 14, 2001. During an hour and a half as I sat in meditation, I experienced a dramatic event in the life of fifteen different people. At first, I thought they were past lives, but after examining and learning more about them, I realize they are archetypes. Each told a story that symbolically paralleled my life at present and each one reflected a core shift in consciousness that was critical for my spiritual growth. There were men, women and children from all walks of life. They also spanned the ages from ancient Mayan times to the more recent early 1900s.

Each person fits neatly into one of the fifteen core cells of the matrix for the Self, Social and Global. They also reflected different levels of awakening. The individuals from the Self level were all victims; those from the Social level tried hard, but missed the mark; those from the Global realm lived consciously and productively. Although details about these individuals have not yet been published, it is my intention to share their stories the future.

A few days later, I visited a friend who is a therapist and shared my overwhelming experience. She invited me to do a past-life regression. After a moment's hesitation while I considered the impact of yet another archetype, she guided me back in time to where I was a child at the feet of Jesus when he said, "Let the little children come to me for theirs is the kingdom of heaven." In that moment, I

knew what he meant and realized this beloved child of God archetype reflected essence, the Eternal Sphere of the *Blueprint*.

After experiencing these amazing archetypes, the *Blueprint* literally came to life. It was no longer just an interesting intellectual exercise, but something that I felt, knew and understood. I had finally and fully integrated the *Blueprint* into my way of being. It shifted from the head to the heart as I grieved, experienced pain, rejoiced and felt what these individuals shared. I continue to learn from the detailed symbolism in their stories and look forward to receiving more mystical revelations.

For more information about the archetypes, watch this video on my website:

<https://vimeo.com/46115201>.

Who owns the Blueprint?

The *Blueprint* belongs to its source, the universe. I am the scribe, the messenger and a student. It is copyrighted so the information will remain intact and will not be changed without higher spiritual guidance. I encourage you to copy and use the *Blueprint* matrix as you see fit in your own life and to share it with others so that it can achieve its highest potential. Comments and ideas are welcomed, and may be directed to Dr. Pamela Gerani at Pamela@PamelaGerani.com. For more information, visit www.PamelaGerani.com.

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