

Spirituality:

A Brief Look Into the Spirituality of Spirals

By Eliza Fegley

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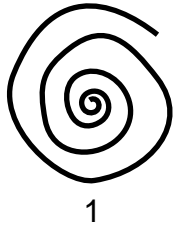
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Spirituality is a personal and meditative path that is not meant to be taught outright. It must be learned from within and applied outward.

The pages you are about to read were written down in 1999 but have never been shared. I've been uncomfortable about bringing to the public what a few quiet people practice as part of an expression of their spirituality.

Many thanks to the artists and dreamers who have contacted me about the Sacred Spiral these past few years.

For those who are adamant about the clockwise and counter-clockwise movements, examine the two spirals below.



Look at the first spiral. If you trace it from the outward point, its direction is counter-clockwise. If you trace it from the inner point the direction is clockwise.

The opposite is true of the second spiral.

This would appear to mean that both spirals are clockwise and anti-clockwise, beginning and ending, growing and declining, and so on.

There are published authors who would have you believe that the two spirals above have opposite meanings.

I ask you to draw these two spirals, first starting from the outside and moving inwards, and then starting from the inside and drawing outwards. Do the differences rest in whether you draw leftwards or rightwards or are the differences in whether you start from the outside or inside?

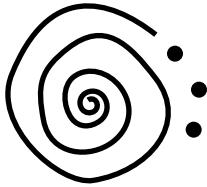
Apply the movements and directions of the spiral to your life, to the lives around you, to the seasons, to trees and animals, and to all matters of which we are aware.

It is recommended that you spend at least a month contemplating the basic spiral so that you may get an insight into what spiral spirituality is all about.

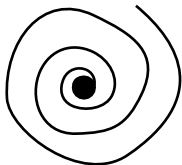
Spiral Symbolisms

Our ancient ancestors used spirals to denote general movement. They were used to show the passage of time, creation, birth, and change.

Growth spirals may begin at a central point which moves outward, encircling itself over and over. To give the impression that the spiral moves outward into infinity, dots can be added after the stop line as shown below.



Core spirals work their way into a center point. This represents going inward to your inner core or self. This is a positive symbol to use when practicing meditation and one that I have never tired of.



Colors can be used with spiral symbolism to help you focus on your intent. Color interpretation is both personal and cultural. I suggest that you spend some time researching the various cultural beliefs surrounding colors and decide what interpretations feel best to you. Write your beliefs down and keep them constant. You cannot focus if you are unable to decide on your personal interpretations.

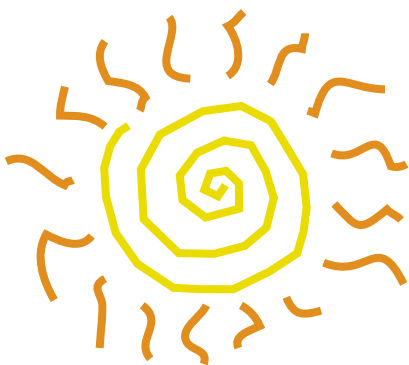
Furthermore, there are no “negative” meanings within spiral workings and interpretations. Everything is rooted in change and growth. Death is considered to be both change and growth. The same applies to birth.

Spiral Moon



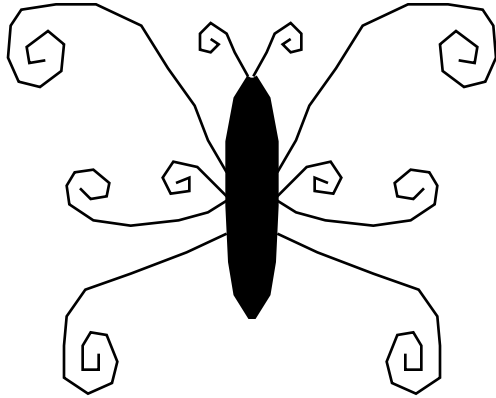
The full moon represents the night. It is a general symbol of feminine mysteries and has strong connections to the womb. The crescent moon is often associated with the horned god or masculine energies and with new life and fertility. Used together, the spiral moon is a symbol of life, creative energies, and primal being.

Spiral Sun



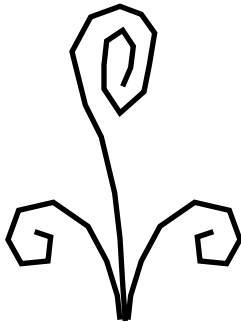
The Sun represents the day and the light that banishes the dark. Generally considered to be a masculine symbol and also a symbol of outward joy and well-being.

Spiral Butterfly



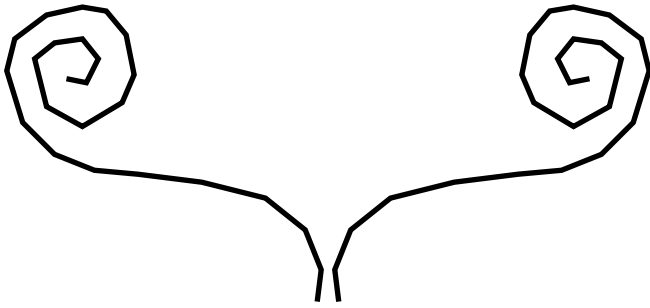
The butterfly is a symbol of growth, change, and freedom. The spiral wings on this butterfly brings these concepts into motion.

Spiral Flower



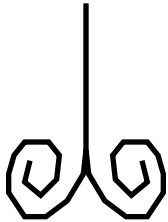
Flower in full bloom. Symbol of maturation and openness. The flower is also considered to be a highly sexual symbol owing partly to the fact that the flower is how a plant/tree/etc. exposes its sexual organs for reproductive purposes.

Spiral Ovaries



Female fertility.

Spiral Testes



Male fertility.

Infinity Spiral



Similar to the 8-shaped infinity symbol, the infinity spiral represents the continuity of life.

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END