

Worksheet for Chapter Seven - Shapes and Numbers Meditation - in *Math for Mystics*

1. Take a walk (in New York City like Robert Rauschenberg, in nature like Andy Goldsworthy, or - best! - wherever you happen to actually be) and watch for shapes you can use to represent the horizontal and vertical lines, the circles, the heart and the crescent, the up- and down-pointing triangles and the square. The last time I tried this was in a semi-urban alleyway and along the street, and I found all the shapes within 20 minutes. The crescent was a big curved seed pod off a tree, the circle was a bottle cap, the heart was a plastic charm probably off a child's bracelet. You get the idea. These weren't the most elegant expressions, but they fit the bill as symbols.

2. View the film *Rivers and Tides: Andy Goldsworthy Working with Time*. You'll never envision "art supplies" the same way again!

While not specifically about numbers (but very much about time), his project "Snowballs in Summer" played with the solstices by collecting snow at the Winter Solstice in December, forming huge snowballs and storing them in deep freeze, then placing them at public locations throughout London on the Summer Solstice. During the course of the hot summer day, while the snow melted, people watched, touched, stepped in the run-off water from the melting and watched twigs, pine cones and bit of coal emerge, all materials picked up at the sites where the snow had been gathered.

http://www.artandarchitecture.org.uk/search/results.html?_creators=ULAN33454&display=Goldsworthy%2C+Andy

According to Goldsworthy's Wikipedia entry, his father was a university professor of applied mathematics. Interesting.

Anyway, the film tends to heighten one's awareness of nature in very intriguing ways.

3. Getting inspired? Try some of this for yourself. Last summer, some of us drew a winding spiral on the ground using small white stones. Since the stones are easy to find, even the 3-year-old could be fully involved in the project. Dandelion heads or red autumnal leaves would work just as well.

This worksheet goes with *Math for Mystics: From the Fibonacci Sequence to Luna's Labyrinth to the Golden Section and Other Secrets of Sacred Geometry* by Renna Shesso

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