

## Space Harmonics with Dr. Lydia

By Andréa Melone @ ARK July 27, 2020

### Guest Blog Series

**Dr. Lydia Gian. De Leon, *Holistic Architect, Ph.D. in Geobiology, Founder of Geophilia***



As an architect and wellness coach, Dr. Lydia Gian. De Leon's work focuses on the relationship between architecture/building and health and well-being. She holds a Ph.D. in Physiology on the subject of geophysical anomalies and their effect on biology and has published in peer-review journals, as well as achieved an M. Sc. in Sustainable Environmental Design.

She has been conducting research for 15+ years on the relationship of ancient temples and their locations, and she the author of the book "The Power of Sacred Location." She is the creator of Healing Architecture and co-founder of Geophilia: The Science of Space Harmonics.

We asked her to explain her research and experience with Space Harmonics, and luckily for all of us, she agreed. Please enjoy.

## Dr. Lydia Discusses Space Harmonics

I feel that the most profound state that most people look for and want to experience, consciously or unconsciously, is **transcendence**. This sums up all the feelings of ecstasy, bliss, existence beyond the normal or physical level. That is something many people can try to experience through herbal medicine, pharmaceuticals, food, relationships, and the list goes on.

Why is that so important? Because if one takes the magical, the mystical, the ecstatic, something beyond the physical daily routine, life becomes very flat, grey, for some boring, unfulfilling and dull. Maybe that is one of the reasons that people around the world for thousands of years have devoted so much time, resources, money, and labor to build magnificent Temples.

Through my research and Ph.D., I discovered many functions of these Ancient Temples, one of them being Mystical Experience, which has been seen as **predominance** and intense activity in the **frontal** or **occipital lobe** in some cases, or prevalence of the **right** cerebral hemisphere in the duration of exposure.

Decoding what “**Sacred Space**” scientifically is – not with a religious context- has been my passion and mission as a holistic architect and researcher. There is special science that can create a coherent field, which can result in the most harmonic space.

Now, more than ever, this is what we need, in the extreme times we are going through as humanity!

This is exactly what the [ARK Crystal](#) can do: it's a **miniature** version of a **Temple**, portable, with all the science of Sacred Space condensed to fit in your palm. That way you can create this harmonic healing field wherever you go, around your physical and energy body, in your building space; you can use to have a transcendental experience through meditation; you can use to structure water, as the ancient people used to do with the water almost always found below Temples; you can use it to tap into the Infinite Field of Consciousness and come back to Oneness.

Since the first moment I placed the ARK on my palm, I felt that this is an incredible conscious technology coming from the future (or the ancient past) and have not gone a day without it!

**About Dr. Lydia Gian. De Leon:** Dr. Lydia was one of the faculty presenters on the Resonance Science Foundation's trip to Mexico in November 2019. Her expertise and passion for the subject and knowledge of the ancient sites took the entire group's understanding and presence to another level. The Resonance Academy expects to launch Dr. Lydia's elective course "Sacred Science of Ancient Temples," in October/November 2020. In the meantime, you can [watch our interview with Dr. Lydia on Facebook](#), where we discuss her work at Geophilia, her perspective on the temples and sites visited during the RSF Mexico trip, the ARK crystal, as well as how our environment affects our health.