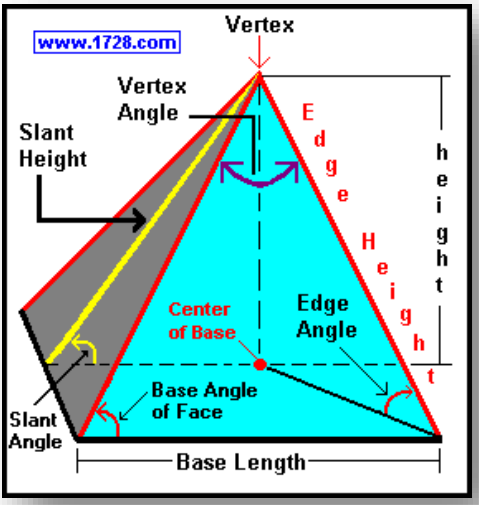
Proportion 1.16: The Energizing Pyramid

Ra mentions several uses and benefits of the pyramid shape, including placing a small pyramid beneath the body or underneath a pillow below the head in order to energize the body complex.[1] In Session 57, Ra gives parameters for the ideal ratio of this small energizing pyramid that have been found to be confusing:

> **Questioner:** If a pyramid shape were placed below the entity, how would this be done? Would this be placed beneath the bed? I'm not quite sure of the arrangement for energizing the entity by "placing it below." Could you tell me how to do that?
>
> **Ra:** I am Ra. Your assumption is correct. If the shape is of appropriate size it may be placed directly beneath the cushion of the head or the pallet upon which the body complex rests.
>
> We again caution that the third spiral of upward lining light, that which is emitted from the apex of this shape, is most deleterious to an entity in overdose and should not be used over-long. – 57.20
>
> **Questioner:** What would the height of one of these pyramids be, approximately, in centimeters, for best functioning?
>
> **Ra:** I am Ra. It matters not. **Only the proportion of the height of the pyramid from base to apex, to the perimeter of the base, is at all important.** – 57.21
>
> **Questioner:** What should that proportion be?
>
> **Ra:** I am Ra. This proportion should be the 1.16 which you may observe. – 57.22
>
> **Questioner:** Do you mean that the sum of the four base sides should be 1.16 of the height of the pyramid?
>
> **Ra:** I am Ra. This is correct. – 57.23

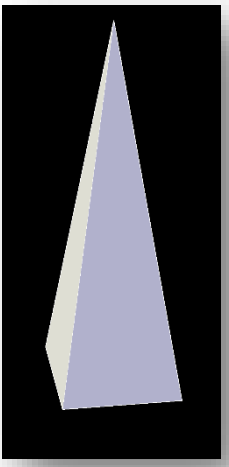
In the time since this message was originally transmitted, there have been a few theories about what precisely the 1.16 proportion means and how it calculates,

including our own. In examining these interpretations, we'll start by using the measurements indicated by the following diagram:[2]



Literal Interpretation

The first interpretation is the most literal, in which we assume that Ra intended to communicate that the height of the pyramid (h) to the length of perimeter (4a) is 1:1.16. This would indicate that if h=1, then a=0.29.



Using these measurements, such a pyramid would look something like this image.

The apex angle is quite small, causing an incredibly narrow pyramid. This is an impractical shape for placing beneath one's pillow, unless one was interested in puncturing their cranium. Because of the resulting impracticality, we and others have assumed that these dimensions were not what Ra actually intended for the energizing pyramid. Presumably Don did similarly.

Equilateral Pyramid Theory

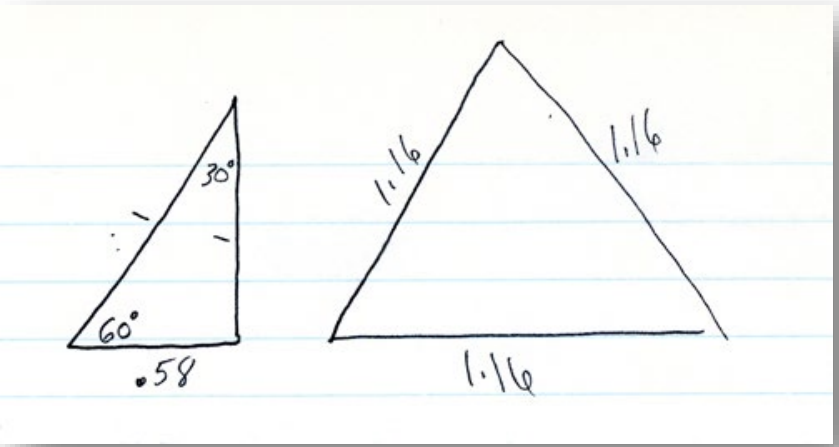
We know from Carla and Jim's memory that Don concluded that the 1.16 ratio was intended to denote an *equilateral pyramid.*

From the venerable Wikipedia[3] we get the definition of an equilateral pyramid as:

> "If all edges have the same length, then the sides are equilateral triangles, and the pyramid is an equilateral square pyramid."

(Recall that the three interior angles of any triangle always sum to 180 degrees, and that an equilateral triangle specifically is one which consists of three interior angles of 60 degrees.)

There is a clue to Don's thinking in the form of a sketch of triangles in his sole surviving notebook in which the number 1.16 appears. A copy of this sketch from his notebook is shown here:

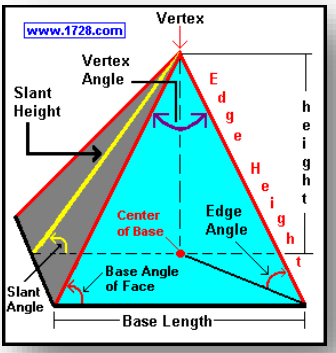


We see in the right half of this sketch that Don has drawn an equilateral triangle with each side equaling 1.16; and on the left we see that Don has drawn the same triangle but chopped in half. (0.58 is half of 1.16; and the angles of 60° and 30° mean that the unmarked corner is 90°, making this one of two right-triangles that would make up the equilateral triangle.)

Based on his markings above, it appears that Don understood that the ratio of height to sides was 1:1.16.[4]

This interpretation assumes that Ra misspoke when giving the ratios for the pyramid, with only *one length* of the base (a) equaling 1.16, instead of, as Ra said, the entire perimeter (4a).

So how then does Don's drawing fit an equilateral pyramid? To answer that question, we can use this pyramid calculator and revisit this diagram. Let us enter the following values:



Number of sides	4
Base Length	1.16
Height[5]	0.82024

Now let's look at the results of the calculations.

Slant Height	1.0046
Edge Height	1.16
Base Angle of Face	60
Vertex Angle	60

In the Slant Height (yellow line) and the Edge Height (red line), we see the ratio: 1:1.16. This ratio will be identical for all four sides of the pyramid.

In the Base Angle of Face and the Vertex Angles, we see the hallmarks of an equilateral triangle: three interior angles of 60 degrees. This, too, will be identical for all four sides.

A pyramid to these dimensions would indeed create a more realistic pyramidal shape for placing beneath a pillow.* However, we are reverse engineering Don's thought processes and assuming, like we believe he must have, that Ra misspoke and that they intended to say that *one side* of the base (a) equaled 1.16, instead of the *perimeter* of the base (4a); and by "height" they meant the *slant height* of the equilateral triangle (base to apex) and not the height from the center of the base (square in the middle of the pyramid's footprint) to the apex above.[6]

* If interested, you can find 3D-printed energizing pyramids designed and built to the specifications of an equilateral pyramid (above) and the Giza Model (below) on SacredGeometryJCS's Etsy page. These pyramids were designed with consultation from L/L Research.

Giza Ratio Theory

The other principal theory is that Ra intended to give a ratio similar or identical to the ratio of the Great Pyramid at Giza. One of the primary clues is the references to the Giza pyramid in these exchanges:

> **Questioner:** Is there a best material or optimal size for the small pyramid to go beneath the head?
>
> **Ra:** I am Ra. Given that the proportions are such as to develop the spirals in the Giza pyramid, the most appropriate size for use beneath the head is an overall height small enough to make placing it under the cushion of the head a comfortable thing. – 66.23

Then, two questions later:

> **Questioner:** Now, you mentioned the problems with the action in the King's Chamber of the Giza-type pyramid. I am assuming if we used the same geometrical configuration that is used at the pyramid at Giza this would be perfectly all right for the pyramid placed beneath the head since we wouldn't be using the King's Chamber radiations but only the third spiral from the top; and I'm also asking would it be better to use a 60° apex angle than the larger apex angle? Would it provide a better energy source?
>
> **Ra:** I am Ra. For energy through the apex angle the **Giza pyramid offers an excellent model**. Simply be sure the pyramid is so small that there is no entity small enough to crawl inside it. – 66.25

Here, Don asks if the Giza pyramid ratio (with an apex angle at around 76°) would be acceptable for this energizing pyramid, and also asks if the 60° apex angle would be better. Ra doesn't address the 60° question, but does indicate that "the Giza pyramid offers an excellent model."

The difficulty here is reconciling these statements with Ra's earlier given ratio. Where does that 1.16 fit into the equation? There is a possible explanation.

The perimeter of the Giza pyramid, measured in royal cubits, is 1,760 with the height (center of square base to apex) at 280. In a ratio of perimeter to height, this comes out to 1:0.16, rounded to the nearest hundredth. This makes it

conceivable that the number Ra gave was intended to refer to the proportions of the Giza pyramid.

If we assume this is what Ra intended to say, then we must accept two minor errors with how Ra communicated the ratio.

The first is quite simply that, in the recorded audio, Ra clearly gives the proportion as "one point one six" instead of "one *to* point one six." A single number ("one point one six") is generally not a typical format for giving ratios and proportions. This also seemed to confuse Don, as he followed up asking if Ra intended that the *perimeter* should be 1.16 to the height. Ra replied indicating a ratio of 1:1.16 height-to-perimeter rather than 1:0.16. But it is possible that Ra might have intended to say "one to point one six," a more typical way for a ratio to be given.

The second error would be the order in which these numbers are stated. When Ra first brings up the concept of the proper ratio, they state it as *height* to *perimeter.* The ratio of the Giza pyramid, when listed this way, is 0.16:1, not the other way around.

However, the ratio of *perimeter* to *height* of the Giza pyramid is extremely close to 1:0.16. This, combined with Ra's references to the Giza pyramid proportions in relationship to this type of energizing pyramid, makes a compelling case for this interpretation.

These are a few among other possible interpretations. As always, please exercise your own discernment —and pyramid calculators.

By Gary L. Bean and Austin L. Bridges

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[1] These uses are explored in the documents *Pyramids: Healing & Initiation Machines* and *The Metaphysics of the Pyramids*, both of which are freely available at Ra Contact page. These documents also include a multitude of Ra's cautionary statements about the potential dangers of using a pyramid shape in an already overly complexified world. Any such use of a pyramid should only be undertaken by a balanced and self-accepting seeker who is able to safely integrate the increased responsibility and acceleration of the spiritual journey.

Furthermore, beginning with 57.13, Ra cautions multiple times of the necessity to use the energizing pyramid no more than 30 minutes in a day's session. See also 66.27 and 57.20.

[2] Courtesy of the website https://www.1728.org/volpyrmd.htm.

[3] Wikipedia, May 9, 2023: http://tinyurl.com/48yrdum4

[4] He also marked the hypotenuse in the first drawing as being 1, seemingly, but he probably didn't intend to convey that as the actual length given that it would be an impossible measurement. It seems clear that he was intending to convey one half of the equilateral triangle to the right, whose sides are all 1.16.

[5] In order to use this particular calculator to discover our equilateral pyramid, we needed to enter the height of the pyramid, which is the measurement from the center of the square base directly up to the apex overhead. The following formula will produce the height of an equilateral pyramid where "l" is the length of any edge. We used an edge of 1.16 for clarity, but the edge length could be any number and the slant-height-to-edge-length-ratio will still be 1:1.16. $h = \frac{1}{\sqrt{2}} l$

[6] One could also enter the following three values into the calculator:

Number of sides:	4
Base Length:	1.16
Height:	1

This triangle is not one of the four outer-facing triangles but the triangle that bisects the pyramid through the middle of the base side. Look now to the Slant Height in the calculation results. The Slant Height is 1.156, or, rounded up by four hundredths, 1.16. Ergo, we have three sides of a triangle that are 1.16. What then of the angles?

Look at the Slant Angle in the in both the illustration above and in the calculation results. It is 59.886°. Rounded up by .114, it is 60°. Because this is a regular pyramid with a square base, the slant angle of the opposite corner will also be the same 59.886, or 60°. And because the sum of the three interior angles of a triangle are always 180°, we know that the final interior angle at apex is also 60°. (60.29° to be exact.)

However, this is *not* an equilateral pyramid—it just uses the same basic ratio to make an equilateral triangle of the two triangles which bisect the middle of the square base.