

The Hidden Geometry of Number Sequences: Restoring Group Harmony

By Brian Johnston and Katia Mesquita

Numbers are not just abstract symbols. They are living frequencies, patterns that emerge from what I call the **edge of pre-form silence**, the field of potential before form arises. From this silence, numbers arise as **ratios and harmonics**, shaping not only mathematics but also the way energy organizes in human beings, groups, and even planetary fields.

When these ratios fall out of balance, we feel it as disharmony, conflict, or stagnation. When they realign, there is a sense of coherence, clarity, and connection. This is where **number sequences** come in.

Numbers as Harmonic Geometry

Think of numbers not simply as digits in a line, but as **expressions of geometry**: spirals, spheres, and lattices. Each sequence carries a resonance, a particular pattern that interacts with the human energy field. Much like tuning forks, these sequences have the capacity to bring scattered vibrations back into alignment.

When people receive or meditate with a sequence, they are not “memorizing numbers.” They are engaging with a **harmonic geometry** that re-orders their subtle field. (This mirrors what the Codex Harmonic Field describes as harmonic remembrance: the reintegration of fragmented aspects into coherence.)

Individual and Group Coherence

In individual practice, number sequences can help release distortion and restore clarity. But their potential expands when used in **groups**. Imagine a circle of people as **nodes on a lattice** (a network or grid made of repeating points that connect together). When the sequence is introduced, those nodes begin to **phase-lock**, shifting from fragmented rhythms into resonance.

As more people attune, the group field itself becomes coherent. Participants often describe a sensation of ease, flow, or connection, as if “something invisible clicked into place.” From my perspective, this is the group energy forming a **sphere of coherence**, a living geometry that stabilizes everyone within it.

Serving the Collective

While this can feel supportive on a personal or group level, the implications extend further. When groups harmonize, they don’t just benefit themselves. They also radiate coherence outward, influencing their environment and the larger collective field.

This principle is well known in meditation research, where groups focusing on peace can measurably reduce conflict in surrounding areas. Number sequences operate on a similar principle, becoming a tool not just for healing individuals or teams, but for **contributing to planetary coherence**.

From this perspective, engaging with sequences is not only self-care but also a subtle form of **service to the collective**. (This is where the Codex Harmonic Field and number sequences meet: both invite us to see coherence not as a personal luxury, but as a planetary responsibility.)

How You Can Work With Number Sequences

There are many ways to begin exploring this field. Here are two number sequences that groups can use themselves. For example:

- **General group coherence sequence:**
- *4379 8649 5513 9863*
- → Members of the group repeat three times a day for three days.
- **Unconditional love sequence (short fractal form):**
- *3379 4869 5512 3322 7643 5563*

A simple practice could look like this:

1. **Sit in stillness** for a few minutes, breathing naturally.
2. **Hold a sequence** (a series of numbers) in your awareness. You can write it down, speak it aloud, or visualize it.
3. **Notice the resonance.** Does your body feel calmer? Do your thoughts feel clearer? Trust subtle shifts.

4. **In a group setting**, try having everyone focus on the same sequence at the same time, then share reflections afterward.

The key is not intellectual analysis, but direct experience. The numbers themselves are not the “answer”; they are **doorways** into resonance.

Why This Resonates Now

We live in a time of immense noise, encompassing informational, emotional, and energetic aspects. It's easy for individuals and groups to become fragmented. Number sequences offer a simple, elegant way to **restore proportion**, reminding us of the underlying order always present beneath the surface of chaos.

When we work with them, whether alone or together, we are participating in the larger movement of **remembering coherence**, within ourselves, with each other, and with the planet.

Closing Reflection

In the end, number sequences are not “magic tricks.” They are reminders of a truth woven into the fabric of reality: that harmony is not something we create, but something we allow. Numbers, as harmonic geometry, help us **tune back** to what has always been there, the resonance of unity.

As we learn to listen, align, and practice together, we not only feel better as individuals or groups, but also contribute to the greater coherence of humanity and the Earth itself.

Authors: Brian Johnston and Katia Mesquita

To learn more about Katia's work, visit: passionprojecthub.com