

HOLOS Amulets

Tools for Transformation



Brian Berman

**“Nothing is as powerful
as an idea
whose time has come!”**

Victor Hugo

Acknowledgements:

I thank my beloved wife Lisa for her unbounded love and support for my creativity and visions for peace. She also helped with the design and editing of this booklet. I thank my children for their love, support, and encouragement to live my dreams. I give thanks to my mother and father who gave me a stable upbringing and support during my spiritual adventures. I am deeply blessed by the teachers and mentors that have guided me inward to the treasure of peace within. I am grateful to Leah Green for The Compassionate Listening Project and her invitation to co-facilitate and co-direct the Jewish German Reconciliation Project. I am honored to partner with Fred Arment, the founder director of International Cities of Peace, and for my community that aligned with my vision for Ojai as a City of Peace.

Brian Berman



HOLOS for Unity, Peace, and Love Amulets for Conscious Souls

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HOLOS Amulets are transformational tools that inspire and enhance feelings of Unity, Peace, and Love. The spiraling design invites you into a deeper connection with yourself and others. Learn how HOLOS came about and why it is so relevant now. This booklet includes beneficial meditation and movement practices along with the Bonus - *5 Steps to Inner Peace*.

Each HOLOS Amulet is produced with the intention to bring protection and good fortune. Amulet necklaces are usually worn near the heart or close to one's neck. Most women and men tell me that their HOLOS Amulet is their very favorite necklace and they wear it every day, even combined with their other favorite necklaces.

HOLOS Amulet sculptures are carried with you on your person or are kept in a desired place in your home, your office, or on your meditation altar. Hold it in your hand during meditation and follow visually and energetically the spiraling pattern to balance your body and energy centers (chakras). Many healers and spiritual teachers use HOLOS in their practice with their clients to bring greater stillness, healing, and peace of mind.



Shifting Fear to Unity, Peace, and Love

My life work as a peace builder is to help people overcome feelings of fear and separation, and shifting into unity and love. All of us are human beings, no differences under our skin. It is our mental conditioning and beliefs which cause our conflicts. When we focus on fear and separation, we lose our connection with inner peace and love. Fear is the disconnection from love, so by shifting into love, fear will vanish. Our very essence is peace and love. Through direct experience fear, separation, and disconnection disappear.

HOLOS Amulets help break our thought patterns and emotions such as fear, anxiety, worry, and feelings of separation. Those cycle between our past and the unknown future. How little attention do we spend in present time, in being still and connecting with peace within? The power of these amulets is to assist you in remembering and connecting with this inner peace, your True Nature, and to break free from thoughts that we are separate.



"I received my HOLOS Amulets a few days ago. I absolutely LOVE them. I have been wearing the necklace every day. I find myself reaching up and holding it in my hand. It is a reminder of my wholeness, often hidden behind my weaknesses, behaviors that hide the goodness, the divine within me. I loved reading the story of how you were inspired to create it. Clearly Divine inspiration!" Linda W

Being the Observer

When we seek peace and happiness on the outside, we overlook our peace within. Our True Nature, our Essential Nature is peace. Are you giving yourself time to connect with your inner peace? This can take just moments out of your day and will give you a greater capacity to manage your life circumstances.

Start with being an observer. Be aware of your thoughts, emotions, sensations, and your experience. You are the container and knower of them. Be in your I AM presence. Connecting with yourself this way will create greater peace. Taking these breaks from your busy life and the endless mind chatter of thoughts will make a huge difference (read pages 24-27, 5 Steps to Inner Peace, for a deepening practice).

There are real benefits when you break free from the constant mind stream. Many voices are in our heads continually talking to us. If you think this is YOU talking, let's set that straight right now. These are just thoughts, some are helpful and some are offsetting. They are not you. You are the observer of the mind stream of thoughts. As the observer, you are more the container, you are the I AM presence, the space where all life experiences show up.

Many HOLOS lovers tell me that when they hold their Amulet, they use it as a reminder to take time to connect with themselves, love themselves and directly experience peace.



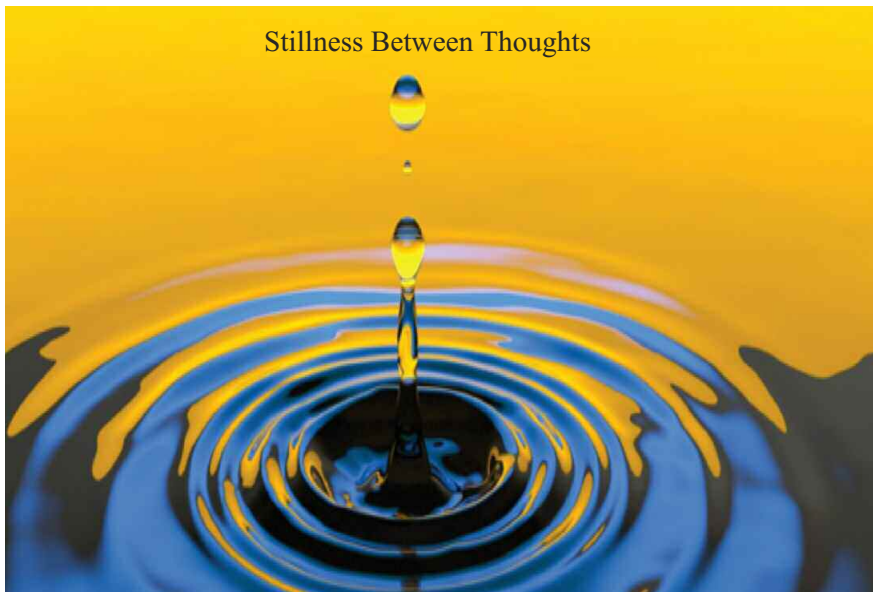
Taking Time for Stillness

When you give yourself time to quiet down, and shift into being the observer, you might notice that there is space between your thoughts. The more you increase that time between your thoughts the quieter our mind becomes. This is a practice which leads to a greater creative and spacious life.

When we can't find space between our thoughts, our inner stillness or inner peace is lost. We are caught in the mental chatter of thoughts, identity, conditioning, limited self-beliefs, and ego. When we are the observer and when we are in our inner stillness, we are more conscious. We don't allow our ego to react unconsciously to life situations. Instead, we act consciously and appropriately.

This is how the HOLOS design and my vision for peace appeared in my stillness (read more on page 9). This is why I produced them as amulets for protection, connection, and enhancing feelings of Unity, Peace, and Love.

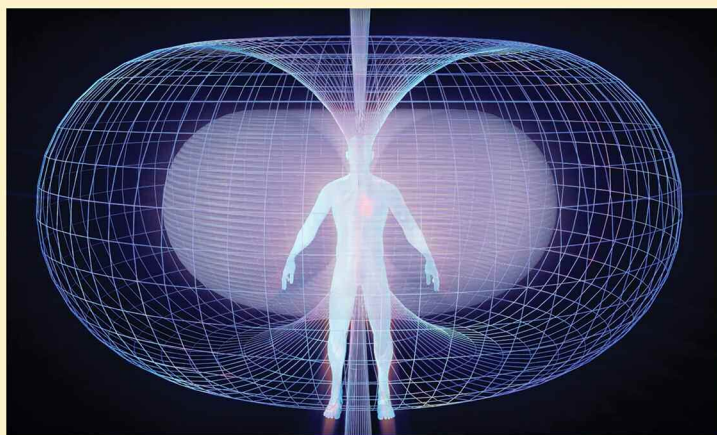
Stillness Between Thoughts



HOLOS Peace Meditation and Movement

Add to your meditation the following: Sit quietly and imagine your torus energetic field spiraling, bringing healing and peace to all parts of yourself. Give some time to feel into this transformation of wholeness and unity. Now expand yourself to include the room around you, and continue to expand the space to fill your community, your nation, the world. This peace from within will change your world.

Remember, the entrance to the Sanctuary is Inside of You.
Rumi



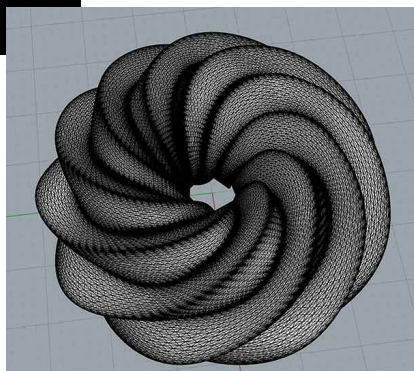
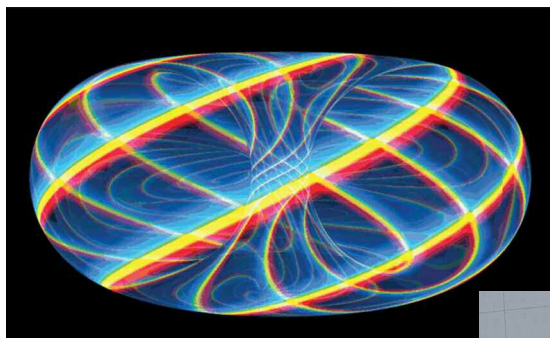
As you rise from your meditation, stand up and take a few minutes to move your arms in the pattern of your torus energetic field, starting alongside of your body, slowly reaching out and upward above your head. Here you are receiving the energies from above. As you then bring your palms together and lower your arms pause at your heart for prayer and gratitude. Continue this movement down till your hands part, your arms at your side, and release any thoughts and emotions into the earth below your feet. Begin these movements again. Take your time and do this at least three times, feeling peace within, the earth under your feet, and being connected with the energies above.

Vision and Birth of HOLOS

My first inspirational vision of the HOLOS design came to me early one morning when I was sitting quietly in meditation. I observed an unusual silence that morning, a stillness not often experienced. I was very aware of my body and felt fully present. A thought arose and I just observed how it rose from silence and because I didn't give it any energy, it quickly returned to silence. The same movement happened with the next thought, and the next. I stayed as an observer.

What I witnessed and visualized was a spiraling pattern. From silence thoughts arise and spiral back to silence forming an infinite spiraling torus geometric design. Then came the thought that got me up and out of my meditation. "That would make a beautiful sculpture!!!"

So, I got up from my quiet time and drew what I saw. I then modeled this spiraling geometry in clay. It was shaped like a spiraling "Life Saver." As the design needed to be precise, I used a computer program to create the spiraling torus geometry.



Thoughts Make Manifest

I wasn't sure how I would sculpt such a precise design. At that time I received a call from a sculptor in Canada to let me know that he purchased a computer controlled robotic stone router. Did I have any designs that he could work on? Well, I had the design in a computer file which I sent to him along with a block of Italian marble. He rough cut it, and I completed the carving.

This proved to me the power of thinking, that thoughts make manifest. I had the original thought in meditation which led to its manifestation. Through this experience, I realized that everything we perceive in this universe rises out of silence with a thought followed by feelings and sensations. We are creating and shaping our world based upon our thinking and speaking.

When I was sanding and polishing this spiraling marble sculpture, I had an epiphany that this symbol represented our unity as One Humanity. Each spiral represented our inseparable diversities. I had created a three-dimensional symbol for peace. This led to the next series of thoughts and manifestation, creating cities of peace around the world. (Page 17)

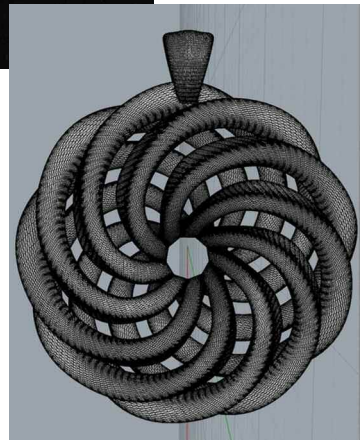
If thoughts are shaping our reality, could this design help shift our thinking from fear and separateness to Unity, Peace, and Love?



Hope for Peace

With the help of a computer controlled robotic stone router, I carved my design in Italian marble. This proved to me the power of thinking. Through this experience I had an awakening. Everything perceived rises out of silence with our thoughts. We are creating and shaping our world based upon our thinking. Take a moment and let that settle in. If thoughts are shaping our life's perspective, which thoughts do you want to manifest?

When I carved the spiraling design, I knew that I created an amazing transformational tool. I had realized a powerful awakening about the power of our thinking. Let's shift our thinking from fear and separation to unity and love so that peace can emerge.



Sacred Geometry and HOLOS Amulets

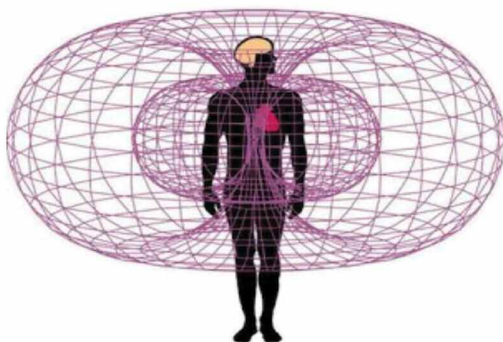
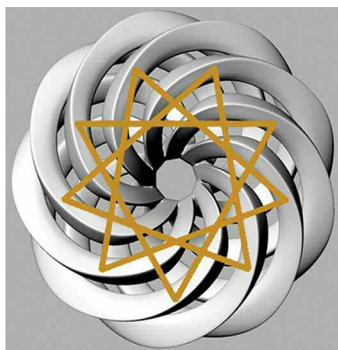
An amulet is an object created to convey protection upon its possessor. It can help balance and harmonize.

With the sacred geometry of this 9-spiral torus any location point on the 9-spirals, due to its perfect symmetry, equates to a 9-pointed star made up of 3 equilateral triangles. This represents a trinity of trinities, a tri-unity.

The number 9 is a numeric archetype for universal love, consciousness, humanitarianism, perfection, and completion. The spiraling infinite design of the torus represents our energetic field and it models the creative pattern in the Universe.

HOLOS in ancient Greek language means whole and complete, safe and sound, and pertaining to the Universe. Our True Nature, our essence is whole and complete, and knowing and experiencing this protects us from unwanted influences.

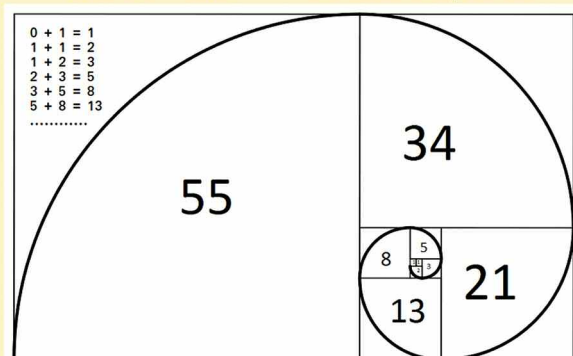
HOLOS visually evokes peace at all levels: from inner peace to outer peace. Use it as a tool to help unite body, mind and spirit as One.



Modeling the Creative Pattern in Our Universe

I always was fascinated by the spiraling energies of whirlpools, of tornadoes, of galaxies and the most basic spiral of the shell and nautilus shape. I learned about the mathematics of the Fibonacci sequence and the Golden Mean Ratio.

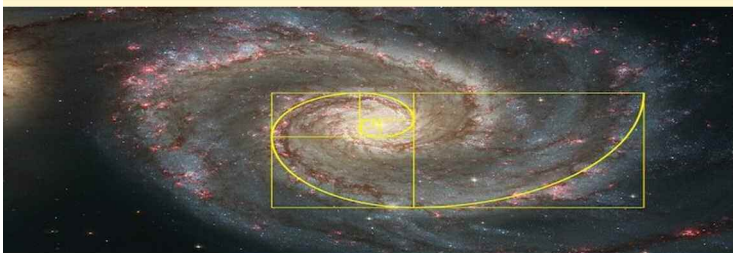
Nature's Pattern – Fibonacci Sequence



Fibonacci Spirals in Nature



Fibonacci Sequence-Our Universe



Worry-Free and Zero Point HOLOS Amulets



These HOLOS sculptures are utilizing the Golden Mean ratio. They are best used in meditation, holding them in each hand or nested together.

The Worry-Free HOLOS Amulets are designed specifically to help release worries of our mind and emotional body. While holding a Worry-Free Amulet in your hand, let your thumb caress the spirals and feel the calming and balancing effect, similar to using a worry stone. One spirals in the clockwise direction toward the south pole for grounding and the other counterclockwise toward the north pole for releasing.

Zero Point HOLOS Amulets model the Zero Point energy field when the two spiraling torus fields connect. They balance the male and female aspects within.



What People Say and Feel about Their Amulets

Beauty, elegance, stunning artistry, labyrinth to the soul, breakthrough technology, masterful craftsmanship, perfection, mystical power of #9, universal love, connected Universe, wholeness, conscious souls, sacred geometry, vortex portal, symbol for unity, and one humanity.

Comforting, healing, loving, connecting, joyous, protecting, harmonizing, transforming negativity, inspiring, peaceful, beautiful, energizing, rejuvenating, and plain feeling good.

Holos Amulets are produced in the United States and are unconditionally guaranteed in quality and workmanship for life.

24K Gold Plated



Stainless Bronze



Antique Bronze



Cast Copper



Cast Sterling Silver



Cast 14K Gold

HOLOS Public Art for Peace

My vision for creating public artwork with this design gave me a number of design ideas. Some were inspiring and manifested and some not yet possible. I've often wondered why so many public artworks are focused on war memorials and tragic loss. I feel all communities need public artwork that unifies and uplifts our spirit in peace. Many of us have lived long enough with wars to know that world peace will not come about easily. Yet inner peace is accessible to each of us. Here are two visions for HOLOS public artwork.



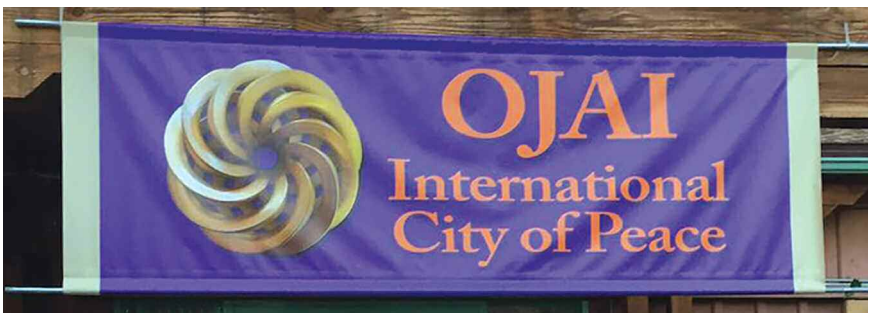
Cities of Peace

I've had a strong commitment for creating Cities of Peace, inspired by my community peace building work post 9/11. Our planet and our human family are at a critical crossroad. Though there is much polarization, violence and destruction, I believe that many of us long deeply in our hearts for connection and inner peace. How can we inspire and empower each other to make this world a better place? Connecting with our inner peace and bringing compassionate actions into the world, each of us can make a huge difference. When our love of humanity reaches a critical mass, it will awaken those who have closed their hearts.

I shared my vision for Cities of Peace with my friends in my community of Ojai, California. My friend Julie did know of an organization called International Cities of Peace. She said we didn't have to create a new organization, instead, we could apply to become an International City of Peace.

We did apply and in November of 2014, Ojai became the 99th International City of Peace. April of 2015, our City Council issued a proclamation that Ojai is an International City of Peace. The HOLOS design became an integral symbol in our initiative and we celebrate in the 4th of July Parade to cheers from the crowd. There are now, as of this writing, 270 International Cities of Peace in 57 countries, with more emerging. Link to:

<http://www.internationalcitiesofpeace.org/cities-listing/ojai-california-u-s-a/>



Becoming a Nuclear-Free Zone

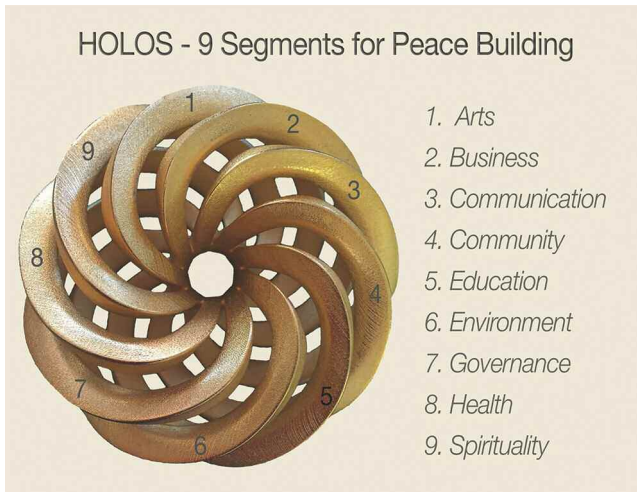


Thanks to the initiative of Ojai resident and peace activist Dr. Bob Dodge (President of Los Angeles chapter of Physicians for Social Responsibility), in 2018 Ojai's City Council agreed to divest from any banks or investments that contribute to the manufacturing of nuclear weapons. This was the critical step for becoming a Nuclear-Free Zone. We created four city welcome signs: *Ojai International City of Peace, Nuclear-Free Zone*. As we celebrated UN International Day of Peace on September 21st, community members gathered around our new sign.



This was followed by the installation of the four welcome signs and ribbon cutting by Mayor Johnston and a few community peace builders.

Building a Culture of Peace



Building a culture of peace in our communities will benefit us all. When we shift from fear and separation to Unity, Peace, and Love, the benefits begin within ourselves and radiate out to our friends, our family, and into our community. We begin to see evidence of:

- crime reduction
- violence reduction
- improved economic performance
- improved education performance
- enhanced government performance

Peace is a strength within each of us. Let peace guide us to more harmonious community and compassionate ways of living on our precious planet Earth.

I am ALL-IN and fully committed to bring this about. I invite you to partner with me in peacebuilding and I seek your support in whatever ways you can implement peace personally, in your families and the community at-large. Let's create many Cities of Peace around the globe.

HOLOS – A New Symbol for Peace



It is time for our global family to recognize a new symbol for peace, around which all humanity can rally. It is my belief that we are now at a critical point of existence – where a universally recognized symbol for peace can bring us to a higher state of consciousness within ourselves and thereby bring about an interrelated, interdependent, interconnected global peace between individuals, societies, and nations.

There have been some cultural symbols that could be seen as representing peace such as the Buddhist, Chinese, and ancient Celtic eternal knots, endless knots, or infinite knots, as they are sometimes called. All the lines to the knots inter-loop and connect, representing an infinite inner connected harmony and peace. As you look at these symbols you can see a common thread – the interconnectedness portrayed by the symbol. I believe this is why these inner-connected designs can resonate with so many people seeking a symbol for peace.

HOLOS visually evokes peace at all levels: from inner peace to outer peace. HOLOS affirms and symbolizes our One Humanity and our connected Universe.



How does the HOLOS design relate to the primordial OM? I will first define OM as the total sound vibration that manifests as the creating universe. Why do I say creating? OM comes from the Vedic tradition and is often expressed by the A-U-M sound vibration. In many religions and cultures, it has been transformed to include sound vibrations that resonate peace and unity. Words like Amen, Shalom, Salaam, Hum, and Amin are some examples.

Science informs us that everything is a vibratory energy. The AUM sound vibration is the vibration that manifests as the totality, the “All That Is”. This correlates with the Vedic trinity of Brahma, Vishnu, and Siva. The first sound, A, invokes Brahma, the creator aspect. The U sound invokes Vishnu, the preserver. And the M sound, Siva, represents the destroyer aspect of God. The three sounds in this one syllable remind us of these three aspects of the Divine, without which nothing exists. Everything is created, sustained, and destroyed repeatedly. Many people sound the OM vibration, feeling the peace of this primordial vibration.

The HOLOS design represents Brahma the creation of sound/thought rising from silence, Vishnu as the movement of the 9-spirals which represent the manifestation and preservation of life, and Siva as the manifestation and destruction as it reenters the silent void.

When exploring the sounding OM, and the power of sound vibration, we recognize the power of our words as sacred, creative, and divine. What we think and say, are sound vibrations and what we become. We are powerful creators! Let us bring more awareness to the vibrations that we create with our thoughts and words. HOLOS and OM are our connections with the One undivided totality.

Ashok Gangadean, Professor of Philosophy at Haverford College, uses the torus to blend the philosophies of East and West, transcending the old worldview where we are all just isolated entities. Ashok found the torus to be the first accurate scientific model that shows how each of us is a distinct individual, but also completely interconnected to all existence.

Sheldon Sperber, MD likens the torus to the shape of consciousness itself, which is further mirrored through universal structures.

Hiroji Sekiguchi, Shinto Priest, *“When I meditate, I observe an energetic pattern before time, before the Big Bang. I observe this spiraling torus pattern, like your HOLOS, compressing the silent void into the Big Bang, and the creation of duality Yin and Yang.”*

Nassim Hamein, Unified Physicist, *“The torus, or primary pattern, is an energy dynamic that looks like a doughnut – it’s a continuous surface with a hole in it. The energy flows in through one end, circulates around the center and exits out the other side. You can see it everywhere – in atoms, cells, seeds, flowers, trees, animals, humans, hurricanes, planets, suns, galaxies and even the cosmos as a whole.”* Nassim Hamein described this HOLOS Amulet design as a model of the creative pattern of our universe.



Nassim Hamein, Unified Physicist

Love Notes

I am grateful beyond words. Would you happen to have another HOLOS? I just gifted the last one to someone who could use it. Mark H

HOLOS embodies peace, joy and harmony. Thank you for creating it so that we may remember to be it. Sandy T

I love my HOLOS necklace, it gives me awakening and harmony. Cecilia S

I so enjoy my HOLOS. Come what may, day by day, it reminds me that Life is eternal and One regardless of how I may be tossed. Great Art! Gerry S

Love both my copper and silver HOLOS. Wanda G

Every day when I put on my HOLOS I hold it tight and call for a Golden bubble of protection around me. It neutralizes negativity as I beam love out to my surroundings. I radiate love and I receive only love. May we all be blessed. Dianne M

The HOLOS design is a new sacred geometry. When I look at the design, I see a "labyrinth to our soul". You have cleared yourself enough to bring forward this symbol for peace. Congratulations. Karen S

The HOLOS design symbolizes the circular, reciprocal, and organic heart and soul of peace. The design is complex simplicity at its finest, much like the organization of our universe. Thanks much, Brian. Sincerely and with respect, Fred A

My HOLOS amulet arrived today and it is Perfect! I have seen many other torus pendants/amulets before finding yours, but yours was definitely the most beautiful. I thank you for everything. All the best to you, Tommy H

I love, love, love my pendant. Thank you so much for making it. Dorothy D.

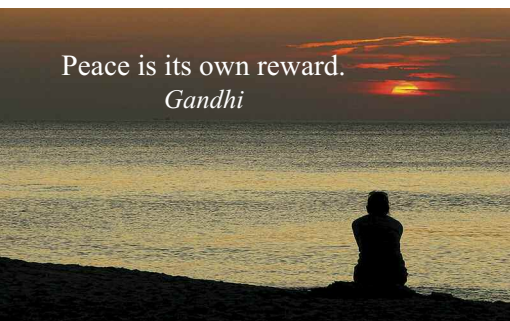
Ready to Awaken the Power of Peace Within?

You likely picked this booklet to read, as you have longed for peace of mind. I will share with you these simple 5 Steps and the benefits of breaking free from your monkey mind. These simple steps will

connect you with inner peace. If you're troubled with constant mental chatter about your personal life or by the state of the world, these 5 Steps will greatly help you. If you feel powerless or hopeless, they will guide you to reconnect with the power of your peaceful presence.

Peace is its own reward.

Gandhi



Benefits of Breaking Free From Your Monkey Mind

- Better concentration ability
- Efficiency in handling your daily affairs of life
- A sense of inner strength and power
- More patience, tolerance and tact
- Freedom from stress, anxieties and worries
- Falling asleep easily and sleeping soundly
- Awareness of inner happiness and peace

My search for peace started in the 1960's during the Vietnam War time. I tried to create peace through social activism, drugs, music, work, but even my loving relationships couldn't give me the peace I was seeking. Then quite by grace, I was introduced to yoga and meditation as a path to inner peace. I became a yoga and meditation teacher, and since 1970 I have been an active peace builder. My artwork supported me during a dramatic mid-life transition and I became an "Artist for Peace." I learned what inner peace is about, and how essentially important it is to quiet the mental chatter, especially when we are facing critical challenges. I offer you steps and tools to live with greater joy, happiness and connection with your True Nature, your peace within.

Steps 1 and 2 • Break Free From Your Monkey Mind

The following 5 Steps to inner peace will make a huge difference in your life. When you identify yourself as your thoughts, you become trapped in an endless stream of thinking. We overlook that peace lies within.

Overview of the 5 Steps

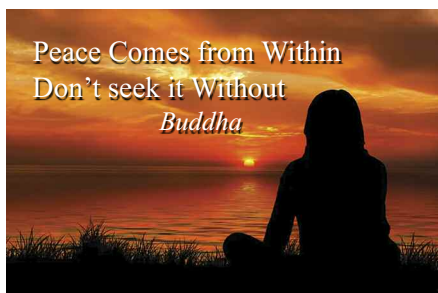
1. Be the observer. Be present.
2. Focus on the breath. Extend your breath to calm down.
3. Scan your body, use your breath to release tensions.
4. Focus on your heart, fill yourself with loving kindness and compassion.
5. Expand your love and compassion to the world.

Give yourself time to connect with these steps each day. This will take just moments out of your day and it will give you a greater capacity to bring the power of peace into your life. Keep a journal and write some of the challenges you feel and how you might address them. Use it daily to track your progress.

Step One: Find a comfortable place to be with as few distractions as possible. Start by being an observer. Be aware of your thoughts, your emotions, body sensations and your experiences. Be present and just observe. If you get carried away in the mind stream of thought, notice that and come back to being the observer. This frees you to be present as the knower of your experience. Contemplate who is observing?

Step Two: Begin by focusing on the breath. Notice your inhalations and exhalations. Extend the length of each and feel the calming effect of this step. You can do this at any time during your day.

When you give yourself time to quiet down, you begin to notice that there is space between your thoughts. This space will increase the more time you are being the observer.

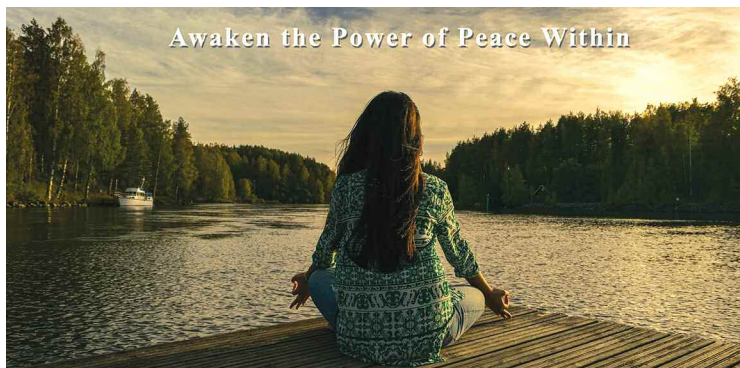


Step Three: Continue being the observer and focusing on your breath. Scan through your body and use your breath to release any tensions you might feel. Breathe into the tension and with your exhalation feel the tension releasing. Give yourself as much time for this as possible.

Step Four: Once you have relaxed your body's tension continue observing your breath. Now focus in the area of your heart. Breathe into your heart allowing it to expand and shower yourself with loving kindness and compassion. Acknowledge yourself for all that you are holding, what you are responsible for, your worries and concerns. Let your heart expand and fill your whole body with loving kindness and compassion.

The more time you spend within this inner space, the more still your mind and emotions become. You are breaking free of your mental chatter and becoming aware that you aren't your thoughts, perceptions, or your emotions. These are experiences and you are the knower of them. This practice leads to a more creative and spacious life. The more you observe this space within, the sooner your thoughts return to stillness. You are awakening the power of peace within.

Continue to write some notes in your journal, adding to it each day so that you can see your progress connecting with your inner peace.



Steps 5 • Break Free From Your Monkey Mind

Step Five: Be the observer and focus your awareness on your heart and your breath. Continue to fill this inner space with love and compassion. Feel the peace which is naturally present when you calm the mind and body.

Now expand your heart to include the outer world. Send your loving kindness and compassion to your family, friends, community, and the world. Here you have arrived as your True Nature which is the power of peace, the source of all happiness.

Notice that you have broken through the clutches of your monkey mind and its false self-identity. Allow yourself to feel the freedom of being without this identity, and ask your-self, “Who am I?”

You have begun a great awakening, what I refer to as Awakening Peace. Cultivate this in your life with compassionate actions as you have awakened the power of peace within. Bravo!!!



Self-Care while Maintaining Your Practice

Now that you have the 5 steps for inner peace, you want to practice the freedom from the constant chatter of your mind. Continue your practice each day and stick with it. Pick a time that gives you the least amount of distractions. You are now in training for the living breakthrough you've wanted all your life. Plan in your journal, your 3, 6, and 12 month goals for best practices. Get started.

Brian Berman



The heart of Brian's work is peace building, which comes from his 50 years of meditation and peace practices. Brian teaches love and compassion for oneself as an essential ingredient, for without peace on the inside there can be no peace on the outside.

As the former co-director and facilitator of the Compassionate Listening Jewish-German Reconciliation Project, Brian with his wife Lisa centered their work on reconciliation and healing the wounds of war.

Together they established the educational non-profit Awakening Peace Inc after they co-founded Ojai, CA as an International City of Peace (ICP). Ojai ICP and Awakening Peace offer programs that enhance a culture of peace with the emphasis that peace begins within each of us.

Brian created HOLOS, a transformational tool and symbol for Unity, Peace, and Love. Brian is trained in Hakomi Therapy, Attitudinal Healing, and taught yoga and meditation for many years. He is an award-winning sculptor with the theme of his artwork - *Art for Peace*.

Brian Berman – Artist for Peace

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