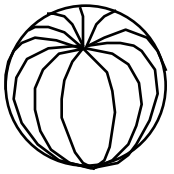
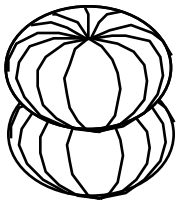
HYDROGEN, as the building block of all the atoms is really a wave shaped into a donut, or torus.



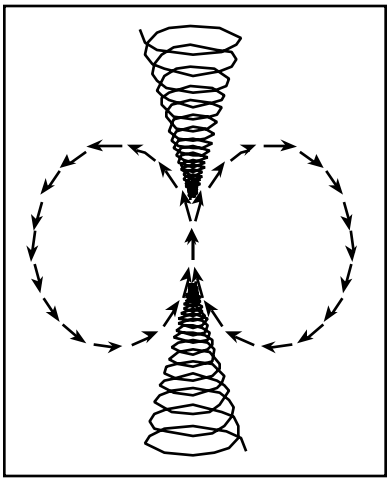
H1 first excited state



H2, Second excited state

בראשית ב
רא אלהים
את השמים
ואת הארץ

This first verse of Genesis in Hebrew read from left to right.



Energy topography of the torus

Next… Un-wrapping the magic pattern.

Well you and I have probably read that first all-important part of the Bible. What are the words which begin the Bible? Do you remember?

If you said “In the Beginning...” you may or may not be exactly right.

It is true that “In the Beginning...” is usually the way we read the first Hebrew words in the bible. But a friend of ours named Fabre D’Olivet thought that we should really be careful about how we read Hebrew letters. So he looked at the way each Hebrew letter was shaped, and the words each letter was nested inside of (in the Bible), and he came up with a super careful way of reading Hebrew. The book he wrote (in France around 1815) is fascinating, it is called: “The Hebraic Tongue Restored.”

Anyway, by looking at just the SHAPES of the letters themselves he proposed wonderful words to read the Bible into English. The shape of the letters of Hebrew were enough to extract all meaning from them. His important translation for this most important beginning part of the most important book was: “AT FIRST IN PRINCIPLE!” Later we’ll see that if the universe is made of just ONE kind of stuff, then shape has to be enough for EVERYTHING to get meaning.

So I guess we have a clue that indeed our first principle idea may indeed be put just where we figured: in the FIRST part of the Bible.

Now Hebrew scholars have been saying for years that you could figure everything out from the first word in the bible. And that if you didn’t get it from the first word, then certainly you would get the pattern from the first verse. And that if you didn’t get it from the first verse, you would get it from the first book… and so on.

So, there must be a pattern in those first letters of Hebrew.

And it must be the pattern for ALL other patterns. That means that before this pattern, there is NO other pattern or picture or shape OF ANY KIND.

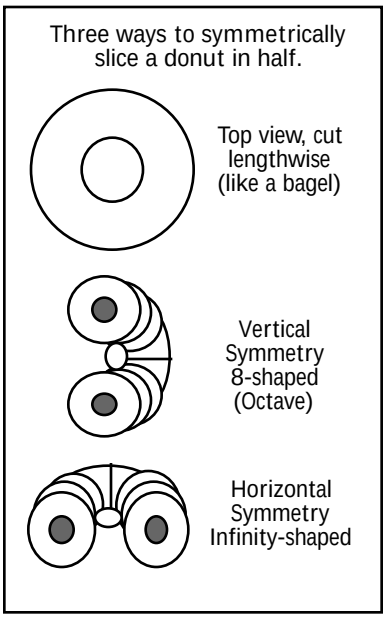
Does this seem impossible? How could you have a whole universe of stuff, and not have ANY shape before this shape?

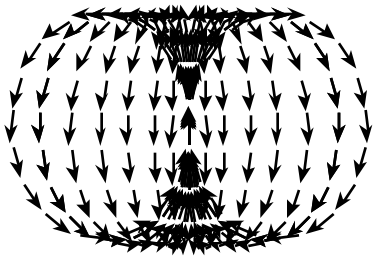
Well, it turns out that this question has been asked before.

Some folks who study something fun called HYDRO-DYNAMICS have been asked it for years. Hydro- means stuff made out of liquid or flowing. And Dynamic means the shapes and laws of how it flows.

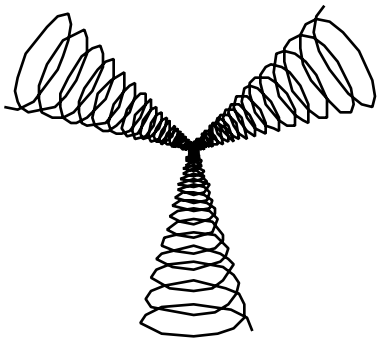
Anyway these experts on how things flow together may have an answer for us. It does seem that flowing together is the heart of this problem about where did the universe come from. So it probably would be good for us to ask these folks who study the flow of things.

We need to know what FIRST pattern occurs when you have only movement or flow, but NO pattern or order. Well, when we ask these





Energy flow within the torus



Three vortexes emanating from central point

experts on how things flow, what you can make if you have ONLY ONE kind of flowing material flowing around with only itself to play with, what do you think they answer?

I'll give you a hint. When someone is blowing smoke out of their mouth, so that you can see the SHAPE of their breath, what is the only shape they can make which will stand still (remember itself) in the air, even though it is still flowing inside itself?

Of course you're right, it's simple:

A SMOKE RING!

A DONUT.

This shape is also called a TORUS. This SLIP KNOT shape is the ONLY way to get LIGHT to appear to stand still!

Next, try to think of all the different ways you could make circles on the surface of a donut?

What are the 3 different ways to cut through a donut? Each way of holding your cutting knife is at a right angle to the others.

If you cut your donuts in these 3 different ways properly, you will get a figure 8 up and down, and one sideways. Thirdly, the cut through the whole flat center of the donut will leave you with a little circle inside of the big outside circle of the donut. These are the three ways you could be making circles or spinning on the surface of the donut. This is kind of like having 3 spinning tops or "gyroscopes" all spinning at once inside ONE toy donut!

A spinning top can move from side to side, but it can't fall over. If you could make three tops spin inside ONE toy, then it wouldn't fall sideways, or up and down, or back and forth!

Scientists tell us these three spins inside the donut, are the reason why it is the best shape for remembering where we put light. You focus, then "poof," it stays put.

Neat trick, especially since these same scientists tell us that this remembering where light is circling, is our only way of making matter (or "mass"). Their special word for what your spinning top remembers is "inertia;" it is the ONLY ingredient for measuring "mass" or matter.

Probably we should be very careful what donuts we create by focusing light, because it seems we haven't got anything else to work with.

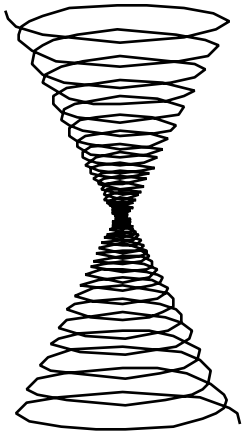
Don't spend too much time focusing your mind on things like mad or sad, because guess what happens when you let those feelings face outside?

Yep, they freeze that way.

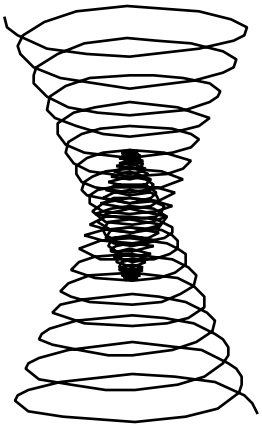
So here are the pictures of Mother Nature nesting the vortex, tornado, donut… (this is her form of remembering.)

On top see the water vortex, suggesting how donuts flow into themselves every which way. On the top right see how a donut is in a way a pair of vortex.

Notice that the top and bottom half of a donut is the same "vortex" shape you see when you pull the plug in your bath tub. Everything that flows seems to remember how to make this shape. Notice how the picture (above right) of a pair of these vortexes looks like a pair of little tornadoes. A tornado is a natural (but powerful) flow in air and water mist, of a bigger form of this same important shape.



Vortex pair



Interpenetrating vortex pair

It seems that every time Mother Nature wants to store a flowing form in some shape or "thing" that won't immediately disappear, she uses the shape of the vortex or donut.

It is interesting to think about how all religions say that the universe is ONE substance. And Albert Einstein said the same thing, he called it "The Unified Field." What does this suggest about how the universe remembers in-form-ation?

You're right, if you said that since the universe can't sort things out by what they're made of (since everything is made of the same everything-jelly), THEN the only thing the universe has to remember is SHAPE. Can you imagine that things like apples and tinkertoys and babies are ALL made out of the same light stuff, and only the SHAPE of the light re-membering how to flow through them keeps them who they are?

Do you think this was God's idea?

Or was it yours?

And if it is true that in only ONE substance flowing, this donut shape is the shape from which you must build ALL other shapes (according to "HYDRO-DYNAMICS") — THEN — this donut thing must be a kind of alpha-bet for building EVERYTHING else. But how do we get an alphabet from a donut?

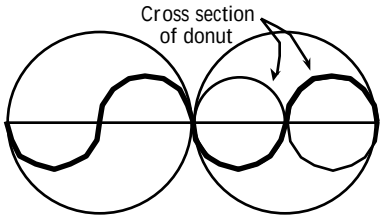
Yes, it does seem magical to say that all you need to create matter out of ONE soup, is a cookbook on how to arrange donuts. If indeed the universe is ONE stuff, then there is no other way. After all, UNI-Verse means: "One-Song."

That means that the key pattern in our Torah or Bible, must be this cookbook. Torus and Torah are very close words to each other. And "Torus" is the scientists name for this important DONUT shape. In fact the word torus comes from "tourbillion" which MEANS: "scroll-work made of light"! Kind of sounds like an alphabet doesn't it — a scrollwork in light.

So in order to record the pattern which builds all other patterns, all we need to do is write down how to nest these donuts. Scientists also call the donut shape a "domain". And they say everything is made

of these domains. This includes electrons, and something called a "field" (which is really just a donut shaped picture of waves standing in one place).

Scientists also tell us that everything is made of waves. And they say that all wave shapes are really just various arrangements of ONE wave shape. They call this ONE important wave shape: "The Sine Wave." Kind of sounds like "sign wave" doesn't it. Anyway notice how this sine wave shape on a flat piece of paper, is really just the shadow of our DONUT!

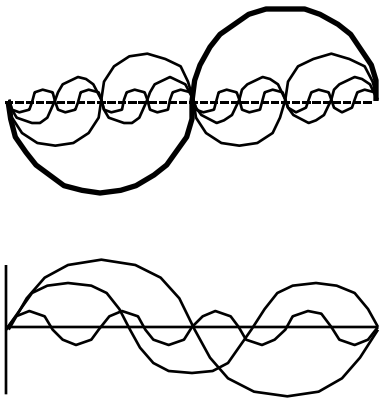


The Sine/Sign Wave

(The outer circle is just the next bigger sine wave, nested donut in donut in donut in donut.)

In another very old and important book this picture is called "The Tao".

So this donut shape is just the tilting around of our scientists' favorite shape anyway, the "Sine" wave. In fact, the same simple sine wave in air can make all the complicated wave shapes we hear. Even your Mother making sounds with her mouth like "clean up your room," is really just fancy nests of many different lengths of this simple wave faced off together. The law in physics which says that ALL shapes are just this same simple sine wave added up in different ways, is called the "Fourier" principle. You say it like: "for yeah!" because it means we are all one.



Wave Envelopes

The next section asks the question: how do donuts, like birds, remember to build nests?

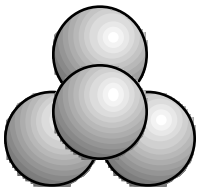
The usual answer to this question is the word "instinct". But I always felt that "instinct" was just another word meaning "We don't really know." In my mind, when this "don't know" problem happens, I usually start drawing pictures. This helps.

So, using pictures for help, next we must ask ourselves, how can this donut thing get nested to make everything. even all funny shapes, like all the different things scientists call "atoms." (They say our world is made up entirely of these "atoms," whose shapes are arranged in something they call "the atomic table.")

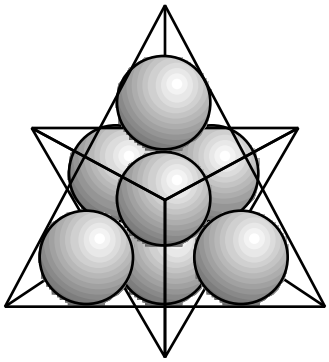
Well, the table of all the "atoms" that make matter, is really just a table of the shapes donuts make. There are only certain ways donuts or anything can spin around, and still fit all pretty together. Those scientists folks call this "symmetry." You don't need to remember that word however, just remember that donuts only nest up into shapes that "spin pretty."

Now spinning pretty into a shape, means that all the faces of that shape have to fit together. The shapes which these vortex pairs make when they do this nesting are:

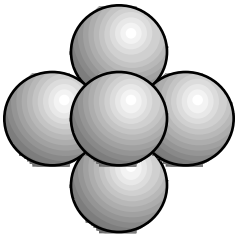
SPACE-FILLING HIERARCHY OF PLATONIC SOLIDS



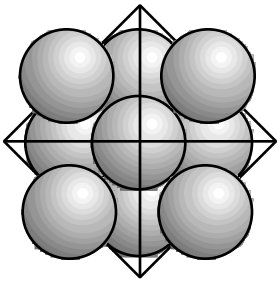
Four spheres in tetrahedronal configuration are the greatest number that can be in simultaneous contact.



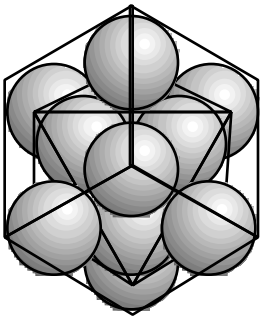
A second set of spheres shows that the tetrahedron is its own dual.



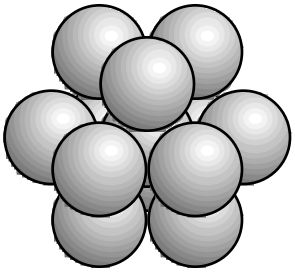
The next most economical grouping of spheres is an octahedral configuration: each sphere touches four others.



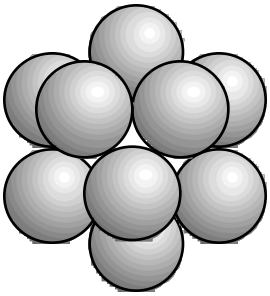
The octahedron outlined by edges with eight additional spheres.



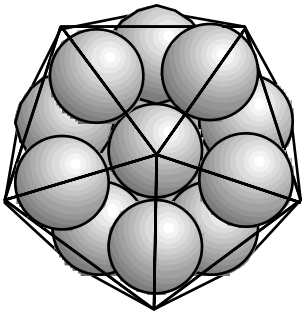
Outlining the second set of spheres produces a cube, the dual of the octahedron.



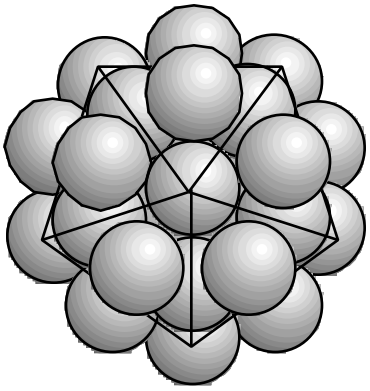
The closest packing of equal spheres around a nucleus of equal size creates a cubeoctahedron.



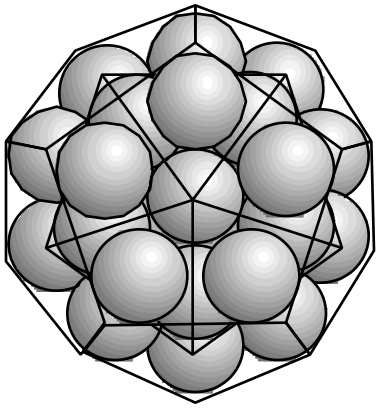
The closest packing of equal spheres without a nucleus closes the triangulation into an icosahedronal grouping.



The icosahedron, with its edges outlined, is formed by 12 spheres in close configuration each touching five others.



The icosahedron, edges outlined, with a sphere on each face has 32 spheres in all.



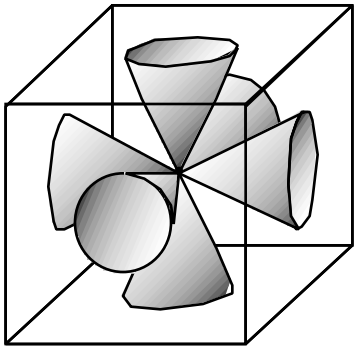
The regular dodecahedron, formed by adding 20 spheres one to each face of the icosahedron showing its dual relationship with the icosahedron.

1 donut pair… picture of donut with one vortex each, top and bottom.

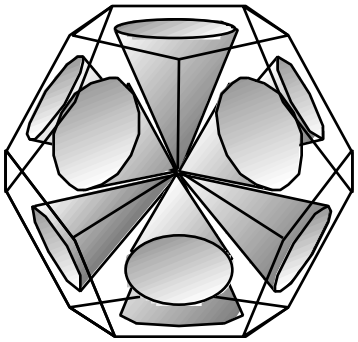
3 donut pair… (a cube)

5 donut pair… (a dodeca-hedron):

7 donut pair… (an icosa-hedron):



Three conical vortex pairs (donuts) describe the cube's energy matrix.



The dodecahedron's vortex pairing

These are the POLY-HEDRA (Poly means many, hedra means face), the regular SOLID shapes.

See if you can still imagine how these faces fit together, even with your eyes closed!

Does this feel anything like how the faces of your friends and their "points of view" also fit together? Seeing all points of view at once in your head is called "consumed perspective". It's something like holding inside you all at once, the memory of what one whole group of your friends must be seeing and feeling.

Later in the big book called "chemistry" you will learn that all atoms (which is EVERY-THING) fits into this ONE simple set of wave patterns called the "Atomic Table." What holds it all together is these nifty do-hickeys called ELECT-TRONS which are really packets (or nests) of WAVES! They manage to hang together in layers of waves called "SHELLS." The neat thing is that each layer of shells holds 2, 6,10, and then 14 ELECT-TRONS. (Scientists call these the s, p, d, & f subshells).

Guess how many vortices we created above by nesting 1, 3, 5 and 7 donuts into the regular or "platonic" solids? Right you are, there are 2 vortex tornadoes on every donut.

I think you kind of get the idea now, that all the shapes of the "regular solids", and of the table of the atoms, are made of tilting these donuts in order to nest them.

In a way this has been kind of fun, but what does this have to do with finding the perfect pattern to make everything from the alphabet at the beginning of the Torah?

Now if we are to follow our first rule which was that we could not make any shape except the FIRST shape, then the drawings on flat paper, or shadows, of our alphabet for cooking up matter would look like this.

Clearly, these shadows of how to t i l t donuts, do not look anything like the first pattern in the beginning of the Bible. It would be too confusing anyhow to remember how to nest these donuts by just looking at their whole shadow. There would be lots of shadows of donuts where you couldn't tell whether they were tilted up or down, by just looking at the shadow on paper.

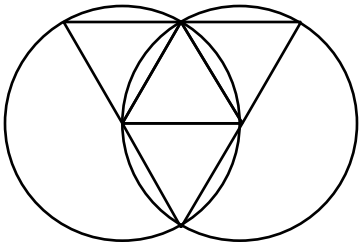
So even though we found something to make all of matter out of,

and quite a good pattern, it still doesn't look like we've found the key in the beginning of the letters of our wholey book.

Now if we really think about what is our problem in getting the key pattern from off the surface of these donuts onto our flat paper…The problem IS getting the unwrapping MAPPED onto "flat-land" paper from off our nice thick donut. Every time we draw the whole donut onto our pieces of flat paper, we do not get a good enough "shadow" to remember how it was tilted.

So obviously we must record some little piece of the donut onto flat paper, INSTEAD.

But we said before that we are going to start with only the absolute NATURAL thing (the donut). What is a "natural" way to divide up or slice our donut. Any slice we might take out of the donut to "separate" the thing, might not be nature's way of doing it.

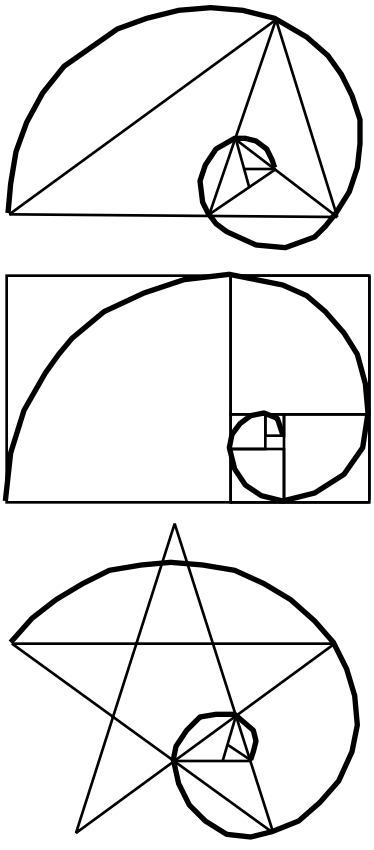


"Surface is composed of triangles."
PLATO

Fortunately, nature does have ONE natural way of making a map of the surface of a donut. It comes from a very old problem of making maps, where you want to have as many countries all touching each other on the map as possible.

So the problem is to get as much touching happening as possible, on our surface map. If we draw triangles, we can get 3 friendly countries all touching on our map.

Of course, if we draw our triangles along a spiral, then the pattern of touching can just keep on going…



3 countries touching along a spiral path.
4 countries touching along the same spiral
"Spiraling Triangles"
"Spiraling Squares"

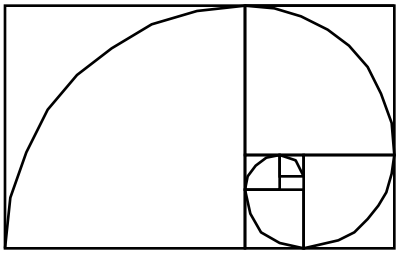
Spiraling triangles and squares

This exact spiral is so special it has its' own name. It is called the "GOLDEN MEAN" spiral. The name is very nice because it does have a golden meaning. Dorothy for example used this same golden spiral to get to the Emerald City. She called it a "yellow brick road."

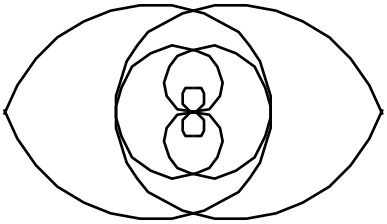
In fact, the GOLDEN MEAN would probably be the only other thing besides the donut, which would occur naturally in a world made ONLY of waves. To understand this, remember that the GOLDEN MEAN is a significant number described by something called a RATIO; it is always only a RELATIONSHIP between others, nothing by itself.

This GOLDEN MEAN is also called PHI (pronounced FIE). It occurs naturally because waves nest or INTERFERE with each other in a predictable way. Every time you get two different waves to focus at a point they interfere or beat there together. They send out waves which are the product of their beat or interference. Scientists call

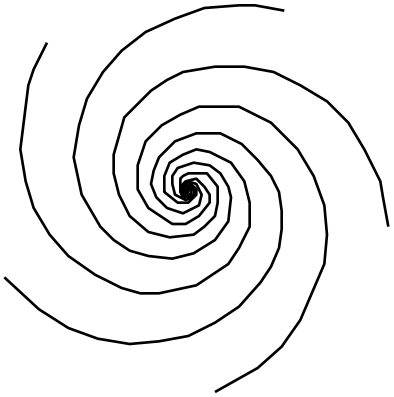
THE DANCE OF THE PHI SPIRAL



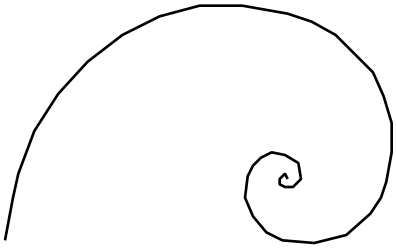
Phi Spiral within a Golden Rectangle.



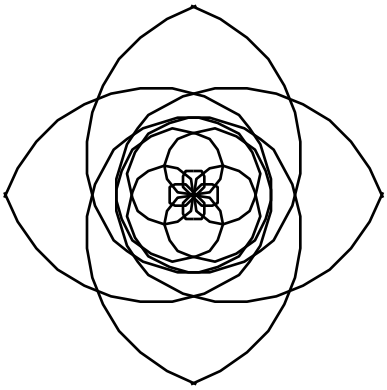
Two spiral hearts nest to create a shape similar to the vescia piscis.



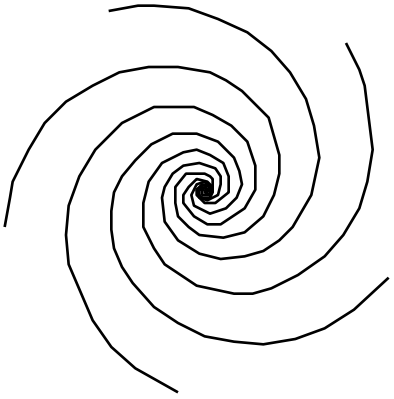
Five Phi Spirals moving in a counter-clockwise direction.



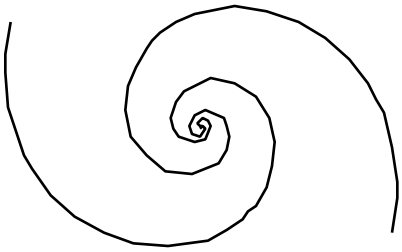
The Golden Spiral Path.



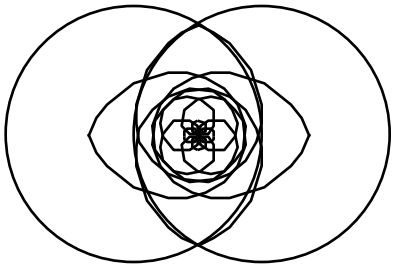
A nesting of four phi spiral hearts (or eight phi spirals).



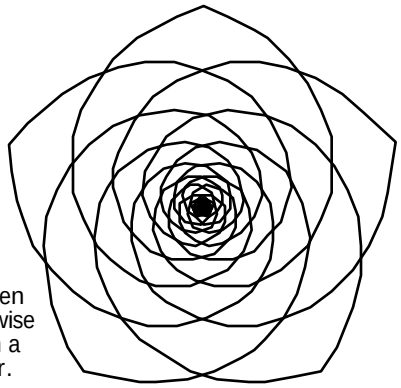
Five Phi Spirals moving clockwise.



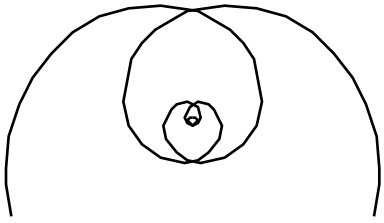
A vortex is created by two phi spirals which move in the same direction and meet at the center.



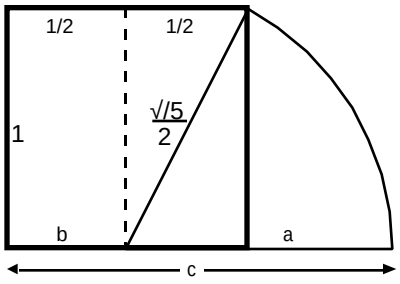
The phi spiral vescia piscis compared with an actual vescia piscis.



A recursive fractal flower is created when five Phi Spirals moving in a counter-clockwise direction and five phi spirals moving in a clockwise direction meet at the center.

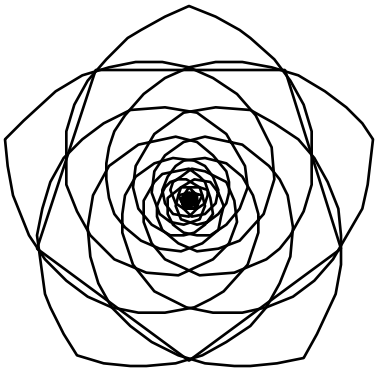


A heart shape is created by two phi spirals which move in opposite directions and meet at the center.

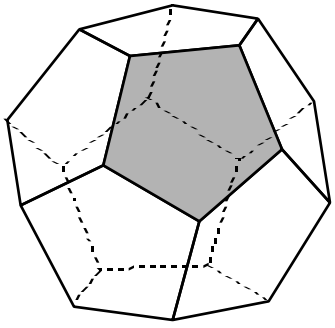


$$C = \frac{\sqrt{5}}{2} + \frac{1}{2} = \phi$$

The Golden Section represents the most reduced relationship through which unity may be expressed in proportional form.



The relationship between 10 nested phi spirals and the pentagon.



The dodecahedron has twelve pentagonal faces.

these children of waves: HETERODYNES (this word means the other of two). The length of the waves which come out when two parent waves beat are the ADDITION and the MULTIPLICATION of the parent waves. Guess which pattern is the ONLY pattern in the universe which both includes ADDING and MULTIPLYING?

Right you are, the GOLDEN MEAN.

.
.
.
.618...
1.000...
1.618...
2.618...
.
.
.

This series of numbers goes on forever, bigger and littler. Take any number in the series times 1.618... and you get the next number. Multiplying works!

Take any number in the series ADDED to the next number, and you get the following number. Adding works!

It is the BEST PATTERN for waves to nest in, so that they don't interfere with each other and cancel out their memories. When we draw this pattern or ratio as a spiral it does the best job of connecting, in a friendly way, just about anything. It nests triangles, squares, pentagrams. When we connect the pentagrams (5 sided things), we make a solid figure which is the dodeca-hedron we saw above. This is the perfect home for golden mean spirals.

AND the dodecahedron is the geometric matrix of DNA, the grid around Earth, and with its 12 faces. the zodiac itself! In a famous book on "sacred" geometry by John Michell, it is the shape of the City of Revelation.

But let's not get ahead of our story. We found that the GOLDEN MEAN happens naturally when waves try to nest at their best, with nothing else but themselves to play with!

Then the GOLDEN MEAN uses the 7 donut icosahedron and the 5 donut dodecahedron to make the only other naturally occurring numbers: PI and e. (GOLDEN MEAN or PHI=7/5 PI / e.)

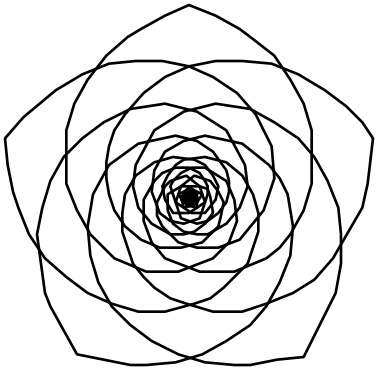
These 3 numbers pop out of the universe all by themselves!

PHI (The Golden Mean 1.618033989…)

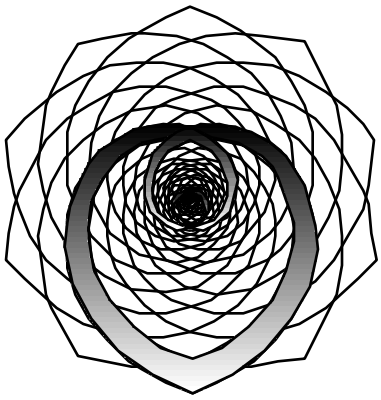
PI (The Ratio of A Circle to its Diameter 3.1415927…)

e (The base of "The Natural Log" which is kind of the natural path for growth! 2.71828182846…)

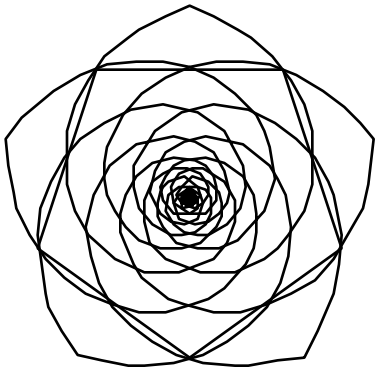
FUN WITH THE PHI FRACTAL FLOWER



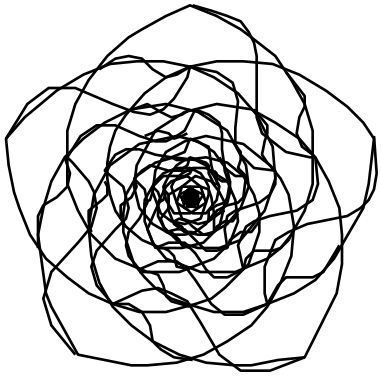
Fractal flower created by 10 phi spirals



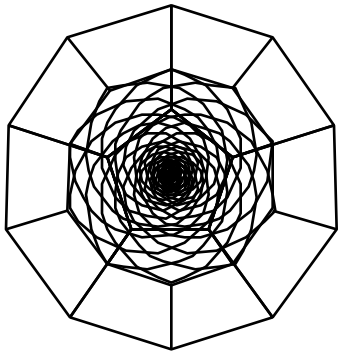
Twenty Phi Spirals nesting with fractal phi heart.



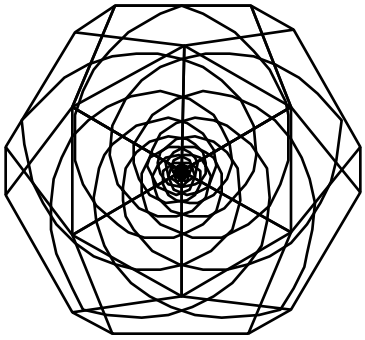
Fractal flower and pentagon.



Wave fronts within fractal heart



Fractal flower within dodecahedron (top view)



Fractal Flower within dodecahedron (side view)

A very wonderful group of scientists called "The Fundamental Physicists" say that all of the scientific constant numbers can be built starting from just these NATURALLY occurring numbers. Now we see that even these numbers are built on each other.

Let's try to draw a picture of this idea, using the GOLDEN MEAN SPIRAL…

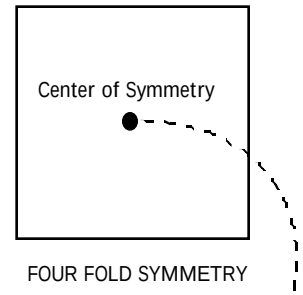
On the top see the top down view of 10 of these GOLDEN MEAN spirals. We have drawn the spirals down a light cone in such a way (a 36 degree, one tenth of a circle, phase lock) that they nest Dodecahedron inside each other. We have a Cosmic Fractal Biocrystal kit which builds this forever continuing nest. Later, in the Bible, this is called a "Merkabbah" vehicle.

The important thing is that a particular shape of light cone, based on the Golden Mean, permits regular shapes to NEST at their BEST.

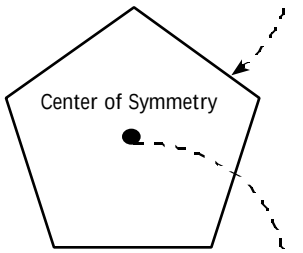
This is the way light holds matter in IT'S nest!

Four of these golden mean spirals, create a picture that looks a little bit like an eye, called a "vesica pisces."

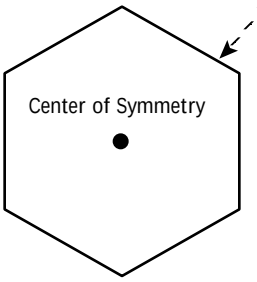
In a symmetrical figure, the center of symmetry constitutes another element which becomes the seed for the next order of symmetry:



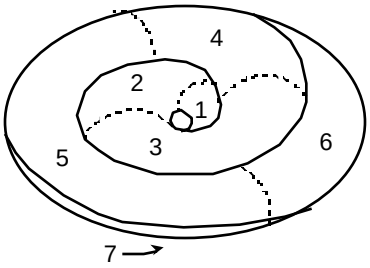
FOUR FOLD SYMMETRY



FIVE FOLD SYMMETRY



SIX FOLD SYMMETRY



The rainbow connection: seven regions mapped on a torus.

Which is just a different way of drawing our "Spiraling Squares" picture:

The next pattern we need to continue our map edge touching problem is the FIVE pattern:

The five sided figures called "pentagrams," ("pent" means five.) allow five friendly countries to touch.

This genetic light ratchet is the shape that holds the memory for living things like pressure bubbles in the quantum foam, separating out coherent spin from background radiation. By shaping the turn angle of the self/not self stairway, this braided form is the master switcher in getting the keys and locks to into the right places on this lovers' pony tail called "The Gene." Later you may learn that by putting your feelings "in order," you actually choose how to braid your DNA!

When you hug your mother, you do it just right to send wave ratios right down into her DNA. This is called "programming" the cells in your body to make shapes according to your feelings. The spiral braid of love lines programs or organizes the instructions for how to cook up the things that make a cell in your body. The shape of the long wave of your emotion, or feeling, spirals along by braid into the short wave of your cell's metabolic geometry. Scientists call this pathway for long waves to nest among short waves a "cascade."

The important thing to realize is that every time you feel love or anger waving through your body, you are choosing how to program (or weave) the braid of life inside your cells!

For now, just remember that how you hold your feelings together is VERY important, for your gentle feelings are the GLUE (or Yoga), which keeps light and everything from falling apart. Dreaming and "feeling" are a Never Ending Story. Woven all together, they nest our memories safely away from crumbling into "the nothing."

But let's not forget the problem we were working on. We got the map shape right to touch 5 countries using the GOLDEN MEAN. Drawing a shape that touches 6 is next.

We want our countries on our map to be even friendlier, the "HEXagram" touches 6:

The six sided figure in the middle is a hexagram. (You guessed it already, that "hex" means six.)

But how are we going to get SEVEN friendly countries to touch each other on our map?!

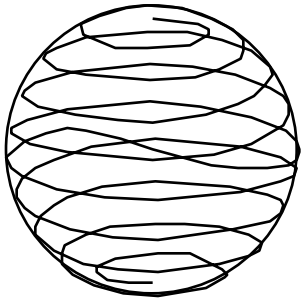
And how are we going to connect these six and seven regions or countries with our favorite golden mean spiral?

Well fortunately our trusty donut can solve BOTH of these problems for us.

First notice that if we could wrap our map back around itself we could get more countries to touch on the map… Can 7 countries or regions all touch each other?

Notice that the folding around the back, is beginning to feel like what a donut does. The strips around the sides in this picture suggest connections between countries on the map made by folding the strip back around itself. In this way we got 7 countries touching. If these were 7 colors on a prettier donut, we could call it a RAINBOW connection!

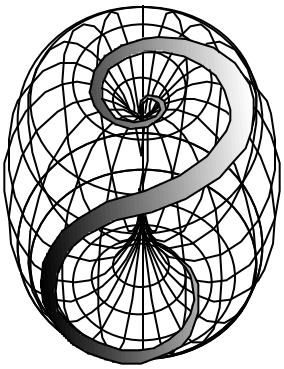
It might be easier to picture in your mind this way:



Spiral spinning clockwise and counterclockwisewithin globe

The letters stand for the colors of the rainbow, with black and white at the corners. See how right left and up down folding seem to be like what you would need to do if you could make a donut out of a piece of paper.

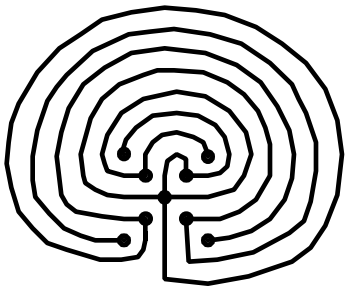
Now look again at how this spiral gets the best map off the donut. Notice how views of this sample spiral off the donut, seem like pieces of the alphabet!?



Now, having laid this spiral on the donut, we seem to have a good handle on how this donut tilts!

Notice how this donut is like “Adam’s” apple.

Now, another way to lay this 7 color or country, map from the donut, onto a flat piece of paper is this:



There are seven turns in a nine-stone labyrinth.

This flat record of the 7 strip off the donut is called the “Labyrinth.” It was danced upon by ancient peoples called Minoans and Cretans. By re-membering in a dance the 7 turns necessary to slip-knot light donuts into matter, we learn the path of focus into and out of matter. This body learning permits you to remember how to turn inside out, the sequence which connects you to the pure principle of braiding matter out of light. Think of it as the way through the gates between light as “node” (or bubble or donut or circle or “matter,”) and light as wave or line or “energy.”

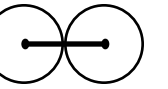
Since light makes these folds called matter donuts when it crosses itself, this dance on the labyrinth is a way to get up off your cross and follow sum ONE.

So we lay out the first verse of Genesis on 7 turns around the donut/labyrinth, to get our pattern. The letters themselves are different viewpoints of ONE form, according to where on the donut you are observing the spiral strip.

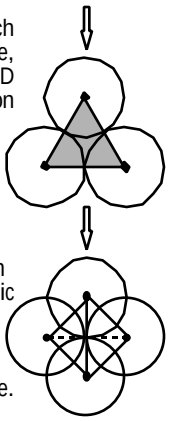
Here we have the 7 layer strip that folds back around itself.

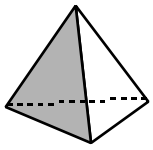
The first letters of the Torah form their natural symmetry (mirror like images of each other) groups when laid out in order around the 7

The Economic Unfolding of the Dimensions of Space

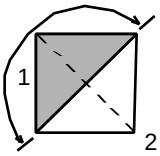


A moving point becomes a line which becomes a 2-D plane, which becomes a 3-D solid. The tetrahedron is the most simple primary solid. It's every corner is the same distance from every other corner. The tetrahedron commonly occurs in organic and inorganic chemistry and is the bais of the amino acids, the building blocks of life.

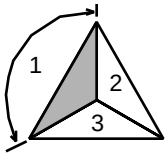




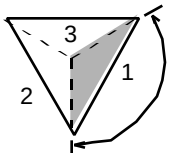
Tetrahedron as shown in perspective



Viewed edge-on in a 2-fold symmetry

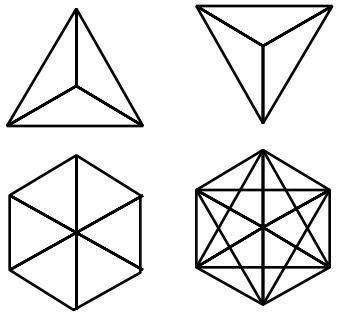


Viewed face-on in a 3-fold symmetry



Viewed in an alternate 3-fold symmetry

The tetrahedron is described as having 2, 3, 3-fold symmetry



Two tetrahedra will fit inside a cube.

layer strip map of the Donut! (Discovered by Stan Tenen in 1968.) Actually the amount of tilt around the donut to make each letter in sequence to say the first verse of Genesis "turns out" to be the sequence of views which would allow you to turn yourself inside out — slip knot — without losing focus on center.

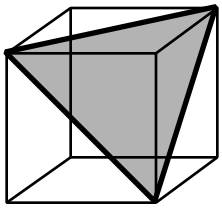
You might say, well how do we know just how much to tilt that little strip to get to each letter of our alphabet of symmetry? The clue is just how much to tilt the TETRA-hedron to nest all the other regular solids.

Using the "tetra-hedra" (4 faced) figure to keep track of the spinning donut strip making Hebrew, allows all the rows of letters lined up with the center to be mirror images of one another.

Now, this seems like a square way to view a very round donut. Of course squares in flat "land" are cubes in REAL life. And cubes are made of two four pointed forms called tetrahedra.

Well, this four pointed tetrahedron can be nested around to make every other regular solid shape, even the icosahedron and dodecahedron shapes we saw made out of vortex donuts above.

Here the cubes made of tetrahedra, nest around a common center...to make a DODECA-hedron. (remember 2+10=12, do=2, dec=10, dodeca=12 faces..)



Two tetrahedra fit inside one cube. For clarity's sake, only one tetrahedron is shown above.

And now for the most magical part:

Since the tetrahedron builds just about everything, it seems like a good shape to use to remember how donuts nest. In fact the tetrahedron has the most mirror faces (symmetry) of any shape we know. (7 different ways to spin on a center pivot).

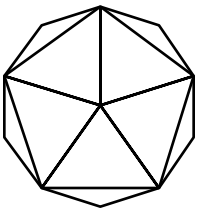
So we take the shape in the universe that knows best how to turn into itself: the tetrahedron. It becomes like a "tent" in which to meet. The spiral strip we peeled off our donut becomes the "flame".

Putting the "flame" in the meeting "tent," we can keep track of its spinning. We can call it a "flame" letter because it is the el-ement of light or flame which permits light to bubble, or stand in a nest. "El" means phase (face) shift — or tilt alignment.

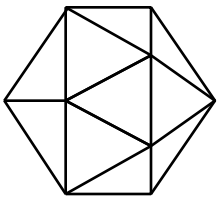
Knowing where we are when we spin donuts seems to be the key to nesting light bubbles into matter.

In fact, keeping track of the tilting donut this way works so well that we call the shadows of the strip (seen from the tetrahedron's faces) a Sacred Alphabet.

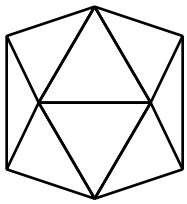
THE ICosaHEDRON & PHI (ø)



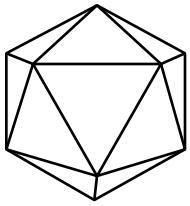
Top view



Side view #1



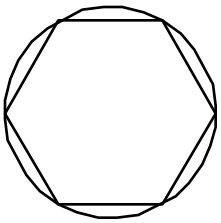
Side view #2



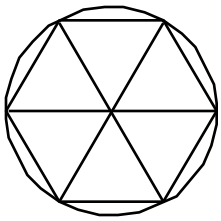
Tilted view

Edges: 30
Faces: 20
Vertices: 12
Length: ø

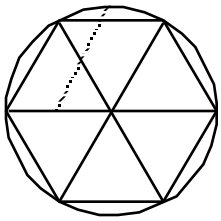
THE SACRED GEOMETRY OF THE ICOSAHEDRON



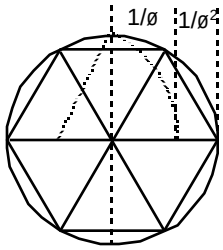
Start with a hexagon inside a circle.



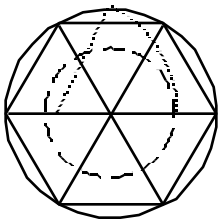
Connect opposite hexagonal apexes.



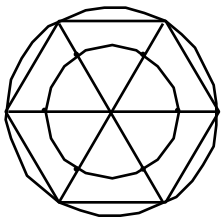
From the mid-point left, divide the horizontal line in half and draw a line to the top of the circle.



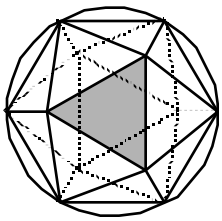
With the midpoint as center and radius, draw arc to intersect with horizontal line.



Draw another circle extending to where the arc intersects the horizontal line.



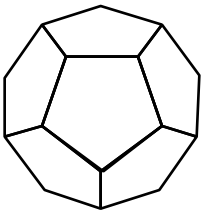
Mark the six points where the circle intesects with the hexagon.



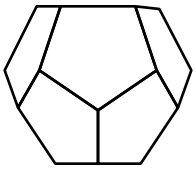
To reveal the icosahedron, simply connect the points.

Through Phi (ø), the icosahedron takes form. The dotted lines denote that part of the icosa-hedron which would not be directly visible to the eye. The shaded area indicates one of the 20 triangular faces of the icosahedron.

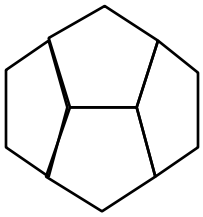
THE DODECaHEDRON & PHI (ø)



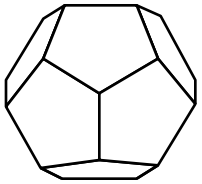
Top view



Side view #1



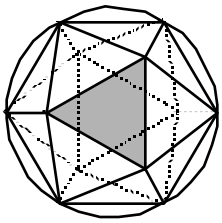
Side view #2



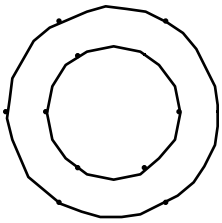
Tilted view

Edges: 30
Faces: 12
Vertices: 20
Length: 1/ø

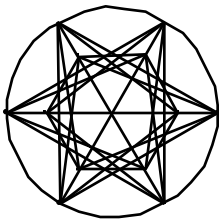
THE DODECAHEDRON EMERGES FROM THE ICOSAHEDRON



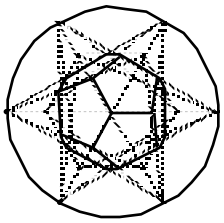
Remember the icosahedron.



Start with drawing the 12 points of the icosahedron.



Connect the 12 vertices, omitting the diameter lines.



The dodecahedron is suspended within the larger icosahedron.

What a powerful way to keep our focus centered as we spin.

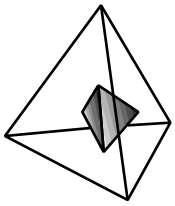
Now, you may ask why was it so important for us to remember how to move our attention around the surface of a donut? Why did our traditions preserve this information so carefully? Why was our whole human family formed around this precious idea of language?

Of course most of the answers to these questions will be fun to find out for yourself. However, I would like to leave you with another clue.

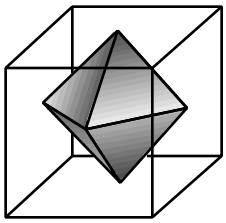
We have seen that flowing around a vortex donut is the only way the universe has to remember — anything. And the center of the donut is what keeps it spinning and nesting and remembering.

The Universe is composed, at its most basic level, of a squishy jello kind of quantum foam that remembers everything by the shape of waves touching. This means you remember how it feels to be hugged by your mother, when you keep that wave flowing through your center, your heart. Your membrane (your skin) has only waves of shape to record who you are, as a memory of being touched.

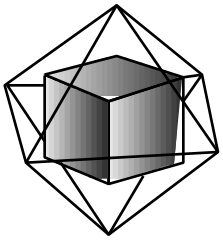
PLATONIC SOLIDS & THEIR DUALS



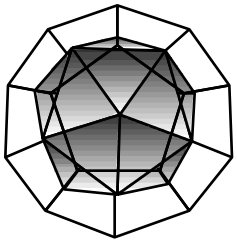
A tetrahedron inside a tetrahedron



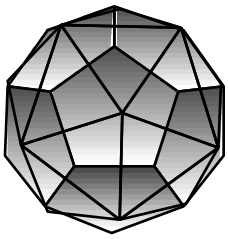
An octahedron inside a cube



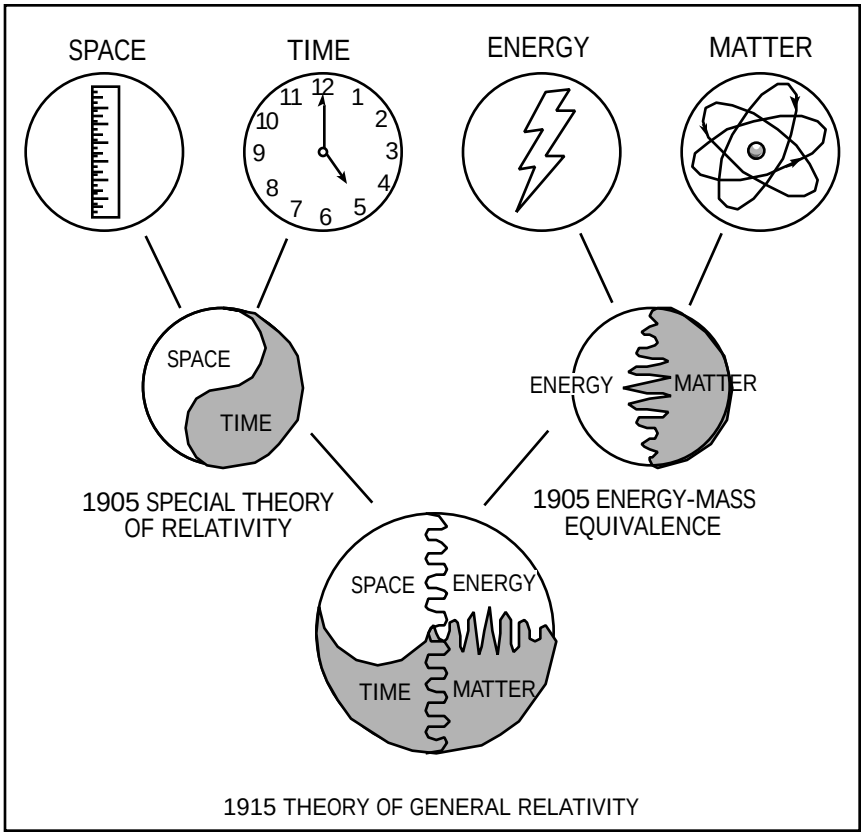
A cube inside an octahedron



An icosahedron inside a dodecahedron



A dodecahedron inside an icosahedron



In a universe made of squishy stuff, only FOCUS keeps the waves going around a center that holds them. Creating in this kind of universe becomes the simple matter of keeping these donuts nested.

Focus is the only power needed to create in our universe made of wave. Your attention is that wonderful power. Keep your attention together on the faces of ONE donut, and you will re-member ALL of them in that ONE.

Assembling many views, many faces into ONE, is called “consumed perspective.” This is what our country’s founders meant by “E Pluribus Unum” — “From many, ONE.”

Remember what you now have assembled in your mind. By blinking in time like lightning lighting up a hummingbird’s wing, language’s different faces suddenly became the faces of just ONE spinning form.