

Art in Heart

Frank Chester

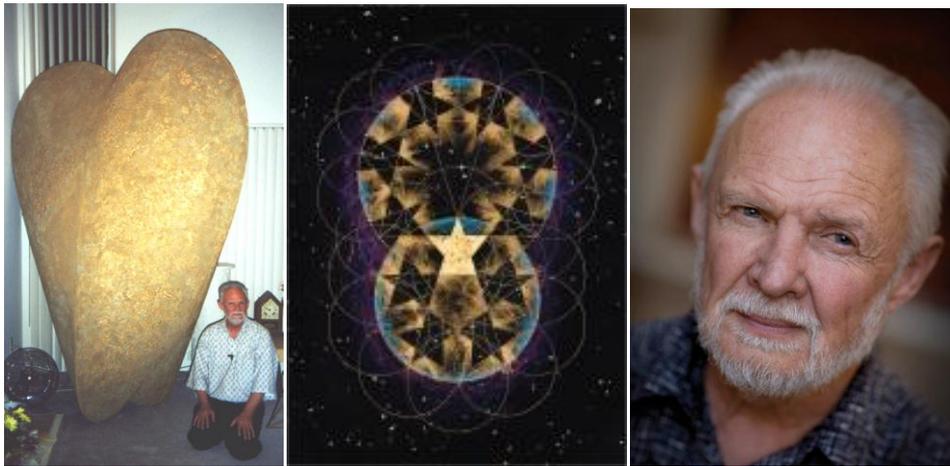
Talk held in ISIP, Makati, August 13, 2010; Documentation by Pam Fernandez. Some clips from various sources had been added to help put clarity in concepts or images. Inaccuracies are mine and not of the speaker.

Some sources:

<http://www.motherworld.net/shared/Lilipoh-article.pdf>

<http://frankchester.com/lilipoh-article-part-ii/>

<http://frankchester.com/the-heart/>



1. Frank Chester discovered a geometry that is not of this world. It is something “in transition” and “a crossing of the threshold”.

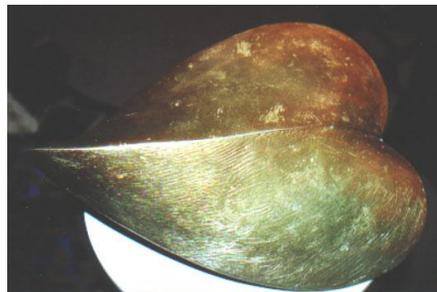


Spirit Form. *It is possible to expand today’s art modernity by artistic/scientific autonomy empathic to discovering a spirit form before it manifests into a form spirit found in nature. Finding a spirit form before it becomes visible is now a lawful reality: a lawful search*

for the unseen. The invisible becomes visible.... The sculptures and drawings featured here are examples of forms freed from the enchantment of nature (copying or imitating) and an overcoming of subjectivity in the artist, into working with unseen forces behind nature's phenomena. A new art – new capacities aimed at discovering lawful forms unseen and then revealing the unseen in new forms

2. I was 60 years old when I started to work on this geometry. Thus, one can go into his/her own “life project” at any age. Each one made an agreement to do something when we came to earth. We incarnate because we learn from here – our life on earth.
3. We need to think lawfully (i.e., must have basis that are according to some earth laws)
4. Frank Chester's geometry “comes out of” the human heart. You see, in the “beginning” (or at first) the heart was geometrical. Then came the actual heart form, then our symbolic or popular current day heart shape. Thus:

Sacred geometry → HEART spirit → heart heart (real) → heart (symbol)
Sacred geometry (invisible) → heart geometry → heart form as we portray today



And then when I did an inversion of this form, which was the fire process in alchemy, I came up with the double-sided heart, the inverted heart, which I call Venus. This is exactly what his Venus seal is; two hearts inverted. So because of that process, whatever Steiner says I never hesitate to think that he may be right. But before I used to question everything he said. Oh my gosh now come on, what is this you know? But now my attitude is completely changed, because he saw the Saturn form turn into Venus without doing it. Somehow he didn't do it—I had to do it, and it took me a year and a half to do it, and it came out exactly like he was saying, but he didn't go through this process that I went through. If you look at Steiner's seals the Saturn form evolves into the Venus form, which is two hearts. How did he know that if you invert the [seven-sided] Saturn form it turns into the Venus form, which is two hearts.

5. In cooking we apply the 4 elements: Earth, Water, Air, Fire (EWAFF). **We always use the EWAFF theme because that is how nature works.** This has applications everywhere. This is how I came up with my discovered form. I used all of the elements in succession. Visit for example the site:
<http://www.spiritualchemy.com/>

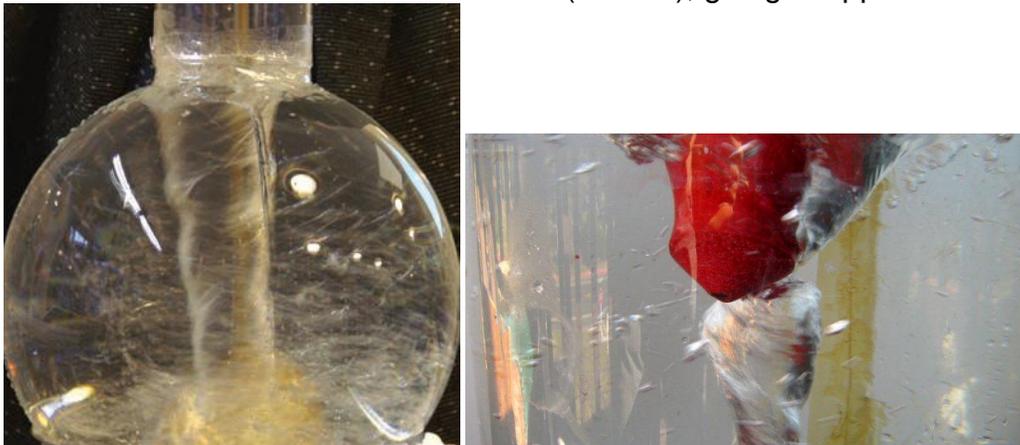
6. We go through life stages and learn in each stage. We need to learn. Everyone or each one of us come here to earth “damaged”. Thus, **our body comes with organs so we can work on the body/self through these organs.** The EWAF are associated with our organs. Ex.

<http://www.chinesemedicinesampler.com/theory5elements.html>

7. I took the EWAF into art. It can be applied to anything including filming, race, cooking, etc.



8. Show: video of vortex in a flask or glass jar. The base of the structure simulates that of the heart. You will see 2 vortices (vertical), going in opposite directions.

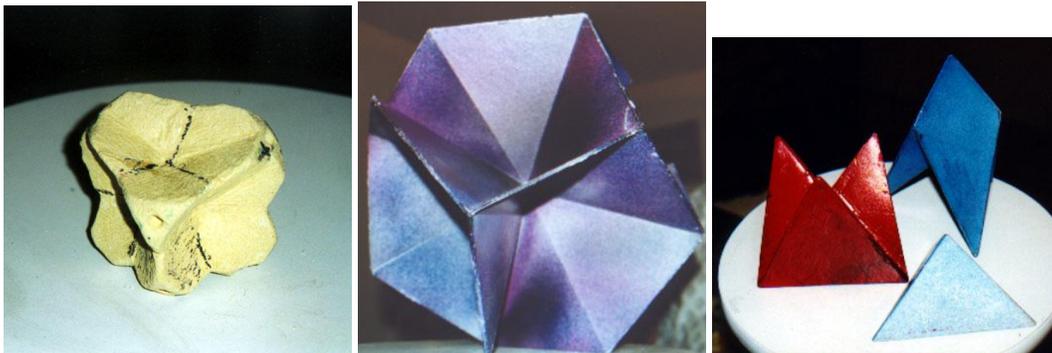


9. How I started: I used 7 sticks and a lump of mud. I had bliss when I started it (this was my driving force). I wanted to make a figure of 7 equal faces. I was doing subjective art. Essential requisite in doing something is to have bliss. We need connect to our heart.



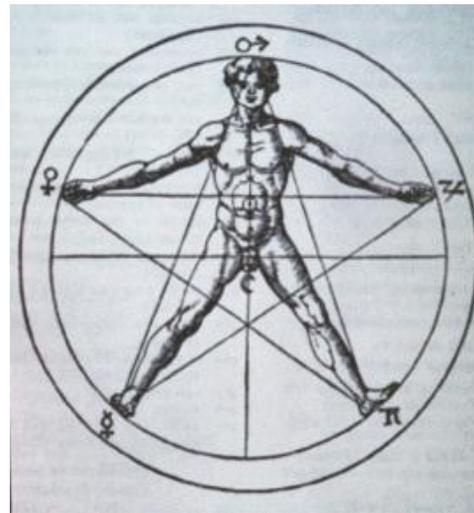
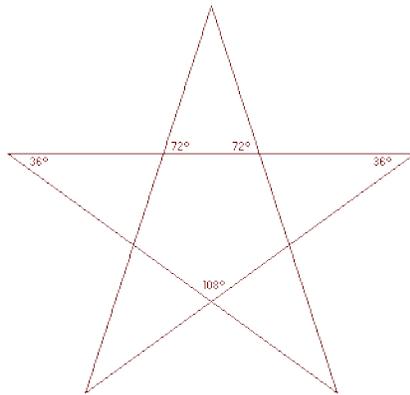
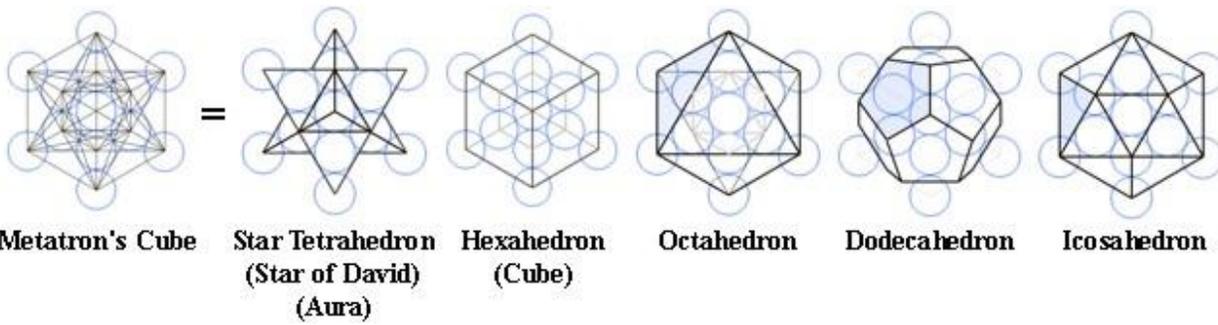
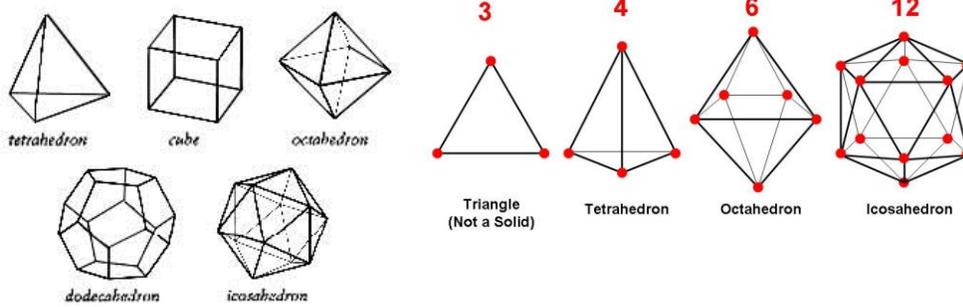
10. With the initial materials I intended to make 7 equal faces but I ended up with 10 faces.
11. I pursued subjective art and finally arrived at my first 7-sided figure. The clump was scooped out of its filling on the sides in between the sticks. But I got 42 triangles! However, the dug-out portions can be put together to form 7 sides (more or less at first, until I came up with a figure with perfect area. I discovered it artistically or through arts (not through mathematics)).

A month or so later I came up with the seven-sided form. It has seven sides, with forty-two triangles exactly the same size. Their surface areas are equal, and each one of those has six triangles which are exactly the same size, which together becomes a seven sided object. The only problem is that there are different shapes in there. So what I realized is that I needed to reduce the six to three. So I reduced the six triangles to three triangles, and I came up with four shapes that had three triangles, and three shapes that had four triangles. I thought "What is this all about?" So I decided to pour plaster into the form in equal amounts, then I took those forms out and glued them back together. And I came up with the Saturn form. I found that it had seven surfaces with equal area, and seven points, and it has seven edges. It was this beautiful semi-pyramid shape. It came out way beyond my expectations.

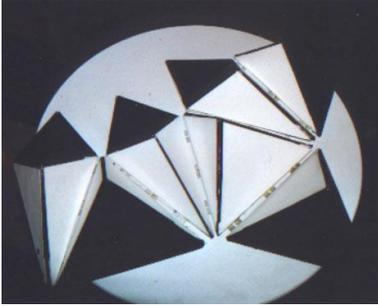


12. The figure has the golden mean all over it. So it is lawful...
13. Icosahedron is for the water element. The other shapes are the cube (6 sides) or hexahedron for earth, tetrahedron (pyramid) for fire and octahedron (double pyramid?) for air.

Platonic Solid Vertices



- Where do shapes come from? From the stars! 3 star – 3 pentagon?
- Opened chestahedron figure (surfaces or planes) reveals 3 stars.



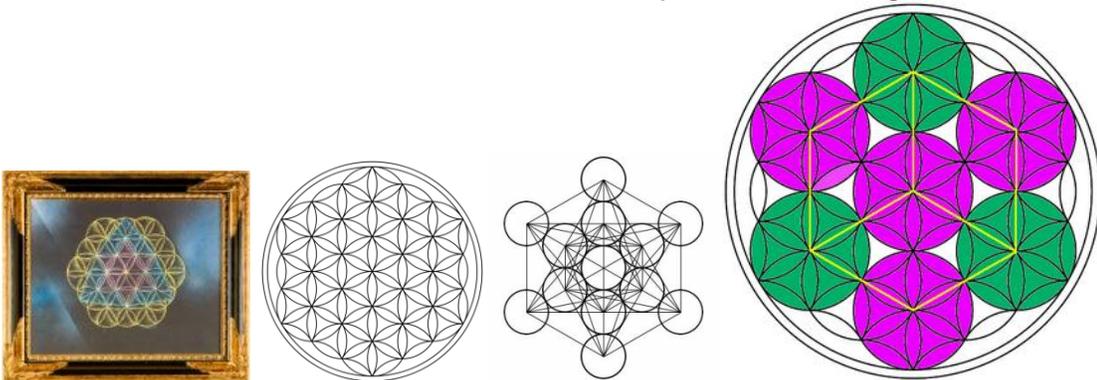
Another figure, later...

16. The chestahedron figure can be made from 1 to 9 steps. I reveal it to people and not patent these steps. The rule of the world is that- more comes to you if your hands are empty. Give away things. <http://frankchester.com/chestahedron-discovery/>
17. I approach my research alternately from science to art and back to science, etc. I shift from one to the other when I get stuck in one thing. The figure shows my science/math and art together.



Science/math and art combined

18. The Egyptian triangle, the flower of life has 19 circles. Six (6) circles don't hit each other, and all fits into a cube. Could also put an 8 sided figure in a cube.



The [Flower of Life](#) is the modern name given to a geometrical figure composed of multiple evenly-spaced, overlapping circles, that are arranged so that they form a flower-like pattern with a sixfold symmetry like a hexagon. The center of each circle is on the circumference of six surrounding circles of the same diameter.

It is considered by some to be a symbol of [sacred geometry](#), said to contain ancient, religious value depicting the fundamental forms of space and time. In this sense, it is a visual expression of the connections life weaves through all sentient beings, believed to contain a type of Akashic Record of basic information of all living things.

There are many spiritual beliefs associated with the Flower of Life; for example, depictions of the five Platonic Solids are found within the symbol of [Metatron's Cube](#), which may be derived from the Flower of Life pattern. These [platonic solids](#) are geometrical forms which are said to act as a template from which all life springs.

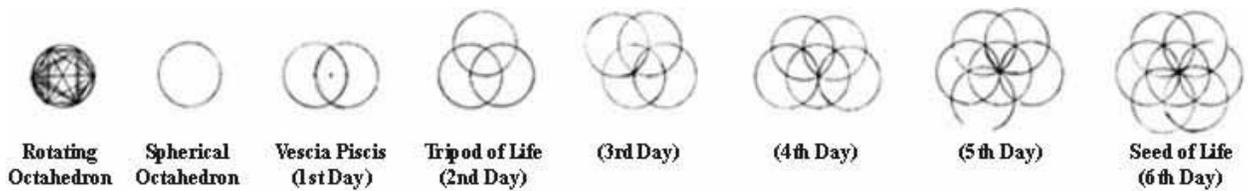
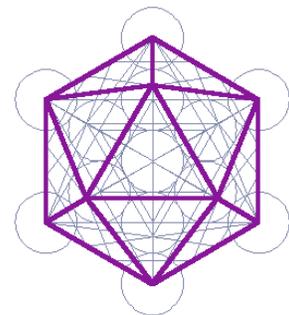
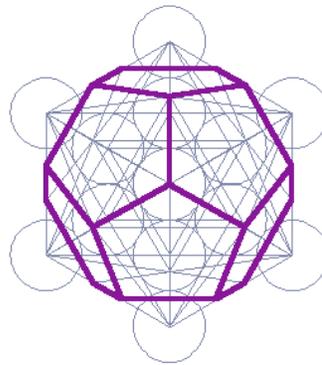
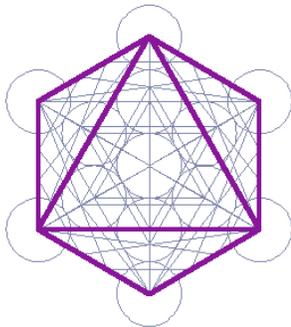
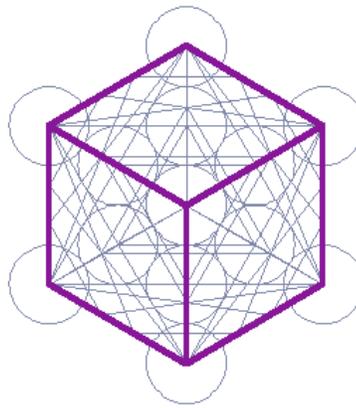
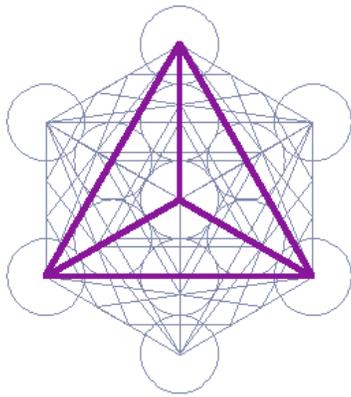
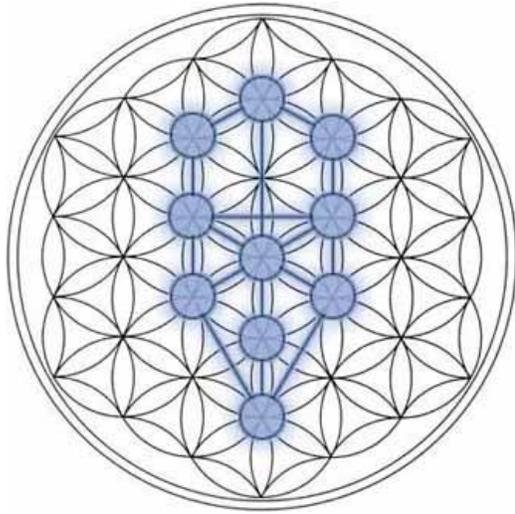
Another notable example of that which may be derived from the Flower of Life is the Tree of Life. This has been an important symbol of sacred geometry for many people from various religious backgrounds. Particularly, the teachings of the [Kabbalah](#) have dealt intricately with the [Tree of Life](#).

The **Flower of Life** is the modern name given to a [geometrical figure](#) composed of multiple evenly-spaced, overlapping [circles](#). They are arranged to form a [flower](#)-like pattern with a sixfold [symmetry](#), similar to a [hexagon](#). The center of each circle is on the circumference of six surrounding circles of the same diameter.

It is considered by some to be a symbol of [sacred geometry](#), said to contain ancient, religious value depicting the fundamental forms of space and time.^{[1][2][3][4]} In this sense, it is a visual expression of the connections life weaves through all [sentient beings](#), and it is believed to contain a type of [Akashic Record](#) of basic information of all living things.^[5]

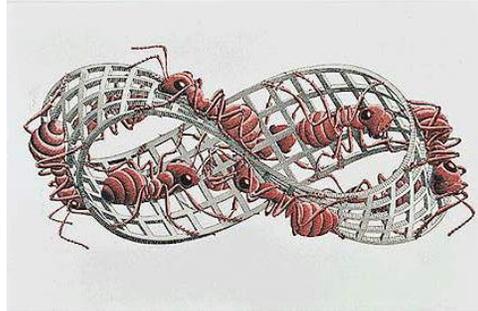
There are many spiritual beliefs associated with the Flower of Life; for example, depictions of the five [Platonic Solids](#) are found within the symbol of [Metatron's Cube](#),^[citation needed] which may be derived from the Flower of Life pattern. These platonic solids are [geometrical](#) forms which are said to act as a template from which all life springs.^[citation needed]

According to [Drunvalo Melchizedek](#), in the [Judeo-Christian](#) tradition, the stages which construct the Seed of Life are said to represent the seven days of [Creation](#), in which Elohim created life; [Genesis 2:2-3](#), [Exodus 23:12](#), [31:16-17](#), [Isaiah 56:6-8](#). Within these stages, among other things, are the symbols of the [Vesica Piscis](#), an ancient religious symbol, and [Borromean rings](#), which represents the [Holy Trinity](#).^{[1][2]}



<http://www.youtube.com/watch?v=ZOqg5bPZ0HE>

19. Organic function has geometry. For example, the mobius. So I look for that geometry, or the organic form. *The mobius is a universal symbol like infinity or lemniscate.*



A Möbius strip is a

surface with only one side, usually made by connecting the two ends of a rectangular strip of paper after putting a half-twist (180 degrees relative to the opposite side) in the strip. Cutting a Möbius strip in half down the center of the length of the strip results in a single band with four half-twists.



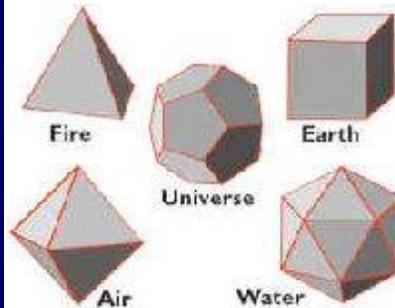
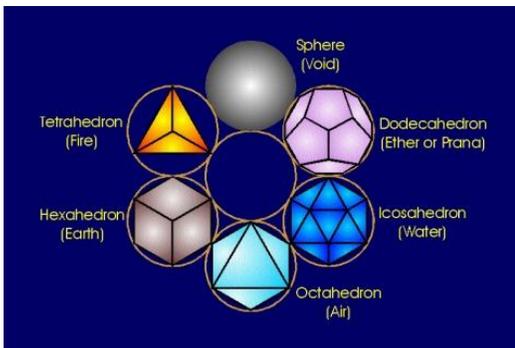
20. The Renaissance era also grappled with forms... The people then also had that impulse. That era is significant as it was in the threshold of change.
21. The dolphin line, my sculpture. In a (rice shaped) figure/sculpture you'll see green aura on one end and red in the other. The color is natural. There is tone, music, etc. in the figure. It is the fish figure that comes from a 7-sided figure (after inversion of the 7-sided figure, and the number 7 belongs to fire. If we dissect the circle at hand into 7 parts, it **forms 7 triangles (figure later).**



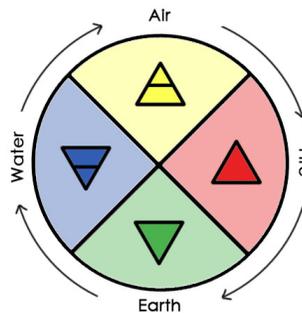
Another figure, the circle, later...

22. Elements geometry and representation:

- | | | | |
|-------------------------------|---------|---|-------------------------------|
| cube or hexahedron (6 sides)- | earth | - | What's different |
| icosahedron (12 sides) | - water | - | What's changing |
| octahedron (8 sides) | - air | - | What's reversing |
| tetrahedron (4 sides) | - fire | - | What's transforming/inverting |

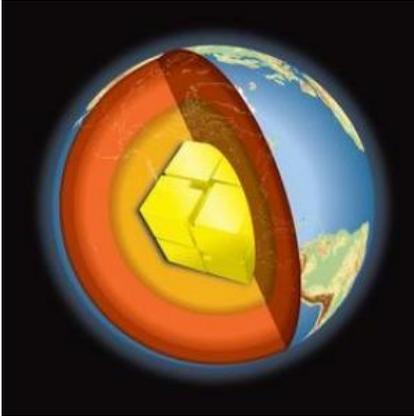


The Cycle of the Alchemical Elements

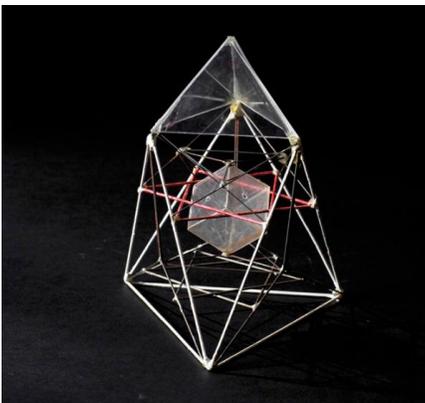


There are five platonic forms and they have equal angles and equal surfaces. The thing about mine is that the surfaces are equal and in the platonic forms their surfaces are equal. The Saturn form is a semi-polyhedral form, in that all of the polygons aren't the same. There are two different kinds of polygons: four equilateral triangles and three quadrilaterals, which makes seven.

23. With an organ dysfunction, one may work on the corresponding form that is related to that organ. To change oneself, we work on our organs and such work would have greater implications or effectiveness.
24. The cube. It is not in the middle of the **tetrahedron**. In the sphere however, it is in the middle.



I have put the seven-sided form into the sphere. Rudolf Steiner said in the third to the last lecture before he died that there was a semi-tetrahedron in the middle of the earth. And so I took this form, and I took exactly the points he indicated, and put the form into a scale model of the earth, and all the points hit exactly where he said they would hit, which was shocking. Now, he said that there was a pyramid like form in the middle of the earth, but at the time that he was saying this there wasn't this seven sided form. It wasn't here. But there was a tetrahedron, so he said it was a semi-tetrahedron. And the Saturn form is a semi-tetrahedron, except it has seven points. And one of the things that has always intrigued me was why did he go to the tetrahedron, which has four points, whereas all throughout his seals and his capitals he always dealt with seven. Why didn't he deal with the seven in the middle of the earth, because all the seals and all the capitals are dealing with the evolution of the earth? The only thing I can think of is that there wasn't a seven sided object then. But the seven sided object that came through this work fits where he says.



25. The architectural form of **Z**. It has a seven sided and if such is **reversed**, it is the shape of kidney (?).
26. A building must be designed to transform the self. That is how the Goetheanum is. When one enters it something changes in oneself. There is an **inversion**...



Video on the Goetheanum:

<http://www.youtube.com/watch?v=CpFTYNhEWGA&feature=related>

27. **Around the sculpture; I made (?) edges only, to see where a structure comes from. From there I found I can make syllables?**
28. Spiritual science is the art and science of projective geometry (figure: high-rise triangle – for the roof). See photo in following item.
<http://www.nct.anth.org.uk/>
*Projective geometry is a beautiful subject which has some remarkable applications beyond those in standard textbooks. These were pointed to by [Rudolf Steiner](#) who sought an exact way of working scientifically with aspects of reality which cannot be described in terms of ordinary physical measurements. His colleague [George Adams](#) worked out much of this and pointed the way to some remarkable research done by [Lawrence Edwards](#) in recent years. Steiner's spiritual research showed that there is another kind of space in which more subtle aspects of reality such as life processes take place. Adams took his descriptions of how this space is experienced and found a way of specifying it geometrically, which is dealt with in the [Counter Space Page](#).... Projective geometry is concerned with incidences, that is, where elements such as lines planes and points either coincide or not. (figure: high-rise triangle – for the roof?). **Stellation process...***
29. This one church (model for a Christian Community Church) with oblique steeple has an opening/slit at the top and the sun's light above forms a cross inside the church; it has a different form and location depending on time of day. The bell is fitted in the center?



Stellation or extending the plane up to a point where the lines meet

- 30. The Zodiac is the inspiration of the Christian Community Church (CCC). So you'll see that the steeple is slanted or points to the side. Therein is stained glass lightning. The **steeple** is the air element, representing "reversal".
- 31. The heart likes to transform. Like from 2D to 3D to 4D.
- 32. All sacred building... leads to transformation? (figure).
- 33. The bell shaped geometrical figure (sticks), when turned or spun, one sees white or black. This has bearing on the church structure.



Bell design throughout history has been a subjective trial and error process. Frank Chester has found the conscious way to bell formation through the discovery of the new geometric form of the Chesterhedron. This geometry explains that bells are the combination of acceleration and deceleration of vortexes which is also the geometric principle that the human heart is built on.

34. Geobells are based on geometry of the earth.



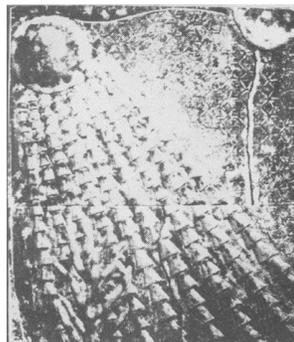
The church bell is a symbol with many meanings. The bells are associated with trumpets, heralding from Heaven to Earth. The bells and their sudden loud sound remind believers of angels trumpets, which will suddenly stop the earth's history of mankind and call the living and the deceased ones to God...It both contains and reveals the soul of the master craftsman who cast it long centuries ago, just as an icon does that of the artist's soul, captures his belief in a reality of a different order. What is phenomenal here is that while the creator of the bell may have left this earth some 200–300 years ago, his creation can convey to the attentive listener both what he believed in and how his contemporaries perceived God and the world of the spirit – just as vividly and truly as it did during his lifetime. The sound of the bells can make that parallel spiritual space tangible, palpable, and visible to whoever has ears to hear.....But aside from the originality of the sound, and the use of the bell as a musical instrument, there is another way in which the bell is unique. The bell, the instrument, is suspended between the sky and the earth. It lives in and between two elements (two worlds) and by its sound, joins them.



http://www.danilovbells.com/bellsonrussia/publications_about_bells/the_phenomenon_of_russian_church.html

35. In the future, art, science, religion will be one. The bell presents a good subject to illustrate this synthesis.

The bell shape has been used in ancient Egyptian paintings to represent the human soul, coming down to earth from the heavens to incarnate in flesh. These bell shapes, seeds of spirit, are the geometric templates for growing a human heart.



36. The bell's meaning: We also can say that we are/it is? here, but inside out. Figure: that of a different bell shape. Like a barrel. It is a product of inverting the bell that is formed out of the chestahedron.



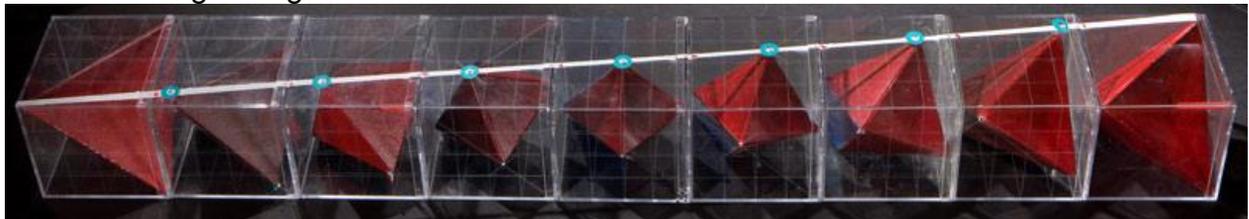
something like this

37. A bell that is half filled with water, when rung or played, helps people cross the threshold (or those who are dying).



when I took it (the Saturn form) into the water process, what was **changing**, I found that there was a seven sided bubble. I dipped a wire-frame model of the Saturn into soap, and this is the bubble that came in the middle of the form.

38. Platonic forms when spun: One sees a spectrum, and when figures formed are captured, one sees a spiral (cutting corners?) with the 7-sides figures appearing within the range of figures.



← 7 sided

← 7 sided

Chestahedron from Rotating a Tetrahedron within a Cube

39. Hurricanes come from (start) the earth and not from the air. We would look at the phenomenon... the geometrical origin...

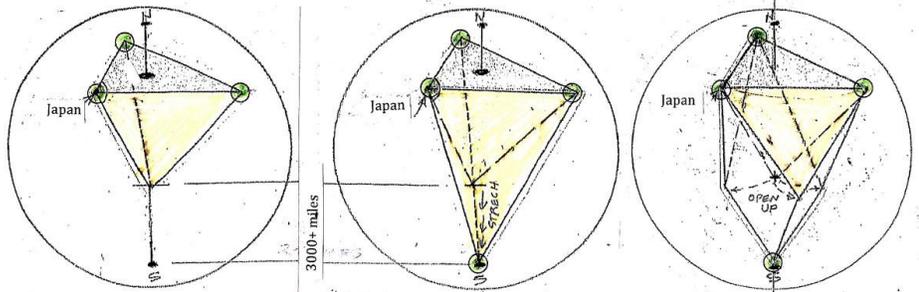


Storm belt in Kansas

After addressing the human heart, Chester then turned his attention to the earth. A further statement from Rudolf Steiner gave the impulse: In a lecture about the causes of earthly volcanism, Steiner indicated that on the basis of his spiritual scientific researches, the earth in its foundational form was not a sphere but rather had at its basis a "kind of tetrahedron": In Middle America, at the south pole, in the Caucasus (mountains) and in Japan, are the four corners of the tetrahedron, a form that was created out of the cosmos through the joining together of four triangles.¹

Chester's calculations showed that an equilateral triangle would be created if one joined points together in Japan, the Caucasus, and a third point in Kansas, North America, rather than the point in Middle America mentioned by Steiner. An inverted tetrahedron constructed downward from this triangle would be short of reaching of the South Pole (inside the earth) by 4,132 kilometers. In order to reach the South Pole from this tetrahedron, one would have to equally stretch its three south-pointing faces. However, with this construction, one no longer has an "exact" tetrahedron, but rather a "kind of tetrahedron." According to Frank Chester, one can open the downward-pointing sides of the tetrahedron (hinged to the base triangle) at an angle of 94.8304 degrees. At this point the three triangles stand in the exact relationship to one another as the four equilateral triangles in the Chestahedron. An inverted Chestahedron constructed on the above triangle, formed by Japan-Caucasus-Kansas, touches the South Pole exactly with its lower apex point. Perhaps it was the Chestahedron that Rudolf Steiner saw clairvoyantly as the basic form on which our earth is based and had tried to suggest in his lecture? Because a Chestahedron could also be described as a "kind of tetrahedron." <http://frankchester.com/the-mysterious-heart-das-goetheanum-article/>

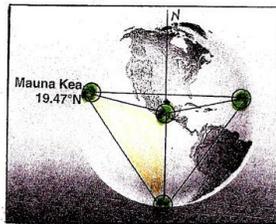
TETRAHEDRON, SOMETHING OF A TETRAHEDRON AND THE CHESTAHEDRON IN THE SPHERE OF THE EARTH



EXACT TETRAHEDRON
 ① points touch the sphere
 When all four sides have equal surface areas, which do not meet at the South Pole

SOMETHING OF A TETRAHEDRON
 ② points touch the sphere
 When three sides of a tetrahedron are stretched down 3000+ miles to meet the South Pole

EXACT CHESTAHEDRON
 ③ points touch the sphere
 When three sides of a tetrahedron open up to 94.8304° forming a 7-sided form with equal surface areas to meet the South Pole

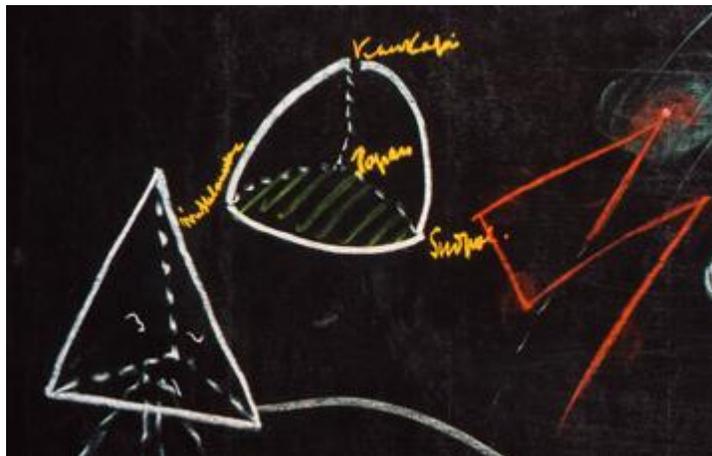


④ points touch the sphere
 Mauna Kea 19.47° N

Note:

- ① All top three triangles are the same size as seen in the sphere of the Earth above.
- ② Rudolf Steiner never mentions anything about two tetrahedrons together (Mer-ka-ba)
- ③ Rudolf Steiner notes two points on the Earth, Japan and the South Pole, four times.
- ④ Rudolf Steiner never speaks about Mauna Kea, Hawaii.

Until now, no one has given any meaningful theory as to why tornadoes reliably take a turn to the northeast, as it were, at the edge of Kansas and Nebraska. Tornadoes have been seen forming a line. The unseen force that organized this arrangement of four tornadoes in a line comes from the edge of the Chestahedron, which formative power follows. The organizing power that puts them in a line is not atmospheric in origin (coming from the weather), it is geo-spheric (coming from the earth).



Steiner's drawing showing "sort of" tetrahedron and naming locations of contact on globe.

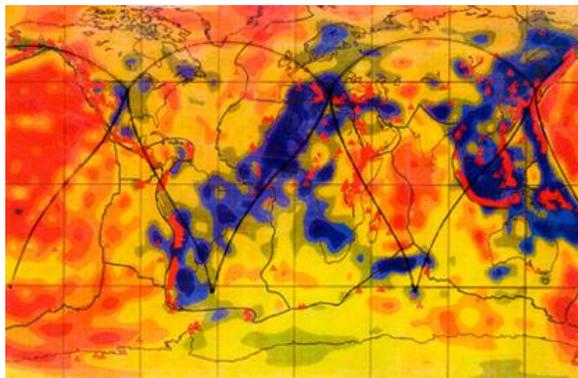
This drawing was made by Steiner on a chalkboard during his lecture, The Forming of the Earth and the Moon: Causes of Volcanism (Sept. 18, 1924), about the subtle geometry of the

earth, in which he said the earth contains a sort of tetrahedron, and the points of contact (written in yellow) are the South Pole, Japan, Mid-America and Caucasus.

Pondering this, Chester found his opening. The Chestahedron is “a sort” of tetrahedron, and he had to find out if it was a fit for the slightly vague mental image of the geometry of the earth’s structure given through clairvoyance by Steiner. Chester found a clear globe showing the continents of the earth and fashioned a Chestahedron of right scale to put inside: see how it matches up—it just fits. The points of contact match the places Steiner named. Mid-America turns out to be Kansas.



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Seismology map produced at CIT.

Dark lines added by Frank Chester.

This map produced by seismology imaging uses blue colorings to represent cool areas, red the warmest, and yellow in between. Frank Chester asked Mr. Ritsema “What do these patterns mean?” Mr. Ritsema shrugged and told Chester that they had no idea of the meanings behind this data. With that, Mr. Chester compared his data points and the map produced by Mr. Ritsema. These tracings, superimposed where the Chestahedron would fit inside the earth according to Steiner’s contact points, are added by Frank Chester. Consider the many correspondences that are there.

Next piece of evidence: it turns out that tornado alley, so named because that area suffers the highest incidence of twisters,(map provided by the National Severe Storms Laboratory), is a tracing of the point of contact where two of these global lines meet, forming the edges of the Chestahedron form.

National Severe Storms Laboratory map of tornado alley.

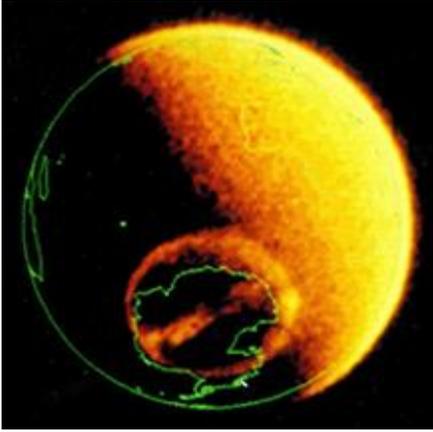


Four tornados forming a line.



Until now, no one has given any meaningful theory as to why tornadoes reliably take a turn to the northeast, as it were, at the edge of Kansas and Nebraska. Tornadoes have been seen forming a line. The unseen force that organized this arrangement of four tornadoes in a line comes from the edge of the Chestahedron, which formative power follows. The organizing power that puts them in a line is not atmospheric in origin (coming from the weather), it is geo-spheric (coming from the earth).

<http://frankchester.com/lilipoh-article-part-ii/>



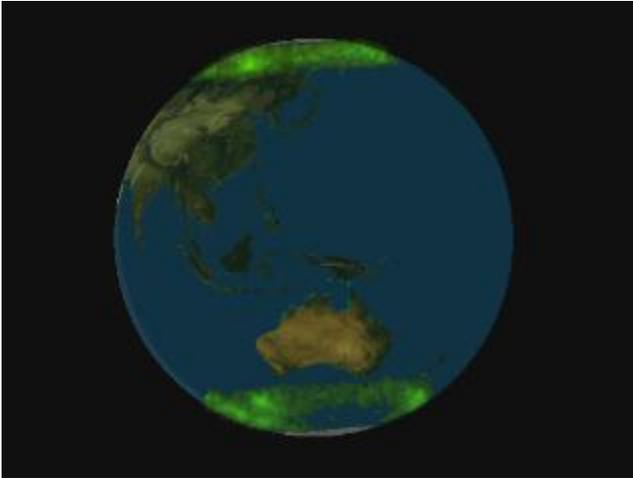
Aurora Australis streams across South Pole, distinct from North Pole pattern of Aurora Borealis.



Placing concentric cones of the angle of a spinning Chestahedron inside the globe shows the reason for the difference between light displays at North and South Pole

There is an explanation, using the seven-sided form, as to why the Southern Lights show up differently than the Northern. Mr. Chester demonstrates with a set of cones, modeled by extending the northern circles down towards the south at the angle proscribed by the spinning Chestahedron, such that the inner cone ends at a point at the bottom, and the outer cone ends at a circle the same size at the South Pole as seen in this photo.

At the South Pole, there is no inner ring created by the formative forces, aligned with the spinning seven-sided shape. There is just open space at the South Pole, apparently where energy can stream with the same fervor and flow across the center.

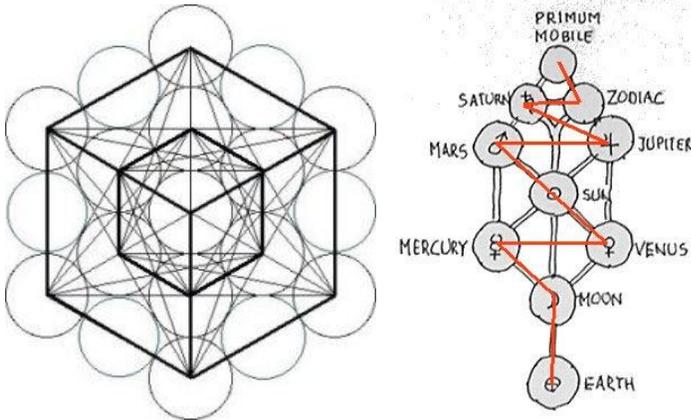


She has halos.

This is a NASA image spacecraft photo. The light is not enhanced. These are the polar auroras: Aurora Borealis and Aurora Australis. These visible halos and their shapes, together with the seismology maps, provide measurable proof that the Chestahedron shape is governing the subtle energies of the earth planet, just as they do the human heart.

- 40. Etheric form: look at the first etheric form to know the history of a physical form... this is the threshold.
- 41. In our time (of earth evolution?) we are working on expansion.

At the top of the cube we see the tree of life





<http://www.crystalinks.com/metatron.html>

Steiner said that we must return to Egypt to develop the clairvoyance on our own.

42. The mirror phenomenon is about “reversing”.
43. Russian bell is geometrically “dead”, not anymore true to universal/spirit form. Only the slope side is most balanced, or is ok.



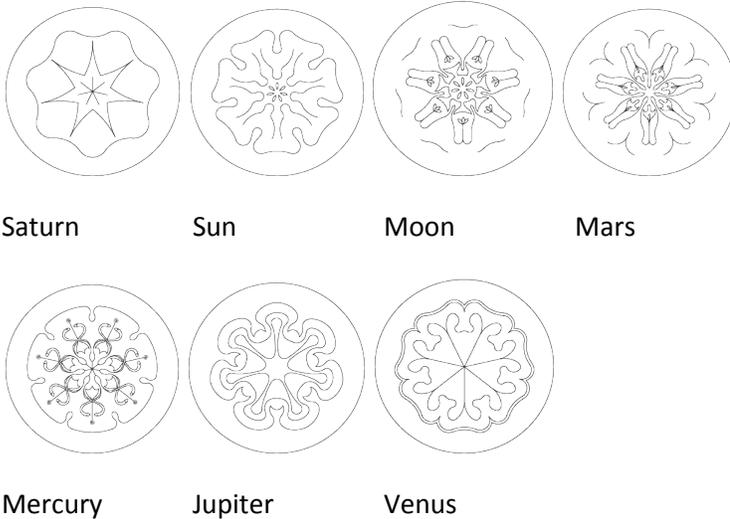
44. Steiner refers to the E-WAF and to ether; to life, tone, light and warmth. Christ is now in the etheric.
45. Hold the bell in different ways to get the real tone, I have discovered how; I suspend it on spike like a lampshade did (suspend on top). I get the capitana?



Frank also invented a new way of supporting a bell so that when rung the entire bell can resonate freely.

46. Steiners seals at the Goetheanum are figures that relate to the planets... Saturn for warmth, venus for _____.

Steiner's Planetary Seals

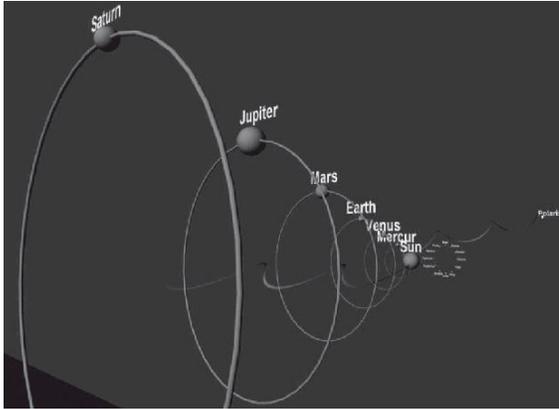


the seven planetary seals are images drawn by rudolf steiner. they were carved into the columns in the first goetheanum in dornach, switzerland, 90 years ago.

the planetary seals morphed from one to the next...

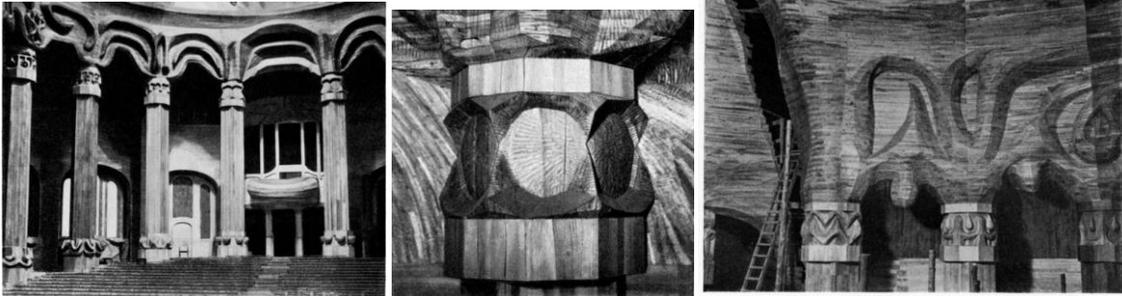
<http://www.dateastar.net/planetaryseals.html>

The work for this 7 sided form was started by Frank in 1999 after a visit to the Goetheanum. He was very much inspired by the Saturn capitals and the Saturn seal, both inaugurated by Rudolf Steiner almost 100 years ago.



http://www.feandft.com/vortex_basics.htm

columns in the first Goetheanum



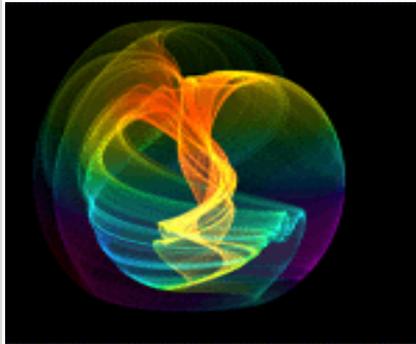
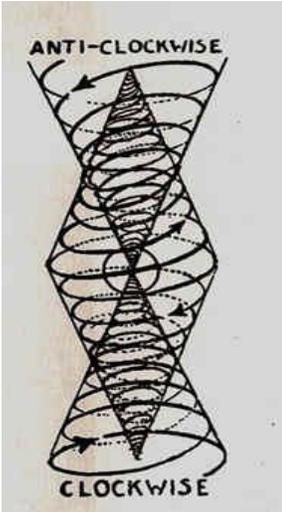
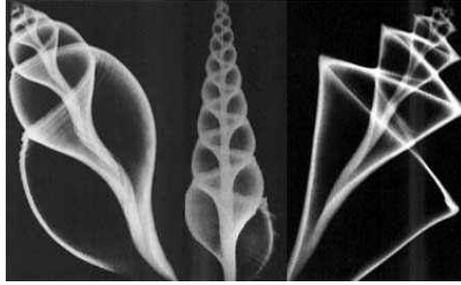
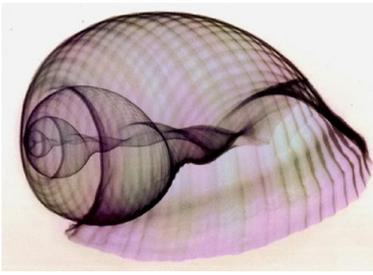
The Saturn Capital from the First Goetheanum

When I was at the Goetheanum, I saw the Saturn form in two dimensions. Then I saw the seven sided Saturn column.

I saw the models of the great wooden pillars, the capitals that Steiner had designed and which had been carved for the First Goetheanum. They represented the seven planets of our solar system. Steiner had drawn 'seals' of these seven planets in such a way that each planetary seal (originally drawn in two dimensions) was a metamorphosis in form from the preceding planetary seal and leading to the next one. I saw all this and became inwardly moved to make a seven-sided sculpture, yet this feeling gestated *Saturn – Sun – Moon – Mars – Mercury – Jupiter – Venus*

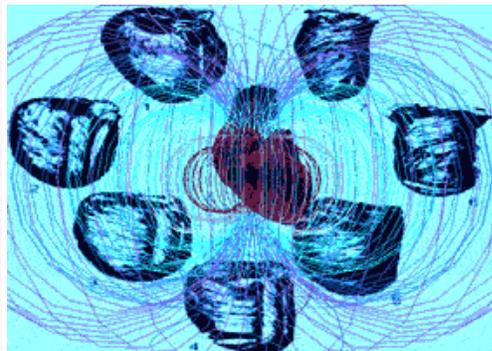
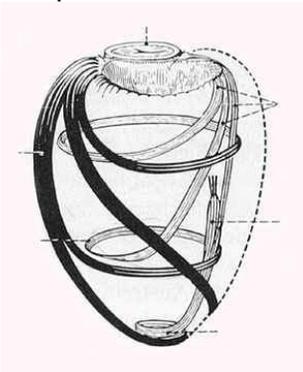
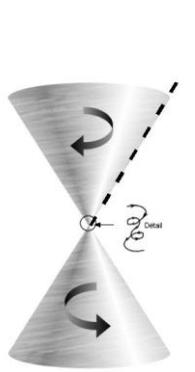
Speaking about Occult Seals and Columns at a conference in Munich in 1907 Steiner had this to say: "In this case too, we should not penetrate into the forms of the capitals through the intellect, but entirely through feeling, through a true artistic experience and through imagination. For, if we penetrate livingly into these capitals, every line, every curve, everything in these forms can awaken dormant forces of the soul."

47. Shells are vortex that come to rest. They actually have 2 caps one opposite the other (?).



48. Steiner said that for development, see things differently. Refer to Figure... work on ego, astral, etheric...

49. The heart is a vortex generator. It is not pumping blood. It even slows down blood flow at some point.



50. At the top of the heart is 10g, at the bottom is 1g?. so downwards flow is acceleration, upward is deceleration. Even without the valves, (pressure?) there is still delivery of blood to other parts of the body.

51. The heart forms 2 vortices (reversion)

http://www.google.com.ph/imgres?imgurl=http://www.aton432hz.info/Heart8.gif&imgrefurl=http://maya12-21-2012.com/2012forum/sacred-geometry/our-%277-sided%27-vortex-heart-and-sacred-geometry/&usq=__1Q3SST_8WB2HEICT46R95794Upw=&h=202&w=282&sz=171&hl=en&start=0&zoom=1&tbnid=GK42SeHaMHb-SM:&tbnh=138&tbnw=192&prev=/images%3Fq%3Dtwo%2Bvortices%2Bof%2Bheart%2Bfrank%2BChester%26um%3D1%26hl%3Den%26sa%3DN%26rls%3Dcom.microsoft:en-us:IE-SearchBox%26rlz%3D117SKPB_en%26biw%3D1659%26bih%3D761%26tbs%3Disch:1&um=1&tbs=1&iact=rc&dur=451&ei=Ai-TTMH5AczDcPH8mIUH&oei=Ai-TTMH5AczDcPH8mIUH&esq=1&page=1&ndsp=32&ved=1t:429,r:16,s:0&tx=98&ty=78

52. In everyday life there are also reversions. Note that 100% of our thinking is images. Lots of times our thoughts are not our own.
53. The placement of the heart in our body in 36° and not 45° .



54. Our heart twists slightly and back during a beat. Given the scale, from 0 to 0.9 sec, a 40° twisting happens at 0.36 sec. This multiplied by 2 is 72 sec, which is the time it takes for the old people to achieve the (complete) configuration.



If the ventricle twists another 5 degrees a fifth chamber develops complete with a tri cusped valve.

55. The 5th chamber of heart is a future event; when it comes, we will then see the etheric.

“In our time there are certain changes taking place in the heart, by which gradually a fifth chamber will develop. In this fifth chamber man will have a new organ which will allow him to control life forces in a different way than is possible at the moment.” “All that happens in the moral life, and all that happens physically in the world...the moral and the physical....are found in their real union when we learn to understand all the configurations of the human heart.” Rudolf Steiner

“The radiation from this etheric organ of the heart is actually developing into a spiritual sense organ. A new sense organ is developing in this etheric heart, and this is the only organ by which man is able to sense and to recognize the Etheric Christ”.

Ehrenfried Pfeiffer December 17, 1950

THE HEART FORM IS PRECISION IN BALANCE between inversion and reversals, suction and pressure, concave and convex, right and left, backwards and forwards, below and above, three and four, asymmetrical and symmetrical, acceleration and deceleration, clockwise and counter-clockwise, geometric and organic, and two different vortexes, all of which today can be demonstrated to be lawful. These polarities are found to be active in the human heart.

“In our time there are certain changes taking place in the heart, by which gradually a fifth chamber will develop. In this fifth chamber man will have a new organ which will allow him to control life forces in a different way than is possible at the moment.”(6) “All that happens in the moral life, and all that happens physically in the world...the moral and the physical....are found in their real union when we learn to understand all the configurations of the human heart.”(7) <http://rileybrad.wordpress.com/2009/12/>



Second etheric stream

Our first hurdle in opening the window to the occult understanding of “THE FIFTH CHAMBER” of the human heart is to grasp where in nature we have found a five chambered heart. It so happens that Bees have a five chambered heart. This sets the tone of our research.

56. The heart reconstructs itself every night (at night time). We leave our body, and reconstruct our heart.

57. The form that goes around us is 13 sided; I call it decatrihedron.

58. There is a repeat of form one after the other.

59. With Emoto, he demonstrates different forms/shapes of water.



Sanbu-ichi Yusui Spring water,



Japan Shimanto River, referred to as the last clean stream in Japan



Antarctic Ice



Fountain in Lourdes, France



Biwako Lake, the largest lake at the center of Japan and the water pool of the Kinki Region. Pollution is getting worse.



Yodo River, Japan, pours into the Bay of Osaka. The river passes through most of the major cities in Kasai.



Untreated Distilled Water

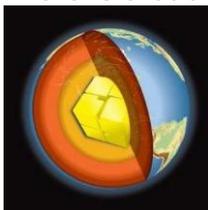


Fujiwara Dam, before offering a prayer

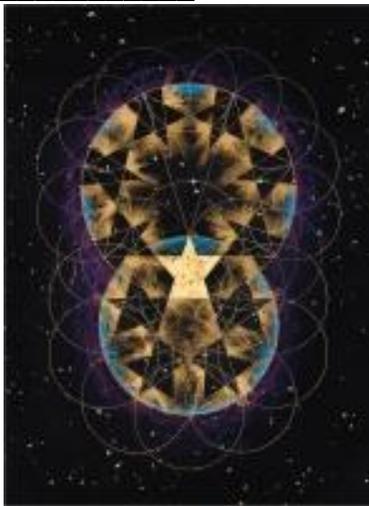


Fujiwara Dam, after offering a prayer

60. There is a cube inside the earth not a sphere.



61. FC read from Pfeiffer's book, validating above.
62. Our heart is our relation with the spirit. Changes in the heart toward the 5th chamber is towards that - the spirit. This new chamber will spell a new organ that allows us to control life forces; this has never been possible before.
63. The bell, from Paul's view: is the shape of the spirit as it incarnates into human body.
64. The cube is the earth's target?
65. The figure of 2 circles, bigger on top intersecting with the smaller lower circle. There is a star inside the circles, and there are 7 circles. Projective geometry



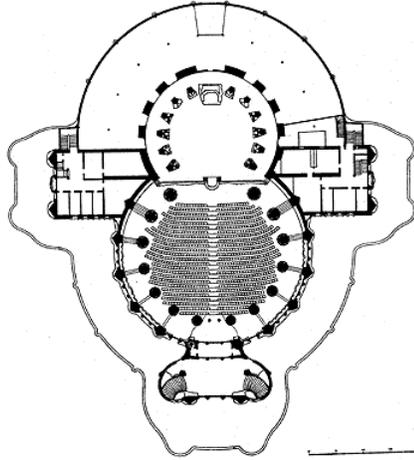
<http://frankchester.com/meditative-visualization-on-5-and-7/>

The chestahedron establishes a unique relationship between the numbers 5 and 7. This is embodied in the five prints that Frank has made which explore this theme via two interpenetrating circles.

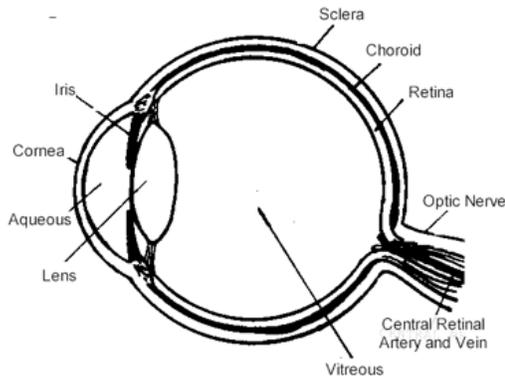
This geometry is the most profound newly developed configuration in the 21st century. Never before has a circle been divided into seven equal spaces using a pentagram as its base. Diameters of two circles and the distance between their centers derive from the Chestahedron.

66. An Egyptian initiate (photo) sits under a star in the chamber. That is such star (in the figure above). **Photo later**

67. Goetheanum structure. Lay-out is the same, the 2 circles. The shape? Comes from the periphery.



68. The fifth chamber of the heart also comes from the outside. The lens of our eyes – there is also such recapitulation of form. The lens is in between a small and a big circle.

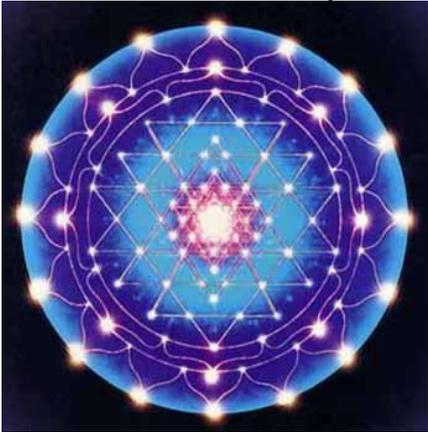


69. One finds that movement is from the center to periphery and back...; expansion and contraction. But the task is to see both the center and periphery at the same time. The heart is the balancer of 2 polarities. It can do both.
70. A heart problem indicates imbalance. Our name has biography. Mine is "Chester" and has led me to chestahedron. It can help us discern what one is supposed to do on earth.
71. The heart is an organ related to Venus and the sun. This is a gift given to us. The form is really cosmic, and recapitulates above concepts: periphery-center-periphery-..., etc.
72. I have this circular flat plastic sheets which have cuts at one part up to the center. The flap can be folded at different angles to make cones of different sizes. You'll see that the w_____ is made up of straight lines and curves when 2 cones are used. One time you see parallel lines, then turn → cone → square.
73. The process is inversion. And this is the same with us, why we are here? To do "inversion". The heart is a product of an inverted chestahedron.
74. The heart shaped sculpture I made- it represents our love for one another. It is a healing sculpture.
75. Another is a centaurus went down? An inversion of a building?
76. A grail cup is another. It came from the heart; when inverted it becomes a chalice. The whole artwork has all these elements. At the base is the blood representation.



The grail of the heart

77. The blood is the carrier of our ego. It is our ego. It has no DNA! So we are free.
78. The core of the earth is not a sphere but a cube.
79. The sides of the chestahedron located in the earth runs from the Gulf of Mexico to Kansas. There are interesting phenomena there, like appearance of tornadoes.
80. One can do a heart exercise. Have a stone, concentrate on it, but also look at the article. Then look at the center and periphery at the same time.
81. The Mandalas (going through or looking at it?) achieve the same effect. But we don't have to do this anymore.



Mandala (मण्डल) is a [Sanskrit](#) word that means "circle"... In various spiritual traditions, mandalas may be employed for focusing attention of aspirants and adepts, as a spiritual teaching tool, for establishing a [sacred space](#), and as an aid to [meditation](#) and [trance](#) induction. According to David Fontana, its symbolic nature can help one "to access progressively deeper levels of the unconscious, ultimately assisting the meditator to experience a mystical sense of oneness with the ultimate unity from which the cosmos in all its manifold forms arises."... In common use, mandala has become a generic term for any plan, chart or geometric pattern that represents the [cosmos](#) metaphysically or symbolically, a [microcosm](#) of the [Universe](#) from the human perspective.

82. Zen master story... you yourself are very important, so don't forget it... It is about an initiate asking the Zen master for teaching. He was surprised that the master (something like this): let him pour water into a cup and the water overflowed, when asked why the master said I cannot teach you because you are not empty... cannot let in new things anymore...

83. At Embryogenesis. Red and blue veins already run through the embryo, but there is yet no heart. It is the blood that forms the heart.
84. A heart that is “too big” or “too small” (medically). This is awkward label. Some with non-normal heart do very well. Remember that your heart is trying to take care of you. It makes adjustments (like in size) if need be. Whatever it is doing is a gift.

Lans Armstrong's heart... why does Lance Armstrong win all those bike races? Yes, he has a great training program, a great coach, and great equipment. However, his genetics for an endurance athlete are nothing short of astounding. Do you know his VO₂ Max measures around 83-85 ml/kg/min, while an average person's is around 40? For Lance, his success is attributed to a combination of great training, will, desire, and unbelievable genetic makeup.

A Super Human Lance:

1. Lungs - 2 times the capacity of the average person
2. Muscle - Accumulates less lactic acid and is more efficient at removing it.
3. Heart - Is about 1/3 larger with a resting heart rate of 32 beats per minute, and peaks around 200 beats per minute.
4. Body Fat - 4-5 percent before the Tour starts, while an average person has 15-20 percent.
5. Food Consumption - Needs 6500 calories per day, and upwards of 10,000 per day when biking in the mountains during his 120 mile race.

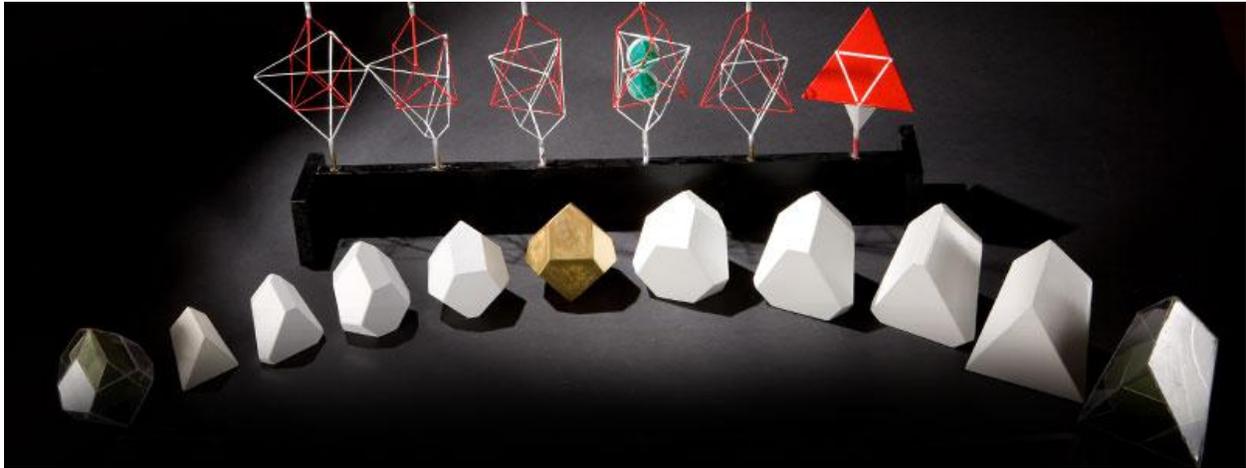
Truly amazing!

85. The heart rules like when you say no. The doctor doesn't know beyond his/her measurement.
86. Bible: Zacharias Ch 3 verse 9. Chestahedron has something to do with the stone; 7 phases with 7 eyes. The etheric sits between light and wave. Light and air... (Indian).
87. The fifth chamber may be found only with a twist of the heart. Watch individuals under stress (where they are not balanced...)
88. Equanimity is important to have. You can't just flip out.

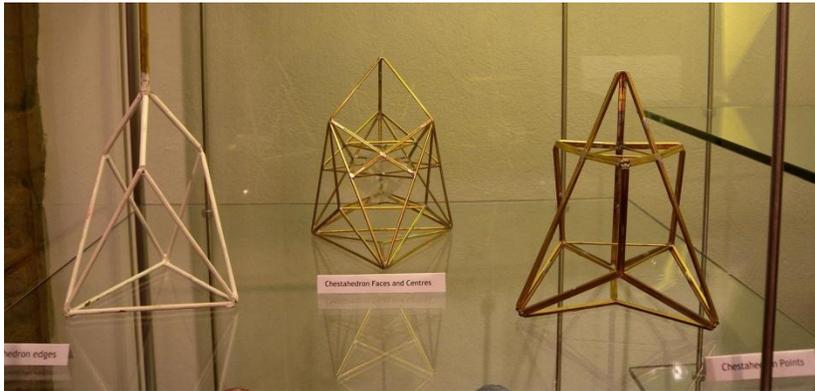
89. Kidney problem is indicated by always changing one's mind. We need honor the person's "wound"; it's a gift. Death is a gift.
90. We are unconscious no more. Previous people's (heart?) is central; it is asymmetrical now. We are not based on beat anymore but on rhythm. We need to have rhythm in life! Meaning it should not be the same beat always.
91. Here is a structure that is ovoid to clean water. I discussed it in January 2000. Remember that Steiner said... Christ is in the etheric.



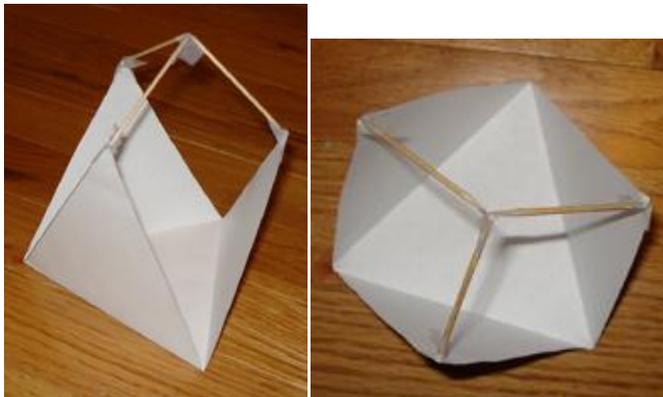
92. We proceed from imagination to inspiration to intuition. Clairvoyance is 99% perspiration; it is thinking into the will.
93. Our feeling balances us. Thus we need follow our bliss, what our heart likes.
94. Everything wants to become a sphere. This shape holds most air.
95. Steiner's building is based on 7 and 5. At the threshold, there is reversal. Air is reversal.
96. When at the threshold (dying), you'll feel a reversal; you'll "see" what you did to other persons in your lifetime.
97. The new art is based on nature; the subject will relate to where it came from. Gold for example comes from plants.



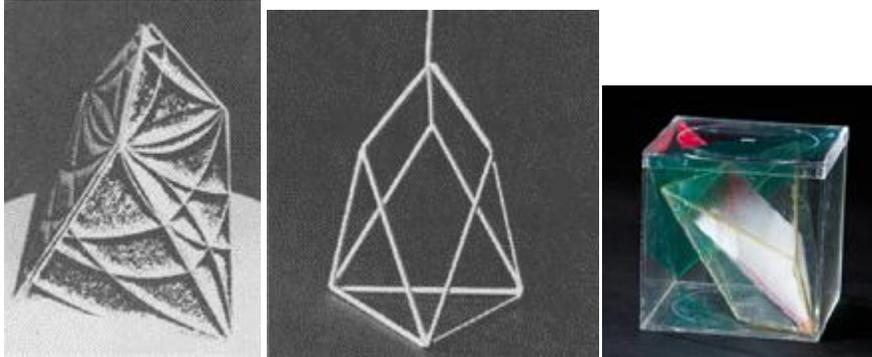
Chestahedron lines



Draw an equilateral triangle with sides of $9 \frac{5}{8}$ inches. It should just fit on an 8.5 x 11 piece of paper. Find the center of each side, and draw three lines, to show the four equal triangles within the big triangle. Cut out the big triangle, and crease folds along those three inner lines. Now add a toothpick at all three points, fastening toothpick tip to paper tip with scotch tape. Fold the toothpicks in, at the tape joint, so they meet each other in a point. Join them with another piece of tape. If your toothpicks are two inches long, you will have about the correct line proportions.

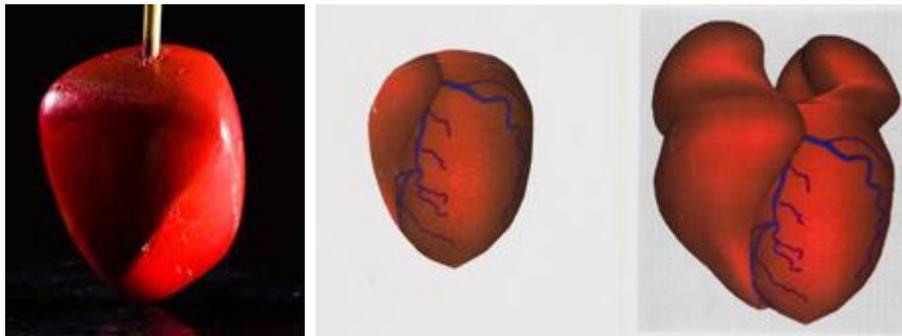


This shape has seven sides: each side has exactly the same surface area. There are four equal triangles and three equal four-sided shapes that look like kites. In the picture (below left) of his cardboard model, you see one of the triangles, and two of the kite-shaped sides. Mr. Chester has found that he can draw all the surfaces of this shape, flattened, by using two sizes of circles; the arc tracings on the sides of this model show the remnants of that drawing process. The relationship between the size of the two circles is the Golden Mean, a ratio that artists and scientists have found governs many natural items such as the proportions of a leaf or of the human body.

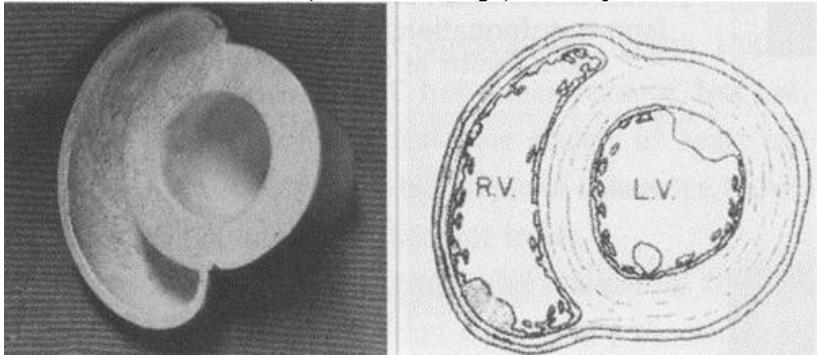


Here is another model (above, right) of the heptahedron, which he has named the "chestahedron," showing edges only. Mr. Chester did all kinds of things with his model to discover wherever it might lead him. He was curious about the sacred geometry relationships; in particular, how platonic forms fit inside each other. He found that the heptahedron fits inside a cube with its axis at 36 degrees.

One of the things he did was to dip the edges-only model into soapy liquid and then blow air into it through a straw to make a bubble, a process which rounds all the lines and surfaces, making the shape organic. Frank Chester compared his rounded seven-sided shape with a drawing he found on the web of the left and right ventricles of the heart. The right ventricle fits around the left ventricle.



Mr. Chester had the idea of putting his rounded seven-sided shape on its axis into a vortex generator, a tank of spinning water. If he put the shape in straight down, the original vortex is undisturbed. But when he puts the shape in at the angle of 36 degrees and keeps it spinning with an electric drill, the shape of the first swirl of water is changed. It forms a sort of pocket on the side. Mr. Chester made a model of what he saw in that interaction, cut a cross section of that model, and sure enough, it looks just like a dissection of the human heart.



Inspired by a drawing made by Rudolf Steiner, Frank Chester has followed the path of curiosity and experimentation until it led to a 3-D demonstration of the formative forces at work, creating the asymmetrical shape of flesh that is the human heart. The manifest implication is that the formative forces that actually build the flesh of the heart are engaged as swirl, contained in shape and direction by the geometric form.

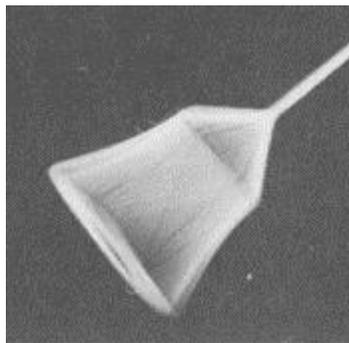
The heart is not a pump. Instead the heart is a streaming device, and in the left ventricle, the spin of fluid is captured and twirled back on itself. In this way, the heart acts as a brake. The prime reason for this braking is balance. The heart is a balancing organ.

The idea that the heart is a pump has dominated medicine for centuries. Yet at the apex of the left ventricle of the heart, the bottom point, the tissue is paper thin, not strong enough to enclose fluid under pressure. With the vortex model for understanding the motion of blood within the heart, one can see how this part of the heart never receives dangerous pressure, which it would, if the heart were indeed a pump. Other researchers have been able to show with cameras that the blood courses through the blood vessels of the human embryo, before the heart is even formed. Something else is moving the blood. This is another reason Frank Chester believes that the heart is not a pump.

He has found that the heart is a streaming organ that is itself formed by a reversing, swirling stream. The blood enters the left ventricle in a clockwise spiral. By the time it moves out of the left ventricle, it is spinning in a counterclockwise motion. It reverses direction inside of the left chamber.

This thought is of interest to me because it is my practice to bring my awareness to the space that is my heart as a meditative practice. When I align my kinesthetic awareness of my own heart-space with these new images of how my physical heart works, I feel something new. Chester says there is a moment at the midpoint of the reversing of flow where the blood actually pauses, no motion. I wonder if that moment is the essential meaning of my meditation. What if my heart is a bell, and the still-point is the ringing of that bell?

If we go back to the edges-only model of the chestahedron and spin it on its axis, the shape that is displayed through that motion is like a bell. Rudolf Steiner reported that the evolving soul, before it becomes living matter as you or as me, is apparent to the inner eye as the shape of a downward opening bell.



The bell shape has been used in ancient Egyptian paintings to represent the human soul, coming down to earth from the heavens to incarnate in flesh. These bell shapes, seeds of spirit, are the geometric templates for growing a human heart.

<http://www.anthromed.org/Article.aspx?artpk=804>

The bamboo structure is a large-scale representation of the chestahedron, a form discovered by Frank Chester. When a smaller model is placed at 36 degrees in a tank of spinning water, the model creates a swirl pattern that mimics the human heart.

Each side of the form has exactly the same surface area. There are four equal triangles and three equal four-sided shapes that look like kites. Mr. Chester has found that he can draw all the surfaces of this shape, flattened, by using two sizes of circles. The relationship between the size of the two circles is the Golden Mean, a ratio that governs many natural items such as the human body.

When placed within a globe, and set to spin, the results mimic the Aurora Borealis and Aurora Australis. In addition, the lines of the geometrical shape align with the patterns of seismic tomography data.

