



For His Holiness the Dalai Lama

April 8, 2012
Easter Sunday

Dear Your Holiness,

I feel so deeply honored and humbled to be the bearer of this world news I am to share with you. I feel it will bring you deep happiness, and that makes me feel very happy.

Thank you, for your unwavering care for the social well-being of humanity, your sincere open mind for science as a religious leader, and your steadfast devotion to your Tibetan people and culture. I feel so grateful for your teachings and inspiration.

Thank you for blessing our world.

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Out of conscious work with the principles of Interdependence, the pure geometric architecture of the human heart has been discovered. It is a seven-sided mathematical form, never before seen in the history of humanity.



Art, Science and Religion are not separate in interdependent reality, and yet in our western civilization, each is seen as having a separate existence. Frank Chester's work is however, a pure expression of the interdependence of art, science and religion.

This discovery of the lawful geometry of our heart's form and function is revealing new insights into the mechanics of the biological world. The mathematical proportions of the 7-sided form are a lawful manifestation of an expanding tetrahedron in a specific moment in time. The tetrahedron is one of five platonic solids, as studied by mathematicians in ancient Greece, and possibly as far back as 4000 years.

The practical applications of this breakthrough are as follows:

In the realm of medicine, former unanswerable questions for doctors and surgeons as regards the anatomy of the heart, its formation and continued movement, are now answerable.

In the realm of technology, a new geometric vortex device is oxygenating water, creating entirely new phenomena not seen before, and scientists are conducting research to clean polluted water. There are hopeful experiments with special housing for bees, in efforts to help with colony collapse disorder.

In the realm of religion, heart geometry is confirming the ancient intuitive wisdom in sacred ceremonial objects, icons, meditations and prayers.

In the realm of art, many are inspired to work with new creative processes.

In the social realm, new possibilities unfold for the consciousness of western civilization to open in greater empathy and compassion.

What is just as important as the discovery of this geometry of the heart is the process by which it was found. The 7-sided form of the heart, also called a Chestahedron, as the form resides in the chest, was not discovered through conventional means. Clear artistic creative steps that demand a new way of dynamic spiritual thinking can now be replicated for any field of study.

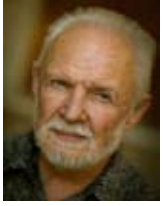
Frank Chester, the founder with his karmic last name, is a fun loving master teacher, artist, sculptor and geometrician of 73, who currently resides in San Francisco, California. Over the last few years, Frank has become a dear friend and godfather to my two children. I consider myself a grateful student of his research.

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Your Holiness, included is a wonderful synopsis of Frank's work written by Seth Miller, and a recently published booklet written by Ulrich Morgenthaller, offering an illustrated overview of Frank's work. I believe you will find the reading very interesting! My apologies their print is small--I hope a magnifying glass will serve you.

The other pages are my thank you, for your kind joyful heart and dedication to compassion for all. I share with you the intimate resonance I experience between your ethical teachings, what little I have experienced with Tibetan Buddhism, and the geometry of the heart.

Frank Chester would be honored to share any of his forms and work with Your Holiness in person.



Frank Chester

(Address, phone #, and email omitted for public sharing of this letter.)

Contact: www.frankchester.com

I would be honored to facilitate and help in any way to arrange a possible meeting with Frank, should Your Holiness wish for it.

Adrienne Fox (Address and Phone # omitted for public sharing of this letter.)

Contact: thankyoubeautifulworld@gmail.com

Recent news: In the summer of 2011 Frank shared his heart research with doctors in San Francisco at a conference I was able to attend. There he presented his mathematically exact sculptures and forms to describe the exterior and interior forms of constrictive heart failure (both expanded and contractive). Through other geometric forms, drawings and water experiments, Frank demonstrated how the heart's muscles, chambers, and valves are formed, and how the heart functions as a regulator rather than as a pump. Frank matched his findings with Power Point MRI scans of the heart and mainstream medical documentation. All doctors at the conference recognized and celebrated the validity of his research.

<http://heartisticscience.com/>

Frank's presentation, as in all his other conferences I've attended, was lively and fun, easily capturing the attention and childlike wonder of all. I believe your curiosity for mechanics and tinkering as a boy would be re-ignited seeing his work in person! As a master teacher, Frank has proven able to teach the geometry of the heart to youth as well as adults, regardless of profession.

In December of 2011, Frank was asked to share his studies with doctors in Switzerland, at the Ita Wegman and Lukas Cancer Clinics where his insights were enthusiastically received. The nearby Goetheanum recognized his research and purchased one of his seven sided sculptures for their archives. In March of 2012, Frank was invited to lecture at Rhode Island School of Design. RISD has asked to archive all his artwork and technology in its historical art museum, which houses a collection of 84,000 objects of international significance.





A personal letter to Your Holiness

Your Holiness,

My name is Adrienne Louise Fox, and I have been a cook, teacher, and organic farmer living in Southwestern Wisconsin, working intimately with my Amish neighbors and local fellow farmers. I feel very grateful for all the wonderful experiences in our very caring community.

I am deeply moved by the perfect geometric forms Frank has made by hand that create an ease of understanding. In studying Frank's work, I feel a deep resonance between the heart's architecture and the heart's spiritual qualities ---empathy, compassion, forgiveness, and peace. It has also been amazing to me to experience interdependence and emptiness through studying the heart's geometry. There is a rhythm of flow in our physical heart development that reminds me of the practice you call giving and taking, or Tonglen.

In 1999 your book Ethics for a New Millennium touched the world, and in January of 2000 Frank Chester discovered the geometry, the lawful architecture, of the human heart. I believe, Your Holiness, that Frank's work reveals a new technology arising out of dynamic thinking with the heart that can support the spiritual revolution you describe in Ethics for a New Millennium.

Thank you so much for your commitment to compassion and your teachings. I have learned very much from you. I first connected with Tibetan Buddhism through my closest friend from childhood, who has long been caring for Gyatrul Rinpoche, where he lives in her home at Half Moon Bay. I was with Rinpoche on September 11, when the World Trade towers collapsed. In the last year I have connected to Red Tara meditations written by Chagdud Tulku Rinpoche, introduced by Lama Shempen Drolma on one of her visits here in Wisconsin. I feel so grateful for these meditations. I also find an astounding connection between these Tibetan meditations and the geometric architecture of the heart.

Thank you for reading this. It is my hope that it will bring you great happiness. I will hear you for the first time in person in Chicago, on April 26. I hope to visit Dharamsala someday.

Sincerely, Adrienne Louise Fox

April 9, 2012

Tibetan medicine and the 5 elements as regards heart geometry

The Men-tsee-khang institution shares that the universe is made up of five proto-elements: *sa* (Earth) *chu* (Water) *me* (Fire) *rLung* (Wind) *Nam-mkha* (Space). In Greece, mathematicians such as Plato attributed these 5 elemental qualities with each of the 5 existing platonic solids....the cube with earth, the icosahedron with water, the octahedron with air, the tetrahedron with fire, and the dodecahedron with ether/space/universe. These are perceived as the building blocks of the universe.

Each element in relationship to a platonic solid represents a movement process. In geometry, the earth process demonstrates the question, what is different; the water process, what is changing; the air process, what is reversing; the fire process, what is transforming, what is coming into being and dissolving at the same time—also what is mathematically inverting or moving backward and forward at the same time; the ether or space process, what is creating space.

Frank found how the heart is exactly formed and how it functions by literally, mathematically moving the 7-sided form through each of these movement processes of the five elements. Each of these steps revealed new geometric forms in regards to each element, and all contribute to deeper understanding of the heart.

Your Holiness, I have to mention that it is truly sacred to hold directly in your hands all these new geometric lawful sculptures Frank has made (some have only curves and no straight lines). They are pure spiritual forms.

These drawings below of the 5 platonic forms representing the 5 elements are from Johannes Kepler, the 17th century mathematician and astronomer.



Interdependence and new technology

The principle of interdependence has allowed for the discovery of the geometry of the human heart and a new technology.

The five platonic solids themselves in their essence all exist interdependently. These elemental building blocks fit perfectly mathematically both inside and around one another. Moving these solids through lawful transformation, Frank has been able to discover the geometry of the heart in its form and function, as well as create a new vortex device to enliven water in entirely new ways. (Water moved with this device is able to hold oxygen for over 11 minutes after the device is turned off; imagine the repercussions for our drinking water and health, as well as the possibilities for cleaning our polluted rivers and oceans. Oxygen serves the life of those living organisms that are able to digest petroleum and other contaminants in our earth's waters.)

Frank has experienced that following the lawful movements of transformation of the 5 platonic solids—the archetypal, interdependent forms of nature—further trains interdependent thinking. Frank calls this interdependent thinking, “Thinking with the Heart.”

Frank looked with new eyes at the platonic solids, through the lens of interdependence. He saw them not as solid, but as open and empty. He saw them as hollow, and as see-through. He created them in edges only, and then with points only. He expanded the solids and opened them up, and he contracted them—all mathematically. He put a tetrahedron inside of a cube and spun it, noting the exact coordinates of its spiral. This has not been done in human history before, and it has allowed a completely new geometry to be revealed. It is a geometry that reveals the Spirit.

Through recognizing interdependence, while working with the whole within the parts, as well as the parts within the whole, Frank has widened his thinking from the narrow constraints of past theories and conclusions. He has had to become soft; not to grasp at a form he discovers, but to let it go, to open to the next unfolding and the next discovery. At the same time, he has had to remain exactly and precisely clear.

As I mentioned before, art, science and religion are not separate in interdependent reality, and yet in our western civilization, each is as a separate existence. Frank's work is however, a pure expression of the interdependence of art, science and religion, and his own journey also tells of it.

Frank's adventure began when he simply decided he wanted to create a 7-sided form. Being a sculptor for 30 years, he used his training and experience to guide him. It was through pure artistic process that Frank found the 7-sided form. He did not find it through analytical means, the scientific method, or a computer program.



This is a drawing of the 7-sided form in edges only. It consists of 7 polygons that all share exactly equal surface areas. Four of the polygons are equilateral triangles, and three are quadrilateral or kite shaped. There are 12 edges.

Frank then wanted to know where this 7-sided form was coming from. Here he began to scientifically explore through the laws of geometry and the lawful movements of the 5 elements, while keeping his artistic creative process alive at the same time. As never before seen forms were revealed, and as the form and function of the heart were found, Frank was directly experiencing Spirit. His work was making that which is unseen, seen.

Frank has personally shared all his research freely through his websites www.frankchester.com and www.heartisticscience.com, as well as videos on YouTube; in this way, he is not attached to his findings. He also does not claim these lawful forms to be his own ego creation; rather he proceeds with humility, and of course, much happiness! His enthusiasm is contagious.

Frank has developed a special way of seeing interdependently and an ability to find where geometric forms are coming from, working with the 5 inherent elemental processes of the platonic solids. Just recently, last Friday on April 6, Frank discovered the form that gives perfect geometric birth to all of the 5 platonic forms.

He calls this mother form, light.

The discovery of the 7-sided form as a lawful expansion of the Tetrahedron

What is a Tetrahedron in its essence? The tetrahedron as a platonic form represents the element of fire, which is called “me” in your Tibetan language. My understanding as to why the tetrahedron is connected with the element of fire is that the tetrahedron holds the least amount of volume of all the platonic forms. It is the most rarified form. It is also the first three-dimensional form that manifests in biological life.

If you correlate one biological cell as a point (no dimension), then following cell division, two cells would create a line (first dimension). The next step in cell division would manifest four cells, which would create a plane (second dimension). Then, as biological life carries the movement of the spiral (the mineral world does not), the plane turns, so that one cell moves on top of three cells. A tetrahedron manifests as four connected equal triangles connecting the cells--the first biological form created in three-dimensional space.

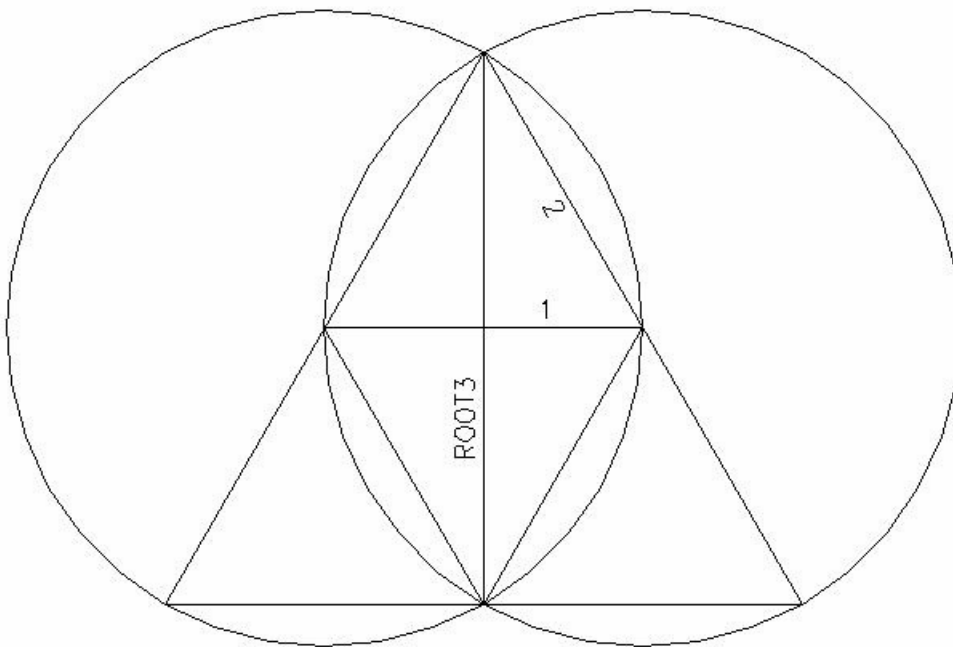
I understand the element of warmth ignites that which is still into movement. If I think of a rock representing the solid and dense earth element, the water element flows over and around a rock, pours through it if it is porous, or tumbles it along in its current. The air element, like water, can wear away the outer surface of a rock and penetrate any open spaces. Air and water can move a rock with force from the outside, but fire moves the rock from within. Fire heats a rock to its core, igniting its stillness into movement. In the warmth of fire, a rock expands its form and substance, glows, creates sound and can even break open. Similarly in cell division, the warmth of the fire element initiates expanding and opening movement for life to unfold in the three dimensional world.

The first born of the sacred Vesica Piscis

The tetrahedron is also the first form created geometrically through the sacred Vesica Piscis. To construct the Vesica Piscis in two dimensions on paper, extend the center point of one drawn circle to its circumference with a line. The point where the line intersects the circumference becomes the center of the second circle, whose circumference passes through the center of the first drawn circle. Out of the shared space of these two circles pours all equal sided geometric shapes possible. For this reason this shared space--called the Vesica Piscis--is also named a holy womb.

The first geometric form to be born out of Vesica Piscis is the triangle in two dimensions, and the tetrahedron in three dimensions. Below a diagram of the tetrahedron is laid out flat in four equal triangles. If you imagine the two interconnecting circles as interconnecting spheres, a tetrahedron would manifest in place of the largest drawn triangle.

VESICA PISCIS GENERATING TETRAHEDRON (FIGURE 29)



As shown here, the distance between the top intersection of the circles and the bottom intersection of the circles in a Vesica Piscis creation is the measure **Root 3**, (the square root of 3) which is an **irrational number**.

It is remarkable that no matter how large or small these two circles are drawn, this vertical intersecting line always remains Root 3.

Our heart rests within our body at the angle Root 3

In looking at the heart from the front, the heart appears to rest in the body at 45 degrees. This is how medical books describe the angle of the heart, but they do not take into account that the heart rests in 3 dimensions, not a flat 2 dimensions. Frank realized if you look at the heart from either side of our body, or look at the heart from the head or feet, it is not 45 degrees at all! It is instead Root 3, 36 degrees, from every spatial perspective. From the front and back, root 3 and 45 degrees simply appear to be the same angle because of depth perspective.

Root 3 is also the constant measure of the diagonal from one point of the cube, through its center, to another one of its points, no matter what the size of the cube. The cube is the platonic solid representing earth, expressing the pure mathematical relationship of the third dimensional world in its 6 faces: above/below, right/left, forward/back. Root 3 is the geometric axis and mathematical expression of balance between the three dimensions of the cube as well as the three dimensions of space that we live in as human beings.

At Root 3, our heart rests in perfect balance.

It seems no small wonder that our heart is the place
where we find our inner equilibrium,
where we experience inner peace.

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The traditional pose for meditation
--sitting upright in a triangular form with folded legs--
echoes the triangle created by the Vesica Piscis.

Je Tsongkapa,
pictured on the right,
sits at Root 3
in perfect creative balance.



Je Tsongkhapa sitting in a Vesica Piscis of blue. Christian religious icons also often depict Christ and Mary in the Vesica Piscis.

The heart as a fire flower

Frank found that when one opens a tetrahedron geometrically, when the apex connection of three of its triangles moves as a flower, with three triangles opening outward as if petals were falling open to blossom, there is one moment in time when the tetrahedron becomes the 7-sided heart form.

When the 7-sided heart form then opens to its fullness, it becomes a perfect geometric prism, creating a pure rainbow of seven colors when light passes through.

Frank can demonstrate these geometric transformations through precise mathematical forms he has created.

(It's actually easy to imagine cutting out the four triangles in the Vesica Piscis diagram shown, and folding them into a tetrahedron. Your holiness, the red triangle in the sleeve at the end of this book is a cut out for you to fold; the red triangle with blue kites in the sleeve is the 7-sided form or Chestahedron for you to fold. These cut outs show how the tetrahedron is a part of the Chestahedron. The geometric journey from the Chestahedron to the prism involves transitioning through other forms, and as they are more faceted, it is too difficult to include those cut outs.)

The heart's warm Spiritual Qualities and the Rainbow Body

When the creation of the physical heart is complete in our development as human beings, is it possible that the forces that create our heart in this lawful geometry are freed up to help maintain it, and subsequently also serve our inner life? Could the lawful movements of the physical heart be the same lawful movements of the spiritual life within the heart? I feel very drawn and moved to explore this possibility, and to contemplate the social implications for our world.

The tetrahedron is a form of fire and warmth akin to the human spirit. What I call my spirit being I also name my inner fire, or as in Tibetan, "me". When I am alive, my body is warm, and when I die, my body is cold. The presence of my being implies warmth, but being alive doesn't necessarily mean I have a lot of social warmth. Through generating the warmth of sincere interest, enthusiasm, empathy and love, my being naturally expands, and I become warm hearted and more spacious inside. This is what is happening geometrically with the tetrahedron...It is opening/expanding into the form of the heart.

When I choose to open my heart ever wider to the world through forgiveness and compassion, I become filled with inner peace and happiness, akin to the 7-sided form opening fully through geometry into a perfect prism. Perhaps when we act with true forgiveness and compassion, and the light of our consciousness passes through our open heart, a rainbow actually appears in the sky of our soul.

Over time, through many compassionate deeds, do we perhaps literally create a Rainbow Body that the ancient ones speak of?

A Red Tara Meditation for the Dead –Chagdud Gonpa Rinpoche

“From Tara’s heart, rainbow light shines throughout the 6 realms and the bardo, enveloping the deceased ones wherever they are, purifying their karma and infusing them with Tara’s radiant blessing. Their forms become brilliant spheres of light and dissolve into Tara’s heart mind—a realm beyond the cycles of suffering, a realm of absolute purity and bliss. “

The instructions I understand are to meditate this way for forty-nine days after death, dedicating the merit of practice to the deceased. I spoke this verse for forty-nine days for a dear friend after he died this past fall, and I felt such gratitude. It was also profound to experience the connection with the geometric mathematical law: All geometric forms are seeking to become spheres. Even the tetrahedron, as it transforms into a 7-sided heart form, and then into a prism, seeks to become a sphere geometrically.

This law is actually easy to understand. I was teaching students of the 8th grade the geometry of the heart, and we were learning about two principles, one of which was this law— that all form seeks to become a sphere—, and the other the force of suction.

Imagine a group of students standing in a circle, with a rope lying on the floor in the shape of a triangle. The rope is tied closed with a secure knot. All the students pick up the rope and hold it firmly in their hands. As every student pulls evenly on the triangle and keeps stepping backward until the rope is taught— representing the law of suction working on the triangle—the students find themselves standing in a perfect circle. If you imagine the triangle in three dimensions as a tetrahedron, then the circle translates into a sphere. You can put the rope in any shape on the floor under the same conditions of suction, and the circle, or sphere, will always be the result.

Frank has discovered how suction is one of the principle forces working in balance with pressure, within the heart. The blood moves into the heart through the pulmonary vein under pressure, but it moves out through the aorta through suction.

Is the same true for our lives? Are we born into earthly bodies primarily through pressure, and through suction do we leave? Perhaps we breathe in and out of life as the tide. If I as a being let go of my body at death and am no longer bound by the laws of gravity and pressure on the body but am perhaps still under the law of suction, my inner being residing within my heart could be drawn out into the space of the universe, into a beautiful sphere, filled with the light of my consciousness.

Tonglen—Practicing giving and taking

Your Holiness, as I learn of this very compassionate Tibetan exercise where I am very much of a beginner, I feel very humbled. I realize how you continually do this practice with the Chinese government, who even today, harm your Tibetan people, culture, and land.

I understand that the practice asks one to breathe the negative judgment, hatred, and social poisons of the world into one's heart. This is what I "take" in. (Before learning about Tonglen, I would not have ever considered doing this.) I then am to breathe out compassion, to breathe out empathy and love, for that which is generating the negativity. I understand in your 60's or early 70's your heart was tested, and your heart matched the health of a 20 year old. This tells me Tonglen is a safe practice!

I have already experienced, that accepting my own negative emotions in my heart space if they arise, treating them with respect—recognizing their interdependence with my being, listening to what they have to say, and loving them—allows me great restraint. My own negative feelings become almost meek and mild when I listen with empathy to what they have to tell. So to practice with the world this way too, makes sense, and it brings me happiness I did not expect.

I feel Tonglen to be a practice of forgiveness that echoes the wondrous formation of the heart. In embryology, the circulation of the blood begins first, and the blood begins to vortex in two different directions. After some time, one vortex bends and gives way to the other, moving with receptivity of the other. It is then that the muscle fibers, chambers, and valves begin to form for the developing fetus. It seems this bending echoes a humble movement within our spiritual life, where we bend or bow in recognition of the divine within the other, where we can open to receive the negative as well as the positive, and create through compassion new possibilities.

Heart geometry as a possible bridge for Western Civilization

A shift in our inner experience of emptiness and interdependence

Our western intellect is satisfied by scientific information that can be seen and proven true. Here is wonderful news! The geometry of the heart can be seen, and touched, and proven true! There can be no denial of its perfect mathematics.

If inner spiritual qualities do indeed resonate with the geometric architecture of the heart, understanding the heart's geometry could serve as a possible bridge to activate spiritual qualities. It could also serve as a door to experience interdependence and to explore social relationships with new perspective. The old English word for math, "mathein" means "to be aware", and the old German word for math, "munthen" means "to awaken." Understanding the mathematical geometry of the heart can possibly help awaken awareness of the spiritual nature of the heart and our interdependent world.

I feel very happy thinking that Frank's research can serve as a possible bridge between the western intellect and the heart. If our western society could shift its emphasis from getting to giving; from not enough to enough; if our narrow mind can widen to embrace the heart, how our world would change for the better! Right now I see most folks in western society experiencing their inner emptiness as a void that needs filling. As consumers in a consumer based culture, we make and buy more "stuff" to fill the emptiness, we eat more, we take more from the earth and we create more trash. The pervading feelings are: There is not enough. I am not enough as I am.

If western intellect can connect with the heart through following its lawful unfolding, perhaps this could serve as one means to support a change in consciousness. The experience of the emptiness within could possibly begin to shift into an experience of spaciousness, where there is enough room and love for everyone; where giving is the natural course and where the deep happiness we seek, naturally arises from within.

Frank has found there is a still point in the flow of blood within the heart, a moment just before the flow of blood reverses inside. For our consciousness, this still point is perhaps a moment for pure awareness, compassion, and emptiness. I sincerely wonder if it is also the place where our merit becomes free to be of service to others.

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In meditating on the geometry of the heart,
I have inwardly heard what could perhaps be called a mantra.

It speaks a rhythm of blood flowing into the heart, and then back out of it:

“ I am, therefore I am loved. I love, therefore I am.”

Once I spoke this mantra 12 times, 12 times a day, for 12 days, and I overcame much fear of being alone. I experienced very deep peace. I felt interdependent with all of life, as though I could expand forever, and yet feel at home within myself at the same time.

I wonder if I was feeling the pure balance of my heart, the axis of $\sqrt{3}$, an irrational number that is hard to define and stretches all the way to infinity. I also wonder if we have limited our understanding of what is irrational in the West. What if what we judge as irrational behavior in our society (emotional distress) actually stems from an aching or broken heart? I feel empathy arise in me when I think about this possibility, as well as deep interest to understand if and how our hearts can break.

What if there also exists a lawful irrational interdependent thinking capacity in our heart that instead of creating separation as our rational mind does, creates connection? I wonder if we have the possibility in the West to join with the East, to open the “I think, therefore I am” rational mind wide enough to embrace a possible lawful irrational mind of the heart:

I exist interdependently with all life.

“I am, therefore I am loved. I love, therefore I am. “

How my life is transforming

In studying, drawing, and making the Chestahedron, as well as standing and moving inside of it (my son built a 7-sided greenhouse structure), I have experienced something that might be akin to creating a sand mandala. By following and re-creating the lawful exact geometry of the heart, I feel as though I am tuning my consciousness to a lawful spiritual archetype. Perhaps it is also similar to the inner tuning that a Yantra offers.

My emotional life is becoming more harmonious and balanced. My inner priorities feel as though they are lining up, and I am more able to be authentic. My self discipline is increasing, my ability to empathize and forgive increasing, inner happiness increasing....it's amazing! This has been my personal experience, and I am curious how other people will respond as I begin to share and teach this work.

I am also surrendering.... I have been praying inside my 7-sided greenhouse to live in harmony with the heart of the world, to bring happiness to all beings, and to let go of whatever is blocking me from doing so. I have a good intention and motivation. One of the things manifesting out of these prayers is an inner call to write Your Holiness.

The heart of the Earth

Can Western Civilization turn from seeing the earth as monetary resource to experiencing the Earth as a living being?

Frank is finding how the earth seems to share the same 7-sided form of our heart inside as well. Does our earth with whom we exist interdependently also have a heart? Is she, as ancient wisdom has spoken, an alive breathing being with a different bodily form, the form of a sphere that we may ourselves take after death?

I feel such happiness with this thought: Our treatment of one another and the earth can possibly greatly change in our lifetime. There are so many dedicated people already working to care for the world--I feel inspired that even more could be moved to do so through this new-found geometry. I feel warmed that humanity as a greater whole can possibly begin to recognize how the drive to fill emptiness creates such tremendous suffering, not only for ourselves and our fellow human beings, but also for our giving earth and all her nature.

I also feel a great blessing, that through our hearts,
we have the means and capacity to forgive and make good.

A heart form for meditation and prison life, And the most violent men in Wisconsin

Frank has found that the "dual", the geometric form immediately surrounding the Chestahedron, is a thirteen-sided form, called now the Decatria. It has been thought that this form might be a movement of forces that regenerate the heart at night.

Soon Frank and I will make one of these forms in edges only, out of wood, large enough to meditate inside of. I feel very excited about this. How will it affect my meditation, prayers, and health? I feel deeply called to craft these forms, as well as 7-sided forms, for others interested in experimenting with meditation within them, too. Frank and I would be honored to gift both of them to you and your community.

I will also be sharing these meditation forms with my friend Donna Riemer who runs the lock down unit for the most violent men in Wisconsin. These are men who have been imprisoned for committed crimes, but they are too violent to manage in the state prison or mental institute system.

Donna has been awarded international recognition for the profound decrease of violence in this unit she oversees. Through self-care plans, grounding skills, and non-violent communication practice, these men and their caregivers consciously create "Sanctuary" together. These men, who have been deemed the most hopeless in our state, are learning empathy and compassion for themselves and one another, as well as forgiveness for themselves and those they have harmed. Donna says if these folks can learn to live more ethically, we other folks have little excuse!

I hope to see if these new geometric meditation forms can serve as support for people in prisons who practice meditation. Many prisons are already finding such transformation through working with Vipassana. Perhaps recovering heart patients in hospitals can also be served, or those suffering with an aching or broken heart. I imagine many vast possibilities for experimentation and research.

Sweetheart

Frank moved the 7-sided form of the heart through a water process, asking, what is changing? He spun the 7-sided form, and it became a bell. This is a photo of the 7 sided form as it is spinning.



When Frank spun the thirteen-sided form that I just described, the Decatria, it revealed the shape of the beehive, the conical straw form that has been created through intuition throughout history. I like the idea that the heart is a place of sweet honey.... I happen to have been raised in the south in Tennessee, where we call our dear ones "sweetheart" and "honey".

Our Heart's Chakra

Through pure artistic means Frank Chester found the 7-sided form, and then through lawful process, he discovered that the 7-sided form is the sacred architecture that resides in the chest of our body. The 7-sided form, the Chestahedron, is the lawful design of our human heart.

At the mathematical center of the Chestahedron Frank discovered a perfect 6-pointed star. This star is surrounded by a perfect hexagon, the 6-sided structure of the honeycomb cell within the beehive. Frank then realized the connection with the Chestahedron's 12 outer edges.

The Chestahedron's central configuration
is based on a 6 pointed star
and its outer form is based on 12.

This mathematical relationship is the foundation
for our Heart Chakra,
as intuited by ancient wisdom.



The heart as a honey pot: An experience of invisible being

Dear Your Holiness, as I have heard you reference the word “pot” in some of your teachings, I felt called to share the following experience of a cooking pot with you, in regards to the geometry of the heart.

One day I was cooking in my kitchen, with my daughter two years old beside me, and my son in my womb, and I realized how I was stirring. I was moving my arm around and around to mix. Well, going round and round is the easiest way for my arm to stir, so it makes sense that the pot I was using was round, instead of square or triangular. I don't stir in a square or triangular motion—I stir in a circular motion when I cook. I had heard of a concept that **movement precedes form**, and now I understood it.... A practical pot is circular because the movement that creates it is circular!

I saw that movement clearly came before the pot was made, that the potter also felt the same circular round movement when the pot was created. I felt the direction in my movement....I was moving in a specific circular direction, not back and forth or in a zig zag. Then I felt intention in the movement— my intention to stir something to cook, and also the potter's intention to spin clay round and round, to create a vessel with designed purpose. I recognized within my intention, my consciousness, and at the same time the consciousness of the potter. I felt within my consciousness my being, and a simultaneous recognition of the being of the potter. A being made the pot, and I was a being using the pot.

It's now known in mainstream **embryology** that movement precedes the formation of the heart. The circulation and movement of blood begins long before the heart muscles and its inner chambers form. Frank Chester's research can now show how the blood begins to move in specific directions and geometric vortex patterns to form the heart. **A balance of accelerating and decelerating forces and a dynamic play between suction and pressure creates a lawful forming and molding of matter.** If we liken our heart to a pot, who is the potter?

This line of thinking and questioning unfolds a simple and profound possibility for me. I know human beings have asked this same question for eons, “Who is the potter?”, but in the context of new heart geometry I ask it again: To become aware of the lawful movements and forces forming the heart, can that awareness reveal intentions of design and purpose within the clear lawful directions of movement, opening an experience of consciousness in tune with a lawful interdependent universe; igniting possible experience of our inner spiritual being, and simultaneously igniting possible recognition of greater creative being?

I wonder for myself if this new geometry opens a new door to experience beings in the world that we cannot see. Just because we cannot see certain aspects of reality, doesn't mean they do not exist! In my kitchen, I am a human being stirring a pot created for cooking. Someone made the pot I am using. Who is the potter who made the kitchen pot I am using? Maybe the potter lives on the other side of the country, and I cannot see him or her. Most likely he or she is invisible to me in the moment as I cook, but I know someone made the pot.

It is this inner knowing that I speak of in reference to the potter of my heart. If understanding the geometry of the heart lends me a true experience that my heart is created with specific movements for lawful designed purpose, (that my heart, as well as my whole body as a vessel, is really not too different from the simple pot in my kitchen), then there also arises in me a knowing that a potter of my heart and body exists, an artist who's being is invisible to me. Feelings of awe, wonder, and gratitude arise in me with possible scientific confirmation of what I here-to-fore only believed: There is very likely invisible being creating lawful movements in the world, of which I am intimately interdependent.

When I consider this experience, I feel hopeful that the geometry of the heart can possibly serve as a means for both respect and renewal within and for all World Religions. Each religion plays an integral interdependent part in revealing the nature of Spirit by offering a means to deepen love, responsibility, and care. Each World Religion contains lawful geometric symbols as language of expression that can be confirmed through the lawful geometry of the heart. Perhaps youth from across the world can also be inspired through heart geometry to view their roots, cultures, and religious traditions with new eyes and new meaning.

Your Holiness, your book Ethics for a New Millennium addresses all human beings in the world, regardless of whether they practice a religion or not. It speaks of the inner values and the quest for happiness that we all share in common. I believe Frank Chester's discoveries do the same: The lawful geometry of the heart, as well as the new technology it inspires, speaks to all human beings, regardless of their beliefs or background. It offers scientific proof for what has been intuited through ancient wisdom, and can, I believe, serve as foundation for spiritual awakening and revolution.

In closing, I would like to sincerely offer any virtue or merit generated by this writing for the welfare of all sentient beings. Your Holiness, thank you again for blessing our world, with such compassion and good will. Thank you for being.

In love,

Adrienne Louise Fox, April 10-24, 2012

Reviewed by Frank Chester, April 24, 2012

From Chagdud Gonpa, Red Tara Dedication

Throughout my many lives, and until this very moment, whatever virtue I have accomplished, including the merit generated by this practice, and all that I will ever attain, this I offer for the welfare of sentient beings.

May sickness, war, famine, and suffering be decreased for every being, while their wisdom and compassion increase in this and every future life.

May I clearly perceive all experiences to be as insubstantial as the dream fabric of the night, and instantly awaken to perceive the pure wisdom display in the arising of every phenomenon.

May I quickly attain enlightenment in order to work ceaselessly for the liberation of all sentient beings.

Transition

To offer a transition to the following articles on Frank's work, my understanding of the word "insubstantial" in the dedication above is the same as "not solid", expressing that it is possible to clearly perceive the interdependence of life, where our experiences are as spacious and open as the dream fabric of the night. Through this clear perception, I understand I can instantly awaken to perceive the pure wisdom display in the arising of every phenomenon—I can perhaps, "**Unsee the Seen.**"



NEW FORM TECHNOLOGY



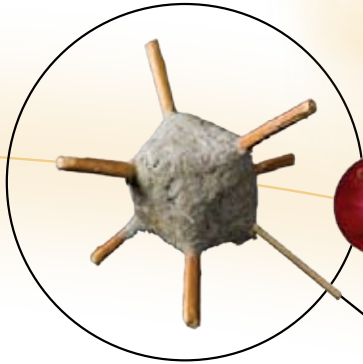
THE
ART OF
UNSEEING

THE SEEN

Frank Chester

ARTIST, SCULPTOR, GEOMETRICIAN

THE CHESTAHEDRON



It started with
seven sticks in
the mud...

The chestahedron is a new geometric form discovered by Frank Chester. It has seven faces of equal area, is comprised of four equilateral triangles and three quadrilaterals, and has a surprising amount of unique geometric properties. Frank's research has revealed a number of promising potential areas of application of this form, from architecture, vortexial mixing, beehive construction, bell-making, and the interior structure of the Earth, to the inner geometry of the human heart, not to mention its purely aesthetic applications.

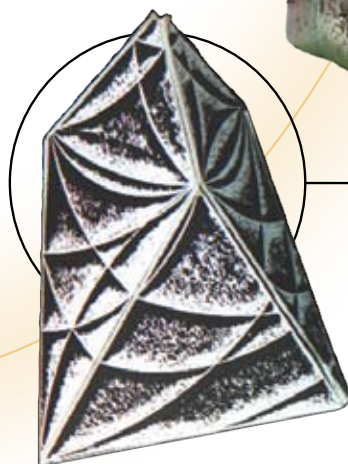
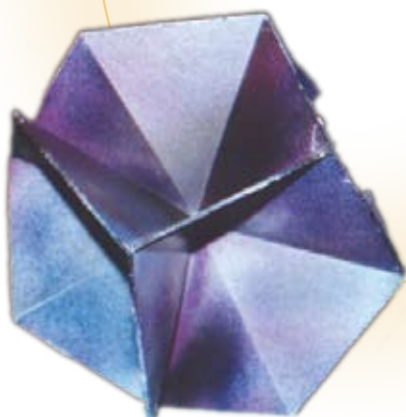
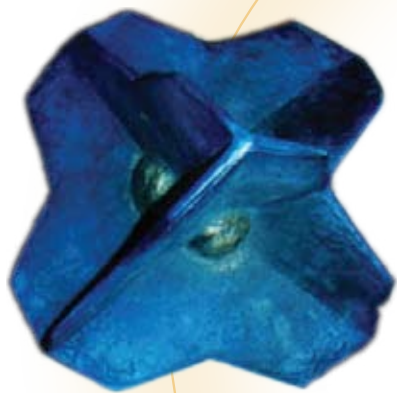
ARTICLE *
BY ULRICH
MORGENTHAUER,
TRANSLATED BY DR.
KARL MARET

Occasionally one is blessed with the good luck to be allowed to meet a phenomenal human being: The kind of person who has followed his individual



The Chestahedron

path to discover mysteries of our world, and who then continues, without distraction, to follow his path in order to bring one treasure after another into the light and life. Such human beings



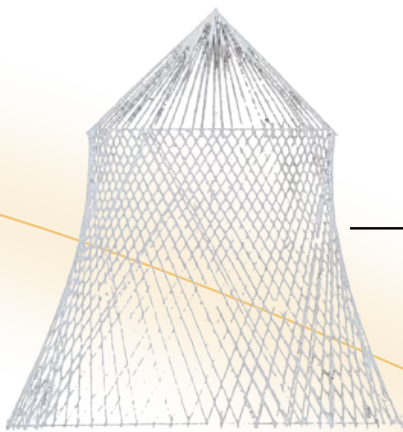
* THIS ARTICLE FIRST APPEARED IN DAS GOETHEANUM NO. 20-10

inspire and vitalize, solely through their presence and their inner dynamic, and leave one somewhat speechless and in awe. Among such humans, I count Frank Chester. His life theme arose from a study of the so-called platonic solids that have the fundamental property of being constructed only from identical equal-sided polygons.

THE DISCOVERY OF THE CHESTAHEDRON

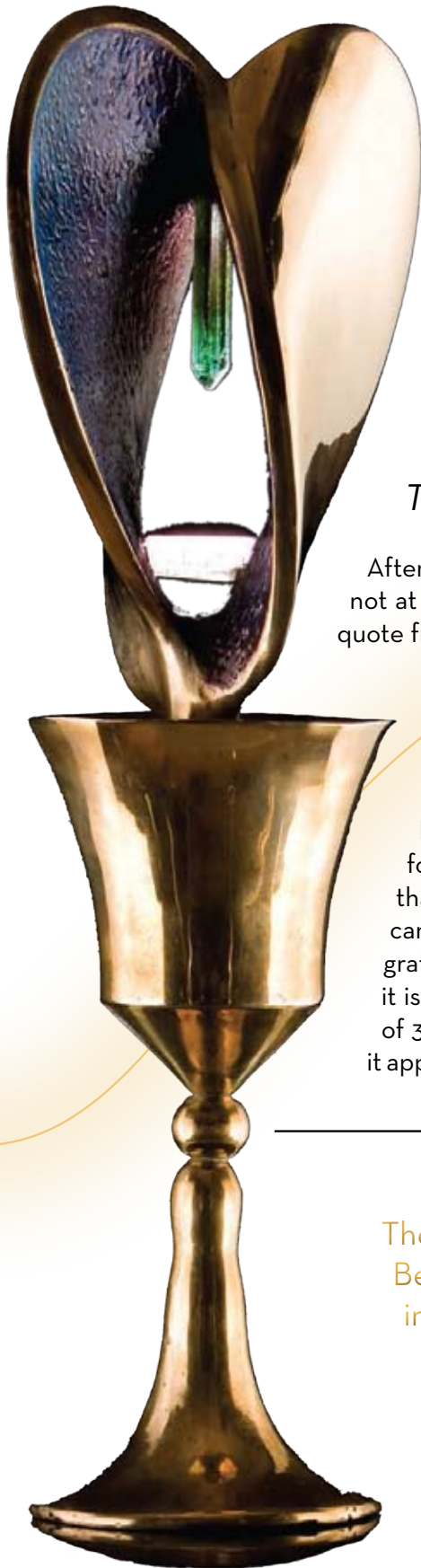
A European journey in the 1990's led Frank Chester, the San Francisco retired teacher, sculptor and geometer, to Dornach in Switzerland. Prior to this journey he had never heard anything about Rudolf Steiner or Anthroposophy. He was immediately impressed by Steiner's two-dimensional, seven-sided planetary seals, and equally by his seven-sided capitals on top of the columns within the model of the first Goetheanum. While gazing upon these forms a question arose in him: Could a three-dimensional, seven-sided form exist that might also demonstrate the harmonic nature of a platonic solid?

The Venus form,
an inversion of the
Chestahedron traced
through time.



Not being satisfied with existing seven-sided models, Frank Chester began to experiment: with clay, string, straws, wire, paper, soap bubbles, and all manner of forms. After many failures he discovered, in the year 2000, while artistically playing, an entirely new, never-before seen geometric figure that was simpler and more elegant than anything seen before. He called his discovery the "Chestahedron" (Chestaeder in German).

This special bell-shape
is made by spinning
the Chestahedron.

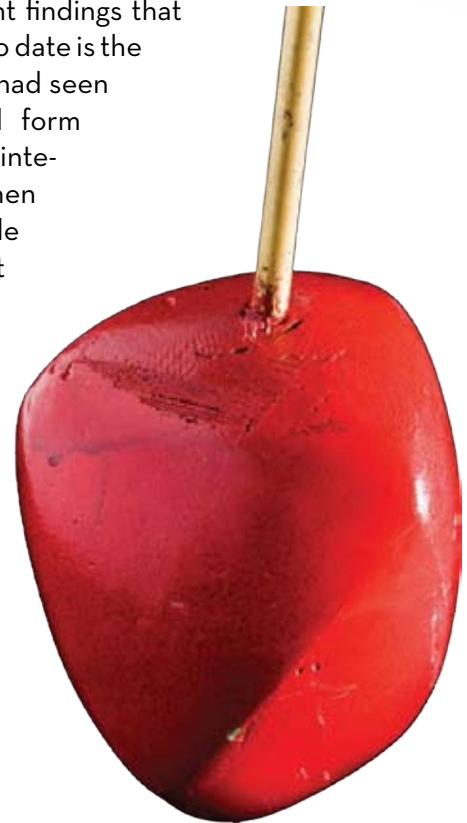


This solid has seven surfaces with exactly the same surface area. It consists of four equilateral triangles and three additional, four-sided surfaces which resemble kites. It shares the same property with the five regular platonic solids in that each of the seven surfaces has the same area. It is unique in that it contains two different shapes and two different side lengths while in the five platonic solids these are always the same. Interestingly, Chester could utilize two circles in the ratio of the golden section (Phi) to lawfully and reproducibly develop the surfaces of his form.

THE HEART AS AN ORGAN OF FLOW

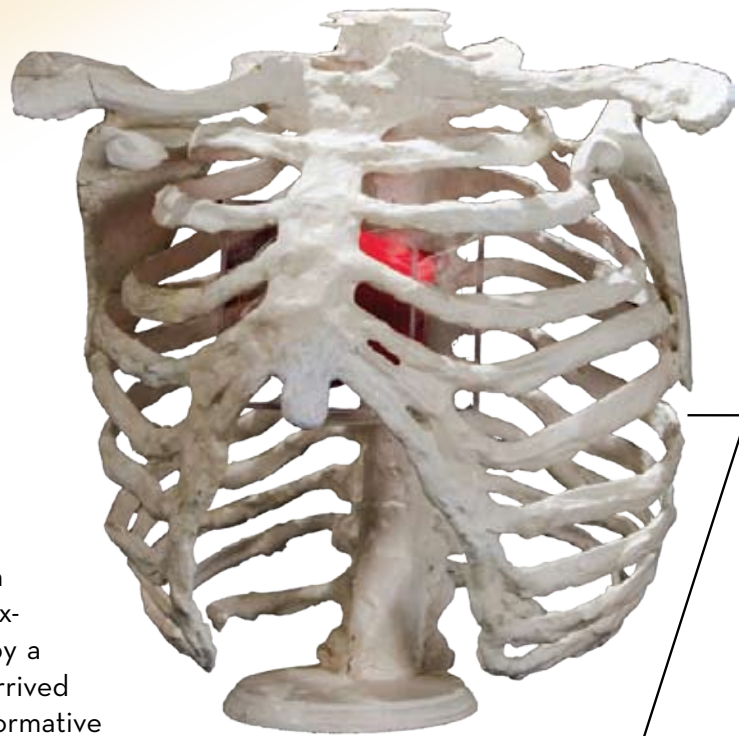
After he had discovered this new form, Frank Chester was not at all clear what its importance would be for the world. A quote from Rudolf Steiner guided him: 'Geometry is knowledge that appears to be produced by human beings, yet whose meaning is totally independent of them.' Chester continued to experiment for ten years more. Among the most important findings that he has discovered to date is the following: After he had seen that his seven-sided form can be harmonically integrated into a cube when it is oriented at an angle of 36 degrees, and that it appears to resemble a

The Venus and
Bell together
in a chalice.





kind of heart shape when he dipped the wire frame model into a soapy liquid and created convex surfaces by expanding the enclosed soap bubble gently with a straw, he had an idea: He took a solid model of the expanded, seven-sided form and dipped it along its axis into a water-filled vortex chamber. When he spun it vertically, the resulting water vortex was stable. However, when he spun the form attached to a high-speed drill and introduced it into the water at an angle of 36 degrees, a type of pocket-shaped vortex developed on the side of the main water vortex.



Through what he saw developing within the water, Frank Chester developed a sculpted model and then opened it in cross-section. This result reminded him immediately of an image of a vertical cross-section through the human heart. Driven by curiosity, his joyous experimental nature, and further inspired by a drawing from Rudolf Steiner, he finally arrived at a three-dimensional depiction of the formative forces which underlie the human heart and create its

asymmetric form through its muscular layers. His conclusion: the formative forces which form our heart muscle are active as vortices and are oriented and maintained through the seven-sided form discovered by him.

The geometry of the Chestahedron shows why the heart is positioned at a particular angle in the chest.



Since Frank Chester developed this insight, the heart is no longer a pump. For him, it has instead become an organ of flow (regulation). If the heart were a pump, the paper-thin tissue at the apex of the left ventricle could never

withstand the developing pressure. However, from the perspective of a vortex model of the heart, it becomes understandable why this part of the heart is never exposed to these higher pressure dynamics.

In the developing human embryo, blood is already streaming rhythmically through its blood vessels



before the heart has even formed. Something other than the heart, therefore, must be responsible for this movement of the blood. The heart that develops later appears to function more like a balancing brake: blood streams into the left ventricle in a clockwise direction and then vortices around itself, finally emerging from the left ventricle in the opposite, counter-clockwise direction. At the moment when the blood flow reverses, there is no movement; absolute stillness reigns. However, this is a dynamic rest. This is the exact moment, simultaneous in time and space, that for Frank Chester represents the eternally present heart-centered state in each human being.

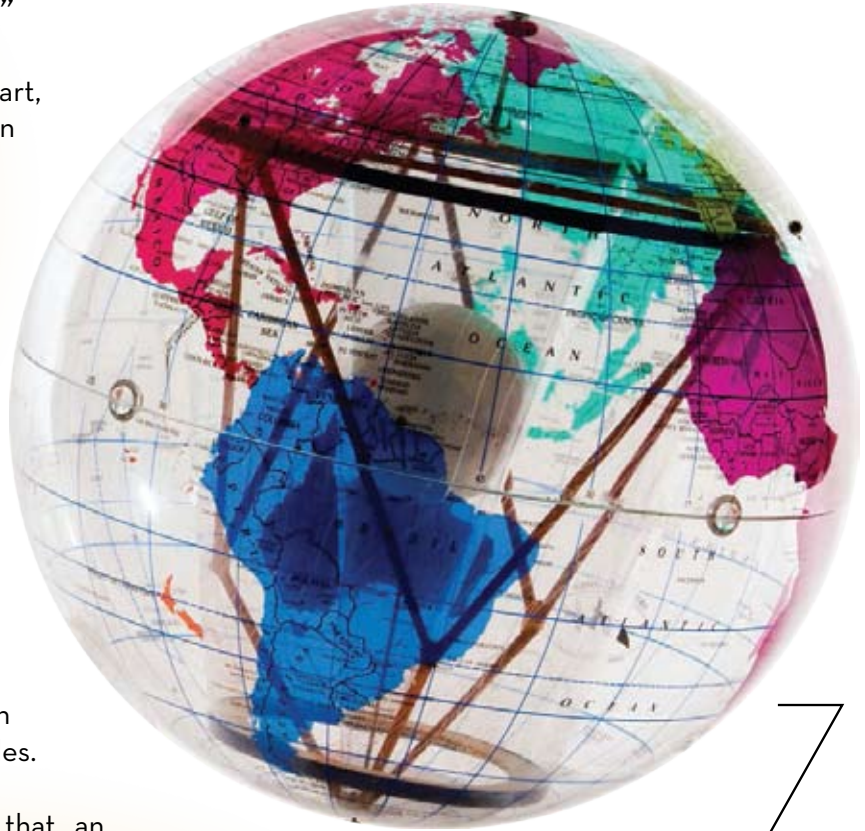
Frank has created many architectural designs using the Chestahedron.



"A KIND OF TETRAHEDRON"

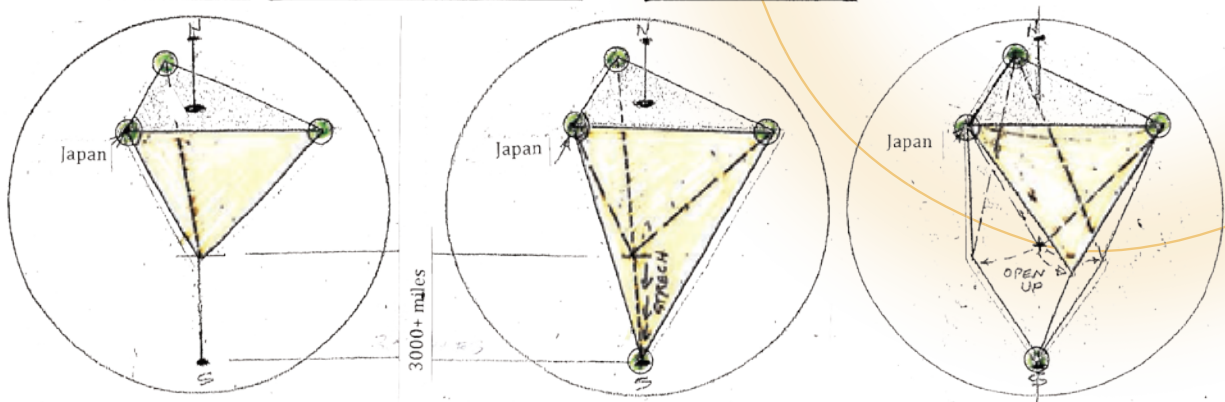
After addressing the human heart, Chester then turned his attention to the earth. A further statement from Rudolf Steiner gave the impulse: In a lecture about the causes of earthly volcanism, Steiner indicated that on the basis of his spiritual scientific researches, the earth in its foundational form 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.

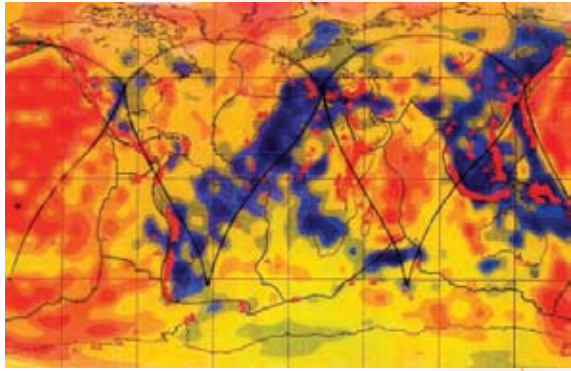
Chester's calculations showed that an equilateral triangle would be created if one joined points together in Japan, the Caucasus, and a third point in Kansas, North America, rather than the point in Middle America mentioned by Steiner. An inverted tetrahedron constructed downward from this triangle would 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 construc-



The Chestahedron
in the Earth.

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



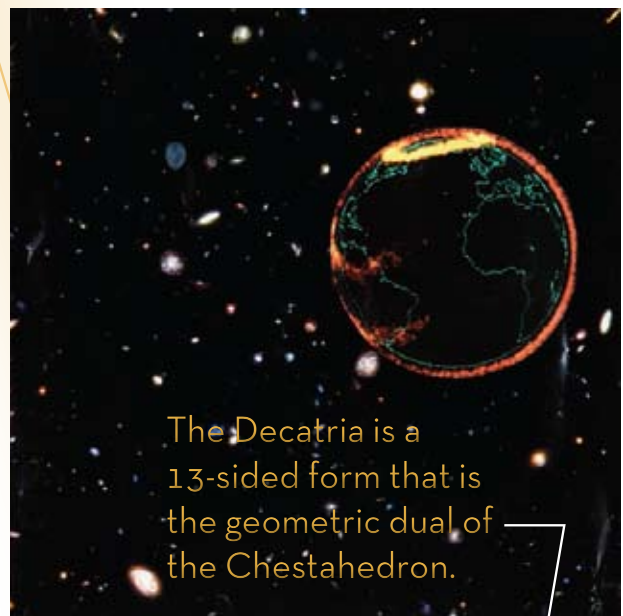


Warm and cool zones on the Earth correspond to the form of the Chestahedron.

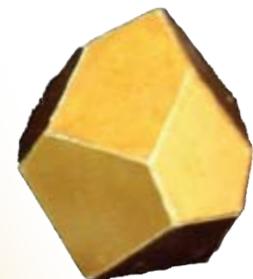
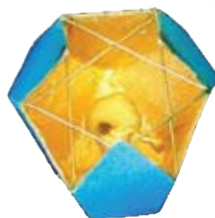
tion, one no longer has an “exact” tetrahedron, but rather a “kind of tetrahedron.” According to Frank Chester, one can open the downward-pointing sides of the tetrahedron (hinged to the base triangle) at an angle of 94.8304 degrees. At this point the three triangles stand in the exact relationship to 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.”

UNDERSTANDING EARTHLY PHENOMENA

Subsequently Frank Chester found phenomena which appeared to confirm his suggestion that the Chestahedron acts as a fundamental geometric form within our earth. If one follows a lawful transformation involving surface-point-surface mapping, it can be shown that the Chestahedron has a cube as its foundation (ed.: within it). With reference to the dimensions of the earth, this cube has the same diameter as our moon (the earth’s core has a diameter of 3400 km; the diameter of the moon is 3474 km). In 2008, scientists at Uppsala University in Sweden published findings that appeared to confirm that the core of the earth is a cube (Translator note: Specifically, the round earth’s core has a cubical iron crystalline structure and not a hexagonal one as assumed in older models).



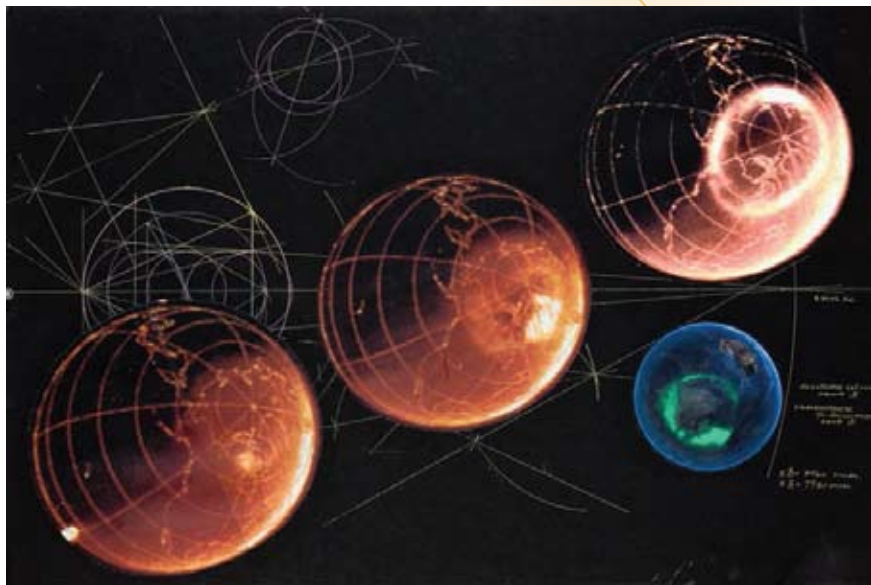
The Decatria is a 13-sided form that is the geometric dual of the Chestahedron.



HOT AND COLD WORLD

These findings, which are aligned with the idea of a Chestahedron in the earth, offer an explanation why seismic waves travel (through the core) faster along the Earth's axis (from pole to pole) in comparison to their movement from equator to equator. It can also be shown that notable synchronic lines that join regions of cooler, warmer, and hotter earthly zones in seismic maps correspond essentially to the suggested Chestahedron model within the Earth.

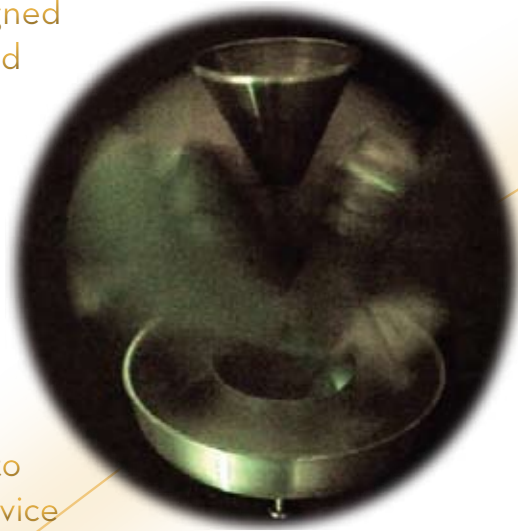
Perhaps the most impressive application of this work may be an explanation for the underlying phenomenology in the appearance of the northern lights: The distribution in the appearance of both the northern lights (aurora borealis) and the southern lights (aurora australis) (on the earth's surface seen from space) appear to be in alignment with the rings that Frank Chester found in his experiments with the Chestahedron creating water vortices while studying the energetic origin of the human heart. Using the Chestahedron, Chester found a common denominator, a starting point which promises to offer a deeper understanding of both earthly phenomena as well as those of the human heart.



The Chestahedron may be related to the form of the auroras.

Questions upon questions now arise in me, but simultaneously wonder and awe-filled inwardness are present: Could it be that not only geometrical forms lie at the basis of the human heart or the earth, but specifically the same geometrical structure appears to be the basis of both, namely the seven-sided Chestahedron discovered by Frank Chester? And further: If the heart is "the center of the human being" and the heart and Earth stand in such an inward relationship to each other through the Chestahedron, what then is the Earth? How can such questions bear further fruit and insights?

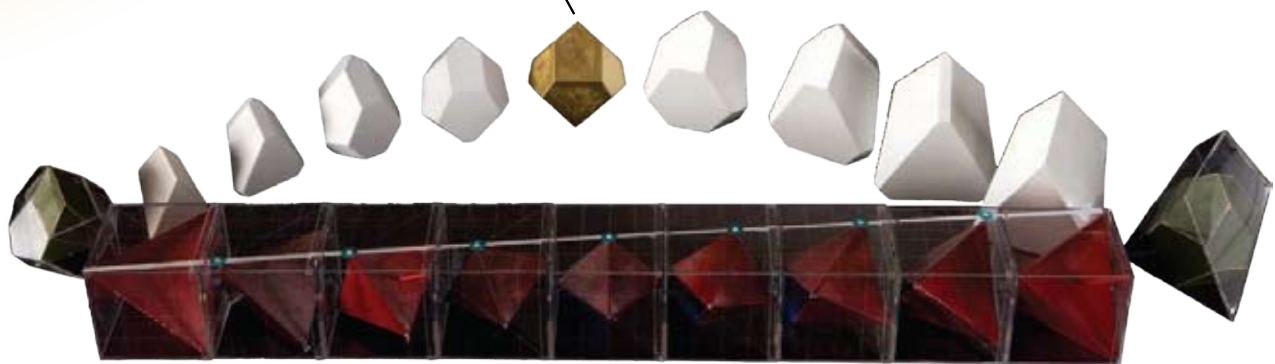
Frank Chester has invented a device, designed upon the geometry of the chestahedron, called the Chesta Vortex Organizer (CVO). The CVO is meant to be utilized in biodynamic preparations, stirring, mixing, aeration and bio-augmentation. The device has two moving forms turning in opposite directions, 90 degrees from each other.



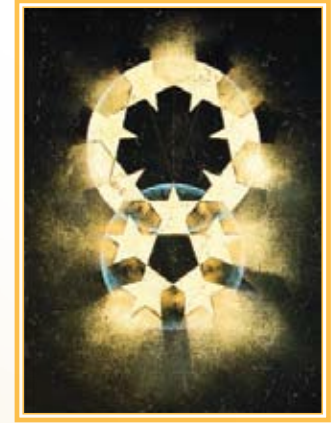
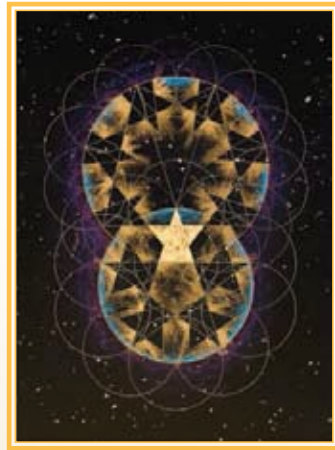
Frank has been given the opportunity to test the new device at Environment Ventures Marketing, Inc. in the Philippines. He has been invited to a professional laboratory environment which includes scientists, engineers, fabricators, and machines to produce and test many of his ideas.



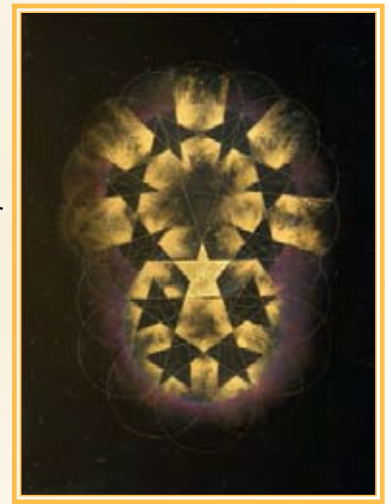
The dualization of the Chestahedron into the Decatria, and the Decatria into the Chestahedron.



One way that the Chestahedron can be formed is by rotating a tetrahedron within a cube.



The sale of paintings, sculptures, and jewelry supports the ongoing development and application of Frank's work.

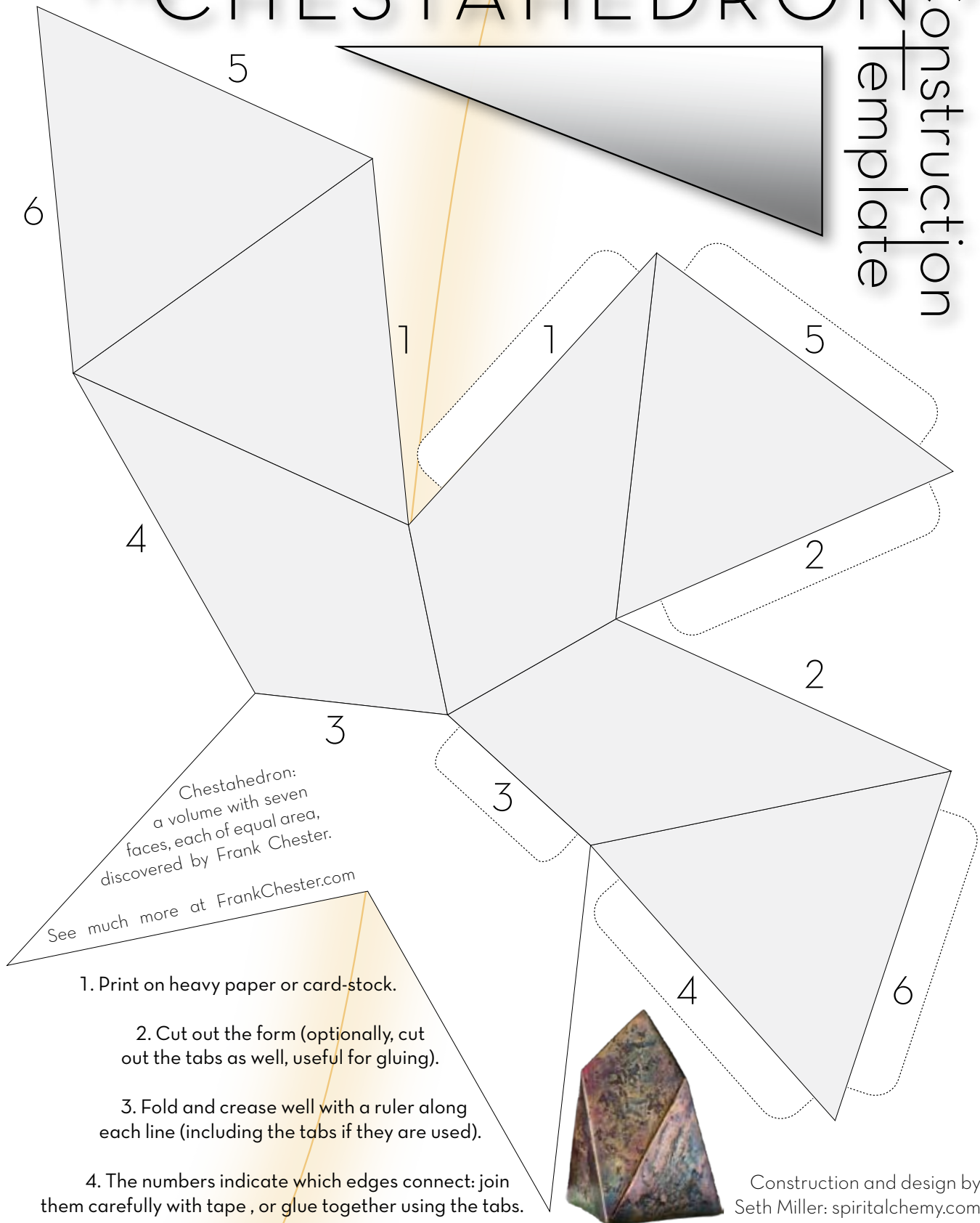


Frank has invented a unique bell mounting assembly and ringer, which suspends the bell from a point rather than from above, allowing it to resonate with its purest tones.



The CHESTAHEDRON

Construction
template



Frank's work helps crack open new avenues of thinking, new ways of understanding our world, and provides insights that help us better understand ourselves. What he is doing, in a nutshell, is exploring the relationship between geometric form and the dynamic principles that underlie the operations of natural and physiological processes, specifically those related to the human being. He did not set out with this goal in mind, but rather followed the trail of a simple question concerning the possibility of a seven-sided geometric form with faces of equal surface area.

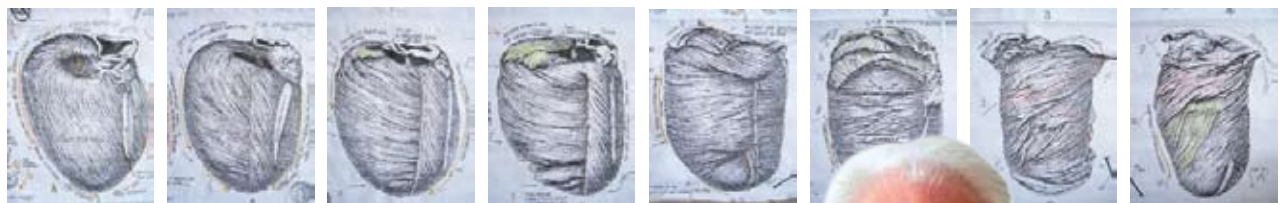
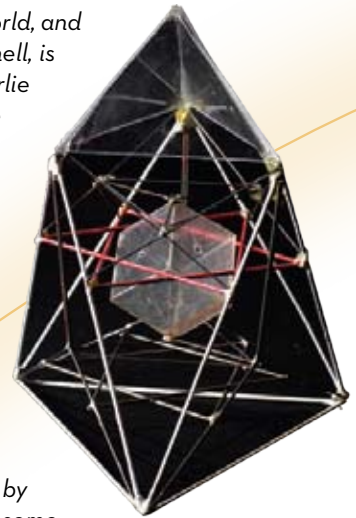
As a sculptor, Frank didn't just think about this idea, he made it - "it" in this case being a new geometric form that had never before been discovered. The significance of this is not just that such a form exists, but that the form has meaningful relationships to other phenomenon which are unveiled through a particular way of engaging with the research process itself. In other words, the significance of Frank's achievements lie equally in the realm of the process by which his discoveries were made as in the discoveries themselves.

Frank's work is moldbreaking in a very important way, and this is in terms of the process by which he does his work. The standard methods by which science builds upon itself have some significant blind spots and assumptions that have historically limited its potential (and created some nasty problems along the way, even while helping elsewhere). Most significantly, the methodologies used are generally designed to eliminate what is innately human from the research process, in an attempt to 'control' the situation so that results fit within the assumptions of the experimental design. This style of research provides a certain kind of answer: answers which are geared towards application through reductionistic analysis and control of component parts. Such approaches, and the answers they provide, are proving to be less and less able to provide fruitful metaphors for a sustainable future.

Frank's work exemplifies an approach that helps bridge this entrenched gap, bringing forth a soulfully engaged style of research that weaves between art and science, allowing the strengths of each to fructify the weaknesses of the other. The result is an integrated style of research that can comfortably deal with both the 'outer' and the 'inner', without over-privileging one or disparaging the other. In addition to this, his work is moldbreaking in that it constitutes a modern extension of the tradition of sacred geometry, providing a number of well-grounded insights that testify to the integration between humans and the laws of the cosmos.

- Seth Miller, Ph.D.c. Transformative Studies

SEE MORE AT FRANKCHESTER.COM



FRANK'S WORK IS SUPPORTED BY THE SEVEN CIRCLES TRUST

Donations are currently being welcomed for the creation of a community research center that will serve to advance Frank's discoveries, for the benefit of all.

Please direct general comments and inquiries to:
frankchester.com/contact

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