THE DIVINE CODE of Da Vinci, Fibonacci, Einstein & YOU

MATTHEW CROSS & ROBERT FRIEDMAN, M.D.
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Original front and back cover concept/design Copyright ©2005 and full index by Matthew Cross, optimized with and rendered by Tom Reczek of 618Design.com

Publishing Data:
Published in the United States of America by:
Hoshin Media
PO Box 16791 - Stamford, Connecticut 06905 USA
ISBN: 978-0-9752802-6-3

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## Contents

### Introduction  17

### Foreword  25

### Thirteen Remarkable Divine Code Qualities  29

### 0. The Universal Genius Activation Code  31
- The Golden Genius of Da Vinci  34

### 1a. Leonardo Fibonacci &
### The Secret of the Divine Code  39
- The Quintessential Divine Code  41
- Fibonacci: Master of the Code  44
- The Infinite Fibonacci Sequence  47
- The Bee Ancestry Code  50
- The Golden Ratio (Divine Proportion)  51
- The Pervasive 62:38 Golden Ratio  52
- The Golden Rectangle  57
- Golden Spirals, Fibonacci Spirals: Different yet Complimentary  59
- The Golden Star  63
- The Quintessence of Nature  67

### The Secret of the Divine Code Rx’s  73
1. Equip Your Divine Code Toolbox
2. Your Divine Code Blueprint
3. Glass 62% (or 38%) Full
4. Divine Data
5. The Pentagram or Five-pointed Star
6. Ancient Geometrical Secrets of Creating the Golden Ratio
7. How Many Golden Triangles Can You Find?
1b. Geniuses of the Code  85

Albert Einstein .................. Genius of Relativity  86
Leonardo Da Vinci .......... Renaissance Code Carrier  91
Pythagoras ...................... Master of the Pentagram  96
Theano .............................. First Lady of the Golden Mean  98
Plato ................................. Philosopher of the
                                             Golden Section  100
Euclid .............................. Father of Geometry  101

The Long Hibernation of Science & the Divine Proportion  102

Hildegard of Bingen ...... Divine Code Muse  103
Leonardo Fibonacci ...... Master of the Divine Code  105
Fra Luca Pacioli ........... The Father of Accounting & Da Vinci’s
                                             Divine Code Mentor  105
Johannes Kepler ............. Master of the Cosmic Mystery  107
René Descartes .............. Equiangular Genius  109
Jakob Bernoulli ............. Man of the Magic Spiral  110
Thomas Jefferson .......... Founding Father & Divine
                                             Code Polymath  111
Max Planck ...................... Father of Quantum Physics  117
Frank Lloyd Wright ......... Divine Code Architect  119
Ralph Nelson Elliott ...... Discoverer of Nature’s Law
                                             in the Stock Market  122
Le Corbusier .................. Le Modular Man  124
R. Buckminster Fuller ... 20th Century Copernicus  125
Dr. Karl Pribram ............. Brain Science &
                                             Holography Pioneer  128
Isaac Asimov .................. Fibonacci Meets Googol in
                                             the Infinite Mind of the
                                             Science Fiction Master  130
Dr. Murray Gell-Mann .... Quark & Chaos
                                             Theory Trailblazer  131
Arthur Jones ................. Inventor of the Nautilus®
                                             & MedX™ Systems  133
John Michell .................... Master of the Sacred Canon of Number,
                                             Ratio & Ancient Wisdom  135
Robert R. Prechter, Jr .. Champion Stock Market Forecaster
                                             & Socionomics Pioneer  137
Sir Richard Branson ...... Divine Code Entrepreneur  139
Geniuses of the Code Rx’s 167
1. Mix Your Own Divine Code Apple Martini
2. Golden Finger Spirals
3. Activate Your Brain by Writing Backwards
4. Dan Brown and the Anagram
5. Einstein Role-Play: Reach for the Unified Field Theory
6. Computer Mouse Spirals
7. Fibonacci’s Golden Ratio Paradox

2. The Divine Code of Measure 173

The True Code of Measure 173
Enlightened Government & the Code 175
The Open Secret of Washington D.C. 177
Thomas Jefferson & the U.S. Capitol 178
The Divine Code & the Great Pyramid 179
Remarkable Great Pyramid Facts 180
The Modern Trance of Space & Time 184
The Divine Code Relationship of the Kilometer & Mile 189
Recalibrating Your Position in Divine Code Space & Time 191
The Mayan Calendar, 2012 A.D., & the Divine Code 193
Indian Summer: The Lost (5th) Divine Season 195
Living in GMT (Golden Mean Time) 196
Fibonacci Calendar: Important Divine Code Days 199
Architecture, Divine Feng Shui & Interior Design 199
3. The Golden Form & Function of Humanity

The Divine Body
DNA & the Divine Code
Our Golden Ratio Spine
The Divine Code of Life
Rosalind Franklin: DNA's Forgotten Discoverer
Nucleosomes: DNA's Divine “Super Helix”
The Golden Oxygen Ratio
The Golden Beauty Ratio
Julia Roberts and the Mona Lisa Smile
George Clooney—The Ideal Face of Beauty
Brad Pitt’s & Angelina Jolie’s Golden Ratio Facial Scores
Mona Lisa’s Divinely-Coded Smile
The Brain’s Operating Code
The Divine Code Mindset

The Golden Form & Function of Humanity Rx's

1. You are a Being of Fiveness
2. Golden Alpha Breaks
3. Fibonacci Form and Function
4. Golden Ratio Anatomy
5. The Power of the Mona Lisa Smile
6. The 38/62 Golden Communication Ratio
7. The 60/40 Power of Sight, Sound and Feeling

5. The Divine Code of Health  267
The 21-Day New Habit Cycle  268
Divine Proportion: Eating & Slimming in the Fibonacci Zone  270
The 40% / 60% Optimal Fuel Ratio  272
Losing Weight & Gaining Health  274
The Divine Sleep Code for Staying Slim & Healthy  275
The Divine Longevity Code  277
Naps Cut Heart Attacks by 37%  278
A Profound New View of “Fullness”  278
Clif Bar® and the Code  279
Fibonacci’s Divine Cuisine  280
CPR for a Healthy Heart: Divine Code Cholesterol Ratios  281
The Divinely-Coded Holographic Heart-Mind  282
Balancing Blood Pressure the Divine Code Way  284
A New, Innovative Way to Evaluate Your Blood Pressure  285
Smoke Free in 21 Days  286
The Divine Code of Health Rx’s  289
1. Quantity of Food Intake
2. Quality of Food Intake
3. Frequency of Food Intake
4. Divine Code Breathing Meditation
5. Fibonacci Power Naps
6. Count Fibonacci Breaths for Enhanced Sleep and Meditation

8. Exercise & The Peak Performance Code  295
Exercising & Working Out  295
The Divine Stretching Method  296
In Stretching, Less is More  298
The Divine Postural Code  299
Restore Your Spine’s Natural Golden Proportions  302
Acupuncture Meridians & the Divine Code  303
Divine Code Breathing  305
Divine Code Movement  306
The Nautilus Machine: Harnessing the Divine Code
   for Health, Fitness and Profit  309
The Peak Performance Code  312
Training on Nature's Path of Least Resistance  312
Peak Performance on Demand  314
Dave Scott & the Secret Power of Ratio,
   Rest & Recovery  316
Mark Allen: World's Fittest Man  318
Variability Adds Efficiency  321
Balancing Exercise & Rest: Smarter vs. Harder  322
The Olympic Training Ratio  324
The History of the Olympic Rings  325
Team Peak Performance & the Code  326
Divine Code Tennis Champion Bjorn Borg  327
Swiss Tennis Great Roger Federer  333
Secrets of the Great Tennis Court  334
Rob Moses, David Carradine
   & the Spiral Fitness System  335

Exercise & The Peak Performance Code Rx's  337
1. Golden Spiral Movements
2. Spiral-Chi Infinity Movements
3. The Divine Code Breathwalk
4. Lighten Your Load with Divine Code Weight Lifting
5. Walk (or Run) and Rest in Golden Ratio
6. Workout Smarter—Not Harder
7. Golden Ratio Blood Pressure Check
8. Divine Code Posture Check
   or Running on the Noble Eightfold Path
10. Divine Code Acupuncture Meridian Tune-up

Marilyn Monroe & Sean Connery:
   Divinely Proportioned Sex Symbols  346
Divine Symmetry and Movement  349
Divine Code Relationships  352
Divine Code Aphrodisiac & Life Extender: Chocolate  353
The Fusion of Heaven & Earth  354
The Golden Ratio Orgasm  355
The Leonardo Da Vinci of Contraception 357

Golden Relationships & Divine Intimacy Rx's 359
1. The Divine Rose Spiral
2. Divine Code Timesharing
3. Fibonacci's Foreplay
4. Golden Spirals vs. Linear Movements
5. Divine Afterglow

21. The Millionaire's MAP™ 363

Imagine Your Way to Wealth & Abundance 365
Jim Carrey's Check from the Universe 369
New, Golden Patterns of Possibility 370

The Millionaire's MAP™ Rx's 373
1. Your Check from the Universal Bank
2. The Millionaire's MAP: The First Step

34. The Business Success Code 377

History's Hidden Turning Points 377
Dr. Deming's Quality & Success Ratio 380
Toyota's Elegant Solution 383
The First 15% Success Fractal 384
The Golden Ratio of Loyalty: Currency of Lasting Business Success 386
Golden Meaningful Minority or Significant Majority 388
Tennis Champion Rafael Nadal & the Power of the Meaningful Minority 389
The Divine Code Paradigm: Out of the Box & into the Code 390
Thinking in 3-D: Da Vinci, Different, Divine (& More Out of the Box) 392
The Golden Ratio of Win-Win 393
Lifehacker Tim Ferriss & The 4-Hour Workweek 394
The 29,000 Days of Our Lives 395
Order From Chaos: A Human-Scaled System for Enhanced Productivity 396
Fibonacci in the Stock Market 397
The Divine Code Gambling System 400
The Golden Look & Sound of Success 402
Apple Inc.'s iPhone: The Da Vinci Phone 404
Hotel Indigo: World’s First Divine Code-Based Hotel 405
Spirit Airlines: The Divine Code Takes Flight 410
Consulting Your Divine Code Business Oracle 412
The Upward Evolutionary Spiral 413
The Many (& Often Hidden) Faces of the Golden Ratio 414

The Business Success Code Rx’s 415
1. The Golden Ratio Paradigm Expansion Question
2. Look for the Golden Spiral in Your Coffee or Tea
3. Divine Code in Your Working Space
4. Review Your Working Time
5. Consulting Your Divine Code Oracle
6. Coffee/Tea Breaks a la Phi

55. Divine Code Learning:
Activating Your Genius Factor 419

The Golden “X” Factor 419
The Truth About ADD/ADHD: Golden Mark of Genius 422
Cornerstones of Divine Code Learning 423
Pattern Recognition & Seeing the “Big Picture” 424
Mind Mapping for Divine Pattern Recognition 426
Fractal Cognition for Greater Understanding 428
Phylotaxis: The Integration of Science & Culture 431
Divine Code Super Memory Power 433
Calling Leonardo Fibonacci (618.382.1618): A Classic Example of the Power of “Chunking” 435
The Infinite Power of Ratio 435
Cross-Training & Multi-Disciplinary Learning 436
Cliff’s Buffalo Theory of Increased Intelligence (from the hit TV show Cheers) 438
Learning From Nature 439
Freedom to Access the Divine Code 442
Conscious Use of the Divine Code 444

Divine Code Learning Rx’s 447
1. Golden Spirals In Motion
2. Divine Code PLAY
3. Fibonacci Crossword
4. Fibonacci Word Search Puzzle
5. Divine Code for Kids
6. The Icnrdblie Pweor of Paettrn Rcgoeinoitn
7. 3-D pictures and the Power of Pattern Recognition
8. Your Divine Code Secret Password
9. Divinely-Coded Insects, Animals and Pets
10. In the Kitchen with the Code
11. Golden Ratio Botany
12. At the Beach with the Divine Code
13. Look for the Code Numbers in Your Daily Life
    and Awaken Your Divine Oracle

89. Golden Language, the Arts & Music    461

Language, the Keyboard & the Code    461
Harry Potter & the Golden Snitch (Golden Cut)    465
E=mc², Gematria & the Hidden Language of
    the Divine Code    466
The Fabulous “Fibs” of Gregory Pincus    466
35mm Film & the Golden Ratio    469
Art & the Divine Code    472
The Mona Lisa: A Golden Ratio Study    476-7
The Golden Ratio Wyeth’s    482
JFK, Robert Frost & the Importance of the Arts    483
Modigliani: Picasso’s Favorite Artist    486
Divine Code Rendezvous in a Swiss Train Station    486
President Barack Obama’s Divine Code Connections    489
Obama’s Divinely Coded Website    490
Imitation is the Divinest Form of Flattery    491
Professor Edward Tufte, the Da Vinci of Data
    & Graphic Design    492
A Master Designer’s Perspective: Tom Reczek,
    The Divine Code’s Designer: www.618Design.com    494
Music of the Divine Code    496
U2’s Bono, a Fan of Fibonacci    499
Michael Jackson’s Thriller & the Golden Ratio    500
TheraSound™ & the 8:13 Musical Ratio    502
8:13 & “The Lost Chord”    504
Sounding the Divine Code    505
Sacred Space & Sound    507
A & C, C & E and the DC (Divine Code)    508

Golden Language, the Arts & Music Rx’s    511
1. Divine Code Picture Composition
2. Feng Shui Your Computer Screen
144. Religion, Philosophy & the Divine Code of Unity 521

Divine Questions 522
Buddhism & the Hidden Divine Code 525
The Cathedral Code of Unity 526
Divine Code Miracle: Spiral Staircase of Loretto Chapel 528
The Tao of Fibonacci 530
AUM: Fibonacci’s Sacred Mantra 531
The Divine Code in the Bible 532
The Cross, The Palma Christi & Spiritual Energy 534
Divinely-Coded Kundalini/Life Energy 536
The Caduceus: Golden Spiral Staff of Healing & Medicine 538
The Divine Code of Peace 539
The Gayatri (Guy-ah-tree) Mantra 541
The Unity Code 542
The Golden Ratio “Manifestation of God” (Bahá’í Faith) 543
Glastonbury Abbey, King Arthur & the Code 546
The Numerical Code of Unity 547
Oracles of the Divine Code 549

The Divine Code of Unity Rx’s 555
1. The Divine Code Star Exercise
2. AUM: The Sacred Sound of the Universe
3. The Divine Code Palma Christi Exercise
4. Breath of Phire: Divine Code Wake-up Call
5. Divine Code Foot Reflexology
6. Divine Code DNA Mandala Meditation
Epilogue: The Divine Code of Unity..........................561
Divine Code Firsts.............................................563
Glossary.......................................................569
Appendix ......................................................575
Make Your Own Divine Code Golden Ratio Calipers........578
Bibliography..................................................587
Web Sites......................................................601
Acknowledgments ...........................................609
Picture Credits..............................................613
About the Authors..........................................623
An Invitation to Join The Divine Code Project & Blog......627
Index ..........................................................629
Notes .........................................................650
Additional Divine Code/Hoshin Media Products..............657
Robert Friedman, M.D.’s Evolutionary Movement DVDs ....659
Form and function should be one,
joined in a spiritual union.

Frank Lloyd Wright
As we have seen, the entire Universe—from the micro to the macro, to the seen and the unseen, to the inorganic and the living—is constructed solidly on the blueprint of the Divine Code. Now we will show that every human being displays these features repeatedly. From the spiral hair growth pattern at the top of your head to the ratios of adjacent bones in your feet, to the proportions of your positive to negative thoughts and feelings, your physical body was designed to be compatible in both form and function with the Divine Code.

The Divine Body

Structurally and functionally all the bones in your body—arms and legs, fingers and toes—closely approximate the Golden Ratio in their relationships to one another. Your skull and pelvic bones reflect the Golden Ratio, as does the curve of your spine. The distance from your navel to your feet and from your navel to the top of your head tends toward the Golden Ratio. All of the bones in your body, indeed all of the parts of your body—muscles, tendons, ligaments and organs—reflect the Divine Code.
The Golden Ratio manifests in the whole of creation. Take the ratio of the length of a man and the height of his navel. The ratio of the sides of the Great Temple. The ratio between the long and short sides of a pentagram. Why is this? Because the ratio of the Whole to the Greater is the ratio of the Greater to the Lesser.

Pythagoras

Phidias, the Greek sculptor, revealed the Golden Ratio in his work—for example, in such proportions as the relation of the width of the head to the width of the throat, the width of the forearm to the wrist, the width of the calf to the ankle, and so on.

James Wycoff, in Pyramid Power

If you discover an expression of the Divine Code in anything at a certain level, you can be sure it’s also embedded at both lower and higher levels. For example, each bone in your finger is in Golden Ratio to the adjacent bones in that finger. And the length of that finger is in
Our Golden Ratio Spine

Idealized Golden Ratio relationships between various divisions of the human spine. At the base of the spine, the coccyx and sacrum follow the shape of a Golden/Fibonacci Spiral. (see page 537 for details on the Kundalini/Life energy arising at the base of the spine).
Golden Ratio to the length of your hand. As the length of your hand is in Divine Proportion to the length of your forearm, it should come as no surprise that the length of your arm is in Golden Ratio to the length of your entire body. And so on. Another fascinating manifestation of the Divine Code in our bodies is in the actual shape of some of our bones. For example, you can clearly see the track of the Golden Spiral in the pelvic and temporal bones. The cervical, thoracic and lumbar vertebrae are a smooth transition in size that reflects the Golden Ratio. When you curl your hand into a fist it takes the shape of the Golden Spiral (see Rx section at end of chapter).
It all started when your body was just a tiny fetus in your mother’s womb. You developed and unfurled in a Golden Spiral, as you were naturally designed to do by your DNA. As you’ll recall, DNA spirals in a microscopic double helix in multiple Golden Ratios. As the neurons in your brain developed during gestation and childhood, they evolved by branching outward, mirroring the Divine Code growth pattern of plants at both the root and stem, or as a tree branches. In fact, your brain’s neural net is laid out in Golden Ratio. And the shape of many of your organs, e.g., kidneys, stomach and ear (inner and outer) are all variations on this Golden Spiraling theme. The pattern continues as we grow. Look at the top of a child’s head. You will notice their hair naturally growing in a Golden Spiral. The anatomical Golden Ratio points of the body’s length are in dynamic flux during human development, from our beginnings as a Golden Spiral-shaped embryo to full-grown adulthood. In infants, the Golden Ratio points are at the
Golden Spiral-shaped human embryo.  
Fetus, Golden Spiral shape, by Da Vinci.


 SAMPLE CHAPTER

232
Chapter 3 - The Golden Form & Function of Humanity

The curve of the stomach follows the Golden Spiral.

Double Golden Spiral-shape of human kidney.

Golden Spiral on the top of a child's head.

level of the heart or at the genitals, depending upon which direction (head or feet) one measures from. As the body grows and develops, the Golden Ratio point is seen to shift to the level of the navel in the adult. Actual navel measurements are not always exactly at the 0.618 ratio point and can vary according to Fibonacci Sequence ratios. Since there is variation in human proportions, some people's navels will be at the 0.618 cut point whereas others may be slightly off. For example, some people may have a 2/3 (0.66), a 3/5 (0.6) or a 5/8 (0.625) ratio. This variability is known as “Dancing around the Mean.” The Golden Ratio is also seen in the physiology of the kidney. Among other functions, the kidneys are responsible for fluid regulation in the body through their interaction with the neuro-endocrine system. Interestingly, the Golden Ratio is elegantly represented not only in our body structure, but also in its fluid dynamics, as described in TAJ’S Atlas of Anatomy:
The body of an adult consists of 65% water. This water is found inside (intracellular liquid) and outside the cells (extracellular liquid), and it represents, in both situations, the means by which many substances, such as mineral salts and proteins, get dissolved. The intracellular liquid represents 63% of total body liquid weight, and its chemical composition is fairly constant. On the other hand, the extracellular liquid represents 37%… The total amount [and delicate proportions] of organic fluids remains almost constant, thanks to the precise control mechanism that maintains the equilibrium between the amounts of water ingested and excreted.

Through this remarkably efficient mechanism, the optimal water balance and Golden Ratio of the intracellular and extracellular liquid is constantly maintained in the body. The 63:37 ratio closely approximates the Golden Ratio. The extracellular fluids are made up of the blood, lymphatic and interstitial fluids.

The single most important microscopic biological structure, the DNA molecule, is in phi (Golden Ratio) proportion.

Stephen McIntosh, Integral theorist

DNA and the Divine Code

The master design blueprint of DNA is the Divine Code. One complete revolution of the DNA double helix measures 34 angstroms (34 billionths of a meter) in length, while the width of the DNA helix is 21 angstroms. This Fibonacci Ratio of 34/21 approximates the Golden Ratio. An electron microscope’s photograph of a cutaway slice of the DNA spiral shows a star decagon mandala, a derivative of the pentagon, whose ratio of radius to side is Phi. Both the ribose sugar configurations and the bases of DNA have pentagonal (five-sided) configurations. In pentagons, the ratio of the diagonal to the side reflects the Golden Ratio. This data clearly demonstrates that the Divine Code is the design blueprint behind DNA.

However, DNA holds far more than the scientific blueprint for our bodies. According to Gregg Braden, author and former aerospace
engineer, it also carries a coded, transcendent message of unity. Braden shows in his book *The God Code* that the name of God is reflected in our DNA. Through the use of gematria, Braden was also able to make provocative correlations between the ancient Hebrew names of God and the DNA base pairs within every cell of every human being. Braden’s groundbreaking work focuses on this common bond. Once realized, Braden suggests that there is then great potential to reunite humanity through a deeper understanding of our common heritage. From another perspective, this timeless message is nothing other than the unity principle expressed through the Divine Code.

**The Divine Code of Life**

Dr. Kazuo Murakami, author of *The Divine Code of Life: Awaken Your Genes & Discover Hidden Talents*, theorizes that at most 5 to 10% of our genetic potential is functioning at any given time. The rest lies dormant, slumbering in our Divinely-Coded DNA. Murakami is one of the world’s top geneticists whose work has been praised by the Dalai Lama, Larry Dossey, M.D. and many others. Murakami presents compelling evidence that we are not bound or limited by our genes; indeed, his essential message is that we can upgrade and transform our genetic heritage and thus our future. The secret is through the conscious activation of the “good” genes in our dormant DNA. From Dr. Murakami’s highly recommended book:

*How we think can activate dormant genes and switch off negative ones. In other words, your hidden potential lies within your genes. Since the genetic code is clearly too complex to have been created randomly, it offers evidence that a greater power exists in the universe. Dr. Murakami calls this power “Something Great...”*
Among the methods for activating the good genes in our DNA, Dr. Murakami suggests:

*Keep your intentions noble... Live with an attitude of thankfulness... Keep your thoughts positive* [which he believes is the most important]. *The trick is to take a broader perspective... we need to see the bigger picture and endeavor to see the positive in everything that happens to us in life... Let yourself be inspired. If nothing inspires you in the moment, think back to a time when you were deeply moved... I believe that when we are inspired, our genes never move in an adverse direction... [another method is to] shake up your habits regularly to become refreshed and invigorated—mentally and physically. A change in environment can also make you see new things and become the start of a new life... Our genes can even make possible those things we think are impossible... We are all born with the potential to become living miracles...

Dr. Murakami’s inspiring work underscores the value of consciously, daily increasing the ratio of one’s positive to negative thoughts. It calls to mind the importance of strengthening our ability to dwell at or above the 62% Golden Ratio point of positive, inspiring thoughts and feelings. Dr. Murakami says that we can dramatically improve the quality and perhaps even the quantity of our life through further activation of the Code of Life within us all. This often means we must choose to minimize or even avoid exposure to the way-out-of-ratio negativity of mainstream media. It can also cause us to healthfully reduce the amount of time we spend around negative people and situations. Regarding the unlimited wonder of genes and DNA, Dr. Murakami’s work highlights the sublimely powerful role that “Something Great” (and the Divine Code) plays in the evolution of humanity and the Universe. With the explosion of interest in DNA and
genetic research since DNA's discovery, it’s as if science has become fascinated with the Divine Code focused through the lens of DNA. Researchers drawn to the study of genetics and DNA are also very likely being drawn by their subconscious fascination and attraction to the Divine Code, although they likely do not recognize it as such.

**Rosalind Franklin: DNA’s Forgotten Discoverer**

As Anne Sayre points out in *Rosalind Franklin and DNA*, English molecular biologist Rosalind Franklin (1920–1958) was airbrushed out of credit for one of the greatest scientific discoveries of the 20th century: determining the structure of DNA. Franklin’s pioneering work in crystalline microscopic X-ray photography, which elucidated the double-helix structure of DNA, was the vital foundation for James Watson and Francis Crick’s subsequent “discovery” of the structure of DNA. Franklin’s work was thus crucial to Watson and Crick’s 1962 Nobel Prize, which at the very least she ought to have shared. In fact an embittered colleague shared Franklin’s most sensitive research—without her knowledge—with an eager Watson at a crucial stage in his research on DNA. When Watson was shown Franklin’s work his jaw literally dropped in surprise and excitement. Incredibly, that same embittered and devious colleague of Franklin’s—Maurice Wilkins—went on to share the Nobel Prize for the discovery of DNA with both Watson and Crick.
Nucleosomes: DNA’s Divine “Super Helix”

Each and every one of your one hundred trillion cells DNA has a total length of about 10 feet or 3 meters. How did Nature devise such an efficient way to pack your entire genomic code into a tiny cell? As you can imagine, the most efficient way to do anything in the physical universe is to use Nature’s Path of Least Resistance and most efficiency—by using the Divine Code. Nicholas Wade of the *New York Times* (7.25.06) reported that researchers Eran Segal of the Weizmann Institute in Israel and Jonathan Widom of Northwestern University have made a remarkable discovery: there is a second code in DNA, superimposed on the original genetic code. The original research was from *Nature* magazine (7.06). This second code controls how strands of DNA wrap around protein spools forming a “Super Helix,” thereby allowing the DNA to more efficiently pack within each cell. These optimally designed packages of DNA, called nucleosomes, also control which sections of DNA are accessible at any given time for transcription. There are about 30 million nucleosomes in each cell, so efficiency is crucial. The role of so-called redundant or “junk” DNA may also play an intricate and vital role in this packing process.

What is the common thread in the form and function of DNA, not only in its primary Watson-Crick-Franklin-Wilkins elucidation, but also in the next level of Super Helix formation in the nucleosome? The answer is found in the fact that each DNA strand is wrapped around the nucleosome 1.65 times (1.65 revolutions per turn). Of course, the Golden Ratio is 1.62; the negligible difference is within 3/100’s of one turn. Nature in her wisdom uses the most efficient ratio of twist of DNA in the nucleosome to allow both maximal (most) and optimal (best) packing. This is yet another classic example of the quality+quantity principle in action in the Divine Code. In addition, the higher order control of how the DNA, double helical spiral and genetic Golden Ratio.
genes are accessed is intricately woven into this process. As you might expect, the nucleosomes are further combined into larger components to continue the packing on an even more complex level. We can predict with confidence that the Divine Code will likely surface at the next levels of complexity in the ongoing search into the mysteries and magic of DNA. Dr. Murakami’s activation of the Code of Life through a positive mental outlook could also involve nucleosome activity and its mechanism.

The Golden Oxygen Ratio

As was noted earlier regarding the Earth’s crust, Oxygen is also the predominant element found in the human body, at a near-Golden Ratio level of 65% (the remaining 35% is largely composed of a combination of carbon, hydrogen, calcium, phosphorous and potassium). Oxygen is the main area of interest for Ed McCabe, pioneering researcher and author of *Flood Your Body With Oxygen*. He convincingly argues that the root of all diseases and degenerative conditions, including cancer and AIDS, is oxygen deprivation. Most (if not all) of these diseases thrive in an anaerobic (low or no-oxygen) internal environment. McCabe points out:
The air we breathe today is reported to have only about 21% oxygen. The other 79% is mostly nitrogen... We have shortness of breath when the oxygen level drops into the teens, and below 7% oxygen we cease to live... Allowing for pollution in the cities, our society as a whole has allowed so much pollution to accumulate, and so much of the environment to be destroyed, that our available oxygen commonly drops below 21% in the air, depending upon the location sampled. This physical machine we walk around in was designed to exist here on the planet within an atmospheric sea full of high-level fresh oxygen...

For optimum health and mental functioning, clearly our physical bodies need that Fibonacci number of 21% oxygen or even more. Oxygen deprivation over a long period of time has been documented to have many deleterious effects. Thomas H. Maugh II, Los Angeles Times Staff Writer describes in Biospherian Roy Walford’s obituary the effects of the oxygen deprivation Walford experienced during his time as a Biospherian:

Before ALS caught up with him, he stood 5 feet, 8 inches and weighed 134 pounds. He had a bodybuilder’s physique, the product of workouts at a local gym. He got an inadvertent chance to test his theories in humans when he became a member of the Biosphere 2 team. Biosphere 2 (Biosphere 1 being the Earth itself) was a $150 million, 3 acre, glass-enclosed structure built to determine whether humans

(L to R) 1. The majority of the Earth’s oxygen comes from phytoplankton; common types include Diatoms and Spirulina (pictured here) which exhibit Golden Ratio symmetry. 2. Oxygen as featured on the Periodic Table. 3. Oxygen molecule diagram, showing its 8 orbiting electrons. 4. Scientific model of Oxygen.
could live in a self-sustaining environment on another planet, such as Mars. Walford, then 67, was by far the oldest member of the team. The next-oldest was 40, and the rest were about 30. Soon after they were sealed inside in 1991, the group realized that they couldn’t grow enough food to provide a normal diet. Walford convinced them to adopt a near-starvation regimen: vegetables and a half-glass of goat’s milk every day, meat or fish once a week. They didn’t exactly flourish, but they did get healthier. Men lost nearly 20 percent of their body weight and women about 10 percent. Their blood pressure, blood sugar, cholesterol and triglyceride levels all fell by at least 20 percent to extremely healthy levels. The team members also exhibited an increased capacity to fight off illnesses, such as colds and flu. But levels of nitrous oxide—produced by microorganisms in the soil and normally broken down by sun-light—rose to dangerously high levels, and the crew suffered periods when the oxygen level in the structure was unusually low. Walford later speculated that both problems caused the death of brain cells. ‘I remember, when I would talk to him while he was in there, his voice would be slurred, and he would say he would bump into things while he was walking because he was lightheaded,’ said his Daughter, Lisa Walford. ‘The disease started in the Biosphere, even though I wasn’t aware of it at the time,’ Walford told The Times. ‘You can see it on the videos. I was getting a little bit wobbly.’
Oxygen concentration has varied throughout Earth’s geologic cycles. It seems logical, as can be inferred from Ed McCabe’s research and Roy Walford’s experiences, that for optimum health and mental functioning our physical bodies need a higher level of oxygen than is presently found in the air we breathe. Is it possible that the optimal air to breathe is air that is in Golden Ratio: 38% oxygen to 62% nitrogen and other gases?

The Golden Beauty Ratio

A number of physicians currently incorporate the principle of the Golden Ratio in their treatment of patients. The practice is spreading due to the advocacy of practitioners such as Dr. Yosh Jefferson of New Jersey. Dr. Jefferson’s primary focus is orthodontics, temporal-mandibular joint (TMJ) therapy and major oral rehabilitation. Dr. Jefferson developed a standardized system for the ideal position of the jaw and facial bones based on the Golden Ratio. His theories are described in the June 1996 issue of the Journal of General Orthodontics, for which he wrote the cover article, Skeletal Types: Key to unraveling the mystery of facial beauty and its biologic significance.

The beauty of one form is akin to the beauty of another, and that beauty in every form is one and the same.

Plato

Realignment of the temporal-mandibular joint toward the Golden Ratio can be accomplished through relatively simple and non-invasive techniques, such as molar build-ups or the use of orthotic appliances or splints. In extreme cases, surgical procedures may be considered. Such realignment has been shown to alleviate a host of conditions such as chronic headaches, mouth breathing, myofascial pain, TMJ dysfunction, scoliosis, skin disorders and chronic fatigue syndrome. It can also improve respiration, memory, and mental and hearing acuity, as well as lessen depression. In Skeletal Types, Dr. Jefferson reminds us:
All living creatures, including man, are intimately connected by a biologic phenomenon known as Divine Proportion [Golden Ratio]. We are all genetically encoded to develop into this ideal shape and form for many reasons.

He further states that individuals who more closely conform to the Divine Proportion are biologically and physiologically arranged to be profoundly efficient and healthy. In Dr. Jefferson’s view, most physical variations from Divine Proportion (Golden Ratio), especially extreme ones, are environmentally induced. Restoration therefore should closely approximate the biological standard that is both aesthetically pleasing and physiologically healthy. He observes that all creatures, including man, are genetically encoded to develop into an ideal and defined proportion. This proportion is universal, applying to all individuals regardless of race, age, sex, and geographic or cultural variabilities. Yet because of environmental factors, most living creatures deviate somewhat from the ideal. As an example, Dr. Jefferson notes:

*Infants suckling on a latex bottle nipple develop unnatural swallowing patterns and possible thrust, which can cause abnormal facial and dental growth and development.*

…it can be said that wherever there is an intensification of function or a particular beauty and harmony of form, there the Golden Mean will be found.

Robert Lawlor, sacred geomter and author, *Sacred Geometry: Philosophy and Practice*

Bottle-fed babies also tend to be mouth breathers, which can lead to various types of facial and dental abnormalities. Artificial influences in early childhood such as the above can obviously cause development away from the Golden Ratio. In a perfect world, free of extreme environmental conditions such as high stress, abnormal biomechanical habits, pollution, toxins, allergens, etc., most people would develop closer to the Golden Ratio. Dr. Jefferson also notes many studies that have proven the universality of beauty:
A number of recent cross-cultural researchers have shown that the basis for judging facial attractiveness was consistent across cultural lines. Furthermore… babies as young as three months can distinguish between attractive and unattractive faces. Because babies at this age are deemed too young to be substantially exposed to cultural standards of beauty, these studies indicate an innate ability of all human individuals to appreciate facial form and balance that have universal appeal.

Dr. Jefferson believes this carries enormous social implications. We are inclined to search for mates whose features conform to the Golden Ratio. By looking for partners that are Divinely Proportioned, we are at the same time unknowingly looking for partners that are robustly healthy, thereby ensuring the health and survival of our offspring. We are apparently predisposed to the appreciation of and the search for beauty. The social implications of being perceived as beautiful are staggering, as Diane Ackerman describes in A Natural History of the Senses:

Attractive people do better: in school, where they receive more help, better grades and less punishment; at work, where they are rewarded with higher pay, more prestigious jobs and faster promotion; in finding mates, where they tend to be in control of the relationship and make most of the decisions; and among strangers, who assume them to be more interesting, honest, virtuous and successful.
A brain imaging study led by Dr. Hans Breiter which was published in the November, 2001 issue of *Neuron*, revealed that when men were shown pictures of various faces, only female faces deemed beautiful triggered activity in brain centers previously associated with food, drugs and money. With one group of men, studied via a brain imaging procedure known as functional magnetic resonance imaging (fMRI), researchers found that only attractive female faces set off the brain’s reward circuitry. Dr. Nancy Etcoff, a co-author of this study, noted that the research echoes previous work suggesting that the human perception of beauty may be inborn. Dr. Etcoff added:

*While we know that experience, learning and personal idiosyncrasies all have an impact on attraction between particular individuals; these results show that this basic reward response is deeply seated in human nature.*

Actor and bestselling author John Cleese (of *Monty Python* fame) wrote and presented a fascinating program for the BBC called *The Human Face*, which showcases the secrets of the Golden Ratio and beauty and features model/actress Elizabeth Hurley as a classic example.
Clearly, our responses to beauty and Divine Proportion are more instinctive than conscious. We have been programmed to recognize, love and delight in that which reflects our universal, divinely inspired Golden Ratio design. Dr. Stephen Marquardt of California has taken practical advantage of our instinct for beauty in his work as a maxillofacial plastic surgeon. Dr. Marquardt developed male and female “beauty mask” facial overlays based on the Golden Ratio. Faces that conform to the beauty mask will be universally perceived as beautiful, regardless of race, age or nationality. His masks can be easily utilized to guide the application of makeup, to aid in the
Supermodel, author (Living Yoga) and yogini Christy Turlington exhibiting her furless Golden Ratio proportions for PETA (People for the Ethical Treatment of Animals). Golden Ratios added by the authors. Photo credit: Steven Klein.
evaluation of a face for orthodontic or dental treatment or facial surgery, or simply to see how closely a face conforms to the Golden Ratio. Dr. Marquardt’s beauty mask and work have been featured internationally on television and in print. His website is filled with beautiful computer graphics illustrating the Golden Decagon (a ten-sided Golden Ratio-based geometrical shape) and its application to facial beauty. It is also a veritable treasure chest of other Golden Ratio examples, research and materials. Dr. Marquardt explores in depth the Golden Ratio’s direct application to every facet of life, especially the art and science of human beauty at www.BeautyAnalysis.com.

**Julia Roberts and the Mona Lisa Smile**

Julia Roberts is one of the highest paid actors in the world, commanding twenty-five million dollars for her starring role in 2003’s *Mona Lisa Smile*. In our time, Julia Roberts’ trademark smile easily rivals Da Vinci’s Mona Lisa smile in recognition, however different they may be. What Julia and the Mona Lisa have in common is their ability to express many quantifiable as well as unquantifiable Divine Code aspects. In the Mona Lisa, Da Vinci masterfully embedded the Golden Ratio in many levels of the painting’s geometrical composition. First coming to global prominence in the hit 1990 movie *Pretty Woman*, Roberts revealed a rarely seen presence and charm that only enhanced her dazzling smile. She won the *Academy Award* for Best Actress in 2001 for *Erin Brockovich*, as well as numerous *Golden Globe* and *People’s Choice Awards*. In 2007 she was awarded the *American Cinematheque Award*, which honors an extraordinary artist in the entertainment industry who is fully engaged in his or her work, and is committed to making a significant contribution to the art of motion pictures. At that ceremony, actor Tom Hanks commented on her remarkable stage presence, as reported by HollywoodReporter.com:

*When you share the screen [with her], you might as well be a waffle iron in a tree… No one is ever looking at you… Everybody loves Julia Roberts, absolutely everybody.*

Roberts has been voted to *People* magazine’s list of the world’s “Fifty Most Beautiful People” eleven times, also gracing the covers of
Vogue and GQ as the first actress and woman respectively. Julia Roberts reminds us that Divine Proportion shows up not only in quantifiable physical appearance, but also in many immeasurable and intangible personal qualities.

George Clooney—The Ideal Face of Beauty

In 2003, the American Academy of Facial Plastic and Reconstructive Surgery polled its membership to find out which stars embody present-day appeal and everlasting allure. Twenty-five percent of the facial plastic surgeons selected actor George Clooney as the male “modern-day ideal face of beauty” (Brad Pitt and Mel Gibson were tied for second place, with twenty percent each). Plastic surgeon and AAFPRS President Dean M. Toriumi, M.D. was quoted on www.aafprs.org:

George Clooney was selected because he possesses a strong jaw, deep brown eyes, an "ever-perfect" olive complexion, and a strong and straight masculine nose...Clooney is known for his sense of humor, often seen in interviews making wry comments, jokes, and pulling pranks, thus, his appeal seems partially to stem from a persona, which is a blend of warmth and humor.

Like his friend and co-star Julia Roberts, Clooney’s appeal is a mix of physical attractiveness, wit and charm; he also received the 2006 American Cinematheque Award for outstanding career achievement in acting. George Clooney and his Divinely-Coded, chiseled good looks also got him honored not only as People magazine’s Sexiest Man Alive
The Divine Code of Da Vinci, Fibonacci, Einstein & You

(twice), but also as one of People’s Most Beautiful People (2007). Clooney’s acting ability, personality and good looks were clearly responsible for successful movie appearances in Ocean’s Eleven, Twelve and Thirteen and the critically acclaimed Good Night, and Good Luck, which he also co-wrote and directed. In 2005, Clooney won an Academy Award for Best Supporting Actor for Syriana. George Clooney’s movie-making talents are wide-ranging—including acting, directing, screenwriting and producing. His career showcases, in elegant proportion, his multifaceted talents.

Brad Pitt’s & Angelina Jolie’s Golden Ratio Facial Scores

America’s most famous television host and media mogul, Oprah Winfrey, recently discovered the science of the Divine Code. In March, 2009, she presented a series of shows on the Laws of Attraction, on which she hosted biostatistics professor Dr. Kendra Schmid. By using 29 facial measurements, including several Golden Ratio parameters, Schmid is able to assess someone’s level of attractiveness. To get a high score, the length of the face compared to the width should be 1.6, or the Golden Ratio. She then takes other measurements of proportion and symmetry to come up with a composite score on a scale of 10.

Two of the highest scoring celebrities, Brad Pitt and Angelina Jolie, scored 9.3 and 7.67 respectively. Brad Pitt’s 9.3 is the highest score

Brad Pitt scored a 9.3 and Angelina Jolie a 7.67 (out of 10) on The Oprah Winfrey Show’s Law of Attraction specials, which featured the Golden Ratio.
received by any celebrity so far. Dr. Schmid noted that Angelina’s famous “full lips,” [although voluptuous], were what lowered her score. Dr. Schmid said that “the width of a mouth should be twice the height of the lips.” Other notables were Halle Berry—7.36—and Hugh Jackman—6.45.

Mona Lisa’s Divinely-Coded Smile

Scientists at the University of Amsterdam used a computerized emotion recognition program to analyze Mona Lisa’s enigmatic smile. The analysis revealed that Mona Lisa was 83% happy, 9% disgusted, 6% fearful and 2% angry, as reported in New Scientist magazine, December 2005. The curvature around her lips and crinkles around her eyes were compared to a database of young female faces and then scored with respect to six basic emotions. Regarding this unique research, Wikipedia.org states, “Rather than being a thorough analysis, the experiment was more of a demonstration of the new technology.” However, there may well be a more accurate way of gauging Mona Lisa’s famous smile. When using our innate Divine Code recognition software system (our brain), it would appear that Mona Lisa’s smile is actually closer to 62% happy—with the remaining 38% representing a mixture of other emotions. With his natural sense of Divine Proportion, it would appear that Da Vinci imprinted the prototypical Divinely-Coded smile into the Mona Lisa.

The Brain’s Operating Code

In the best computers, hardware and software is designed to work together seamlessly. Apple Inc.’s., computer hardware engineers and software developers are a prime example of this synergy. The more unity there is between hardware and software, the better and faster the total computing experience will be. Since Nature designed our body “hardware” according to the Divine Code, it should come as no
surprise that our inner programming (our “software”) is designed to perfectly mirror and support it. Nature pre-installed in your brain a master Divine Code operating system (OS) and compatible software, which matches the form and function of your body’s hardware. This total system was designed to operate in harmony with the surrounding physical world. Your mental software was also designed to spontaneously label as “beautiful” things such as architecture, music, poetry, paintings, photographs and people—anything reflecting Divine Code proportions. Seeing beauty in the Divine Code literally gives us an emotional lift by pleasurably activating certain combinations of our neurotransmitters.

Golden Ratio proportions can be accurately recognized amidst non-Golden Ratio proportions, as proven by psychologist Gustav Fechner. In a Fechner study in the late 1800’s, a group of subjects were asked to rate a series of rectangles according to which were the most pleasing. The rectangles deemed most pleasing were the ones that displayed Golden Ratio proportions. Product designers and advertisers have capitalized upon this fact. The Golden Ratio is present in the shapes of everything from credit cards to computers to furniture. The unconscious buyer will instinctively purchase the product clothed in Golden Ratio design. Economics, psychology and sacred geometry have intersected with Fechner’s experiment. See how attuned your eye is to the Divine Code by picking out the Golden Ratio rectangle(s) among the examples shown above. Early in the 20th century, biologists brought mathematical analysis into the field of biology. They discovered the Golden Ratio and Fibonacci numbers in all levels of the natural world: micro, macro and everywhere in between. In neurophysiology, scientists now know that there are four basic frequency ranges in human brain waves. These are measured in cycles per second (cps) or hertz (Hz). It should
come as no surprise that Fibonacci numbers bookend all four frequency ranges:

- **Delta** (0.5–5 cps), the slowest range, is most prominent during deep sleep. It is also associated with healing and regeneration.

- **Theta** (5–8 cps), the next range, is a level of sleep or very deep meditation, in which many of your creative ideas originate. Theta also offers an expanded window into your intuition and deep memory.

- **Alpha** (8–13 cps) is the third phase range. This is where you are awake, yet quiet and deeply relaxed, as in meditation. It is also the “twilight zone” you pass through just before falling asleep and just as you’re waking up. Alpha is the magical “window state” for accessing your latent intuition and expanded capacities. It is also a most powerful state for creative visualization. With practice, simply closing your eyes, gently rolling them upward/back into your head and observing and deepening your breathing can quickly induce the Alpha state.

- **Beta** (13–34 cps and above), the fourth range, occurs when your mind is alert and “normally active,” the state of everyday waking consciousness. The challenge with Beta is that, while it’s a faster state of mind (higher cycles per second), its cycles are actually weaker (lower amplitude) than lower-frequency states such as Alpha. In this case faster is not always better.
The spiral is an archetype embedded deeply in our collective unconscious.

Carl Jung

Our increasingly frenetic, distracted pace of life directly reflects an increasingly Beta state of mind. It’s not that the Beta state is bad; it’s fine in the proper proportion to the other brain wave frequencies. It all comes down to the ratio. We simply need to spend a bit more time in the deeper brain-wave states (such as Alpha) associated with a more relaxed state of mind, as opposed to the “full-speed ahead” mindset increasingly common in the modern age. This is one reason why practices such as yoga, meditation, gardening, martial arts, music, art, etc., are rapidly growing in popularity, especially in the West. Whenever we get too far out of balance—out of ratio—we naturally gravitate towards rebalancing practices. One easy and powerful rebalancing practice that takes only 2-3 minutes is Divine Code Breathing (see page 305, Exercise & the Peak Performance Code). Basically, Divine Code Breathing is breathing with a Golden Ratio of your inhalations to exhalations. One example would be to breathe in to a count of 3 and breathe out to a count of 5. This is a simple yet powerful way of restoring dynamic, Golden Ratio balance to your cardiovascular and nervous systems. As little as 8 Divine Code breaths, ideally with your eyes closed, can start a healthy relaxation chain-reaction. In fact, our research has

Brain waves in approximate Fibonacci intervals, as measured in Hz:
Delta, 0.5-5; Theta, 5-8; Alpha, 8-13; Beta, 13-34+.
demonstrated that as little as 3 minutes of breathing in this 3 to 5 ratio can trigger the Relaxation Response. Our bodies were created with the Divine Code in mind and they love to be led back into Divine Rhythm. The obvious benefits include greater physiological balance and a sense of peace within and around us. The practice of daily, mindful, Divine Code breathing can powerfully augment any existing meditation practice or become one all on its own.

It has been said that Nature is the great restorer. Is it therefore any surprise that most people choose to spend time in and around Nature during vacation and recreation time? In visiting the oceans, the forests, and the fields—indeed anywhere in the outdoors—we immerse ourselves in the restorative, rejuvenating Divine Code-designed natural world. Looking at and really appreciating anything in nature during a lunch break, such as a tree, a flower, a bird or cloud can jump-start your realignment with the Divine Code.

*Climb the mountains and get their good tidings; nature’s peace will flow into you as sunshine into flowers, the winds will blow their freshness into you and the storms their energy, and cares will drop off like autumn leaves.*

Naturalist John Muir

**The Divine Code Mindset**

Researchers of human consciousness have discovered that we all possess a basic thinking mindset. In the computer world, this mindset would be called an operating system or “OS.” Whatever topic we think of is governed by a set of fundamental beliefs about the way reality is formed and how it functions. The mindset within which many people function today emphasizes linear, more limited thinking. This is often at the expense of more expanded thought. For most people, this limited mindset goes unquestioned and passes for “normal” everyday life. Yet with less and less connection to nature and the Divine Code, people are becoming increasingly restless, on many levels. Many sense that there are better ways of harmonizing with people and
events around them and the world at large. The good news is that each of us already carries the Divine Code within our very being. It needs only to be recognized and activated. The Divine Code will open your eyes to the greater natural reality that is always present—yet often hidden. This new yet ancient wisdom will equip you to better navigate your life. It will help you to be in the right place at the right time, and better equip you to recognize and seize opportunities as they arise. The conscious operating mindset most of us use daily does not reflect the Divine Code. We have been trained to think linearly, though most of us are unaware of this fact. Of course linear thinking in the right ratio with non-linear thinking is valuable and appropriate. The key word here is ratio. This is where the Golden Ratio comes in, as it dynamically integrates both linear and non-linear thinking in the most harmonious proportion.

You have learned much Siddhartha. There still remains much to learn. We are not going in circles, we are going upwards. The path is spiral: we have already climbed many steps.

Herman Hesse, Siddhartha

Most people today tend to see the events that happen to them as separate, single events, unconnected to each other and occurring randomly. This is called “single-event thinking.” Yet both systems theory and chaos theory clearly show us that all events are interconnected, even if this is not always readily apparent. It should come as no surprise that the creation of value in any arena lies in the ability to see and support the greater whole or “big picture,” which always exists as a potential in seemingly disparate parts. Simply put, unity—both the ability to perceive it and also create it—creates value. As we’ll demonstrate throughout this book, use of the Divine Code is a most powerful way to reveal and benefit from the unity inherent in any situation in life. The Divine Code simply and elegantly points to unity. It is the ultimate Code for unifying seemingly disparate parts into a whole that exceeds the sum of those parts. This wholeness invariably results in a sense of effortlessness and greater value to the one who perceives it as such. As Dr. Ron Sandler
proposes in his book *Consistent Winning*, Nature clearly operates according to an optimal “Path of Least Resistance”—its own way of functioning with the utmost of grace and efficiency.

As we understand the Divine Code today, its primary patterns are those that contain the Golden Ratio (1.618), Golden Spiral, Golden Rectangle, Golden Star and the infinite Fibonacci Sequence. These are the predominant patterns displayed throughout all of Nature and the Universe. For most people Divine Code patterns are invisible. Nature’s universal code for unity, beauty and efficiency often lies outside “normal” awareness. Yet the occasional seeming absence of evidence should never be taken as evidence of absence. The irony is that Nature provides multi-sensory access to the Code in every moment. Anyone can access and activate the Code through sight, sound, taste, touch, smell and even imagination. The benefits of consciously integrating the Code into our lives can include greater health, abundance and meaning.

When we appreciate and apply the Divine Code in our lives, we can shift away from our habitual functioning within the linear cultural mindset. For many centuries, artists, architects, botanists, geometers and mathematicians have known about this great Code. The Golden
Ratio was once considered a central aspect of a sacred canon of universal wisdom. It was thought of as a veritable Ark of the Covenant, possessing a mysterious and infinite power. The ancient Greeks actually considered knowledge of the Golden Ratio a state secret. It also served as a key element in the ancient mystery school of Pythagoras, whose symbol was a prime archetype of the Golden Ratio—the five-pointed star/pentagram. Today, knowledge of the Divine Code is almost completely lost to the average person. Few have attempted to show how the Code and its many patterns can be used to transform a person’s life physically, mentally and spiritually. Yet conscious activation of the Divine Code is remarkably simple and fun. You can access it in countless ways. As you grow familiar with its remarkable pervasiveness, you will undoubtedly experience harmony, enjoyment and a touch of magic.

If we disregard due proportion by giving anything that is too much for it; too much canvas to a boat, too much nutriment to a body, too much authority to a soul, the consequence is always shipwreck.

Plato

A recent study reported in the Mayo Clinic Proceedings from August 2002 reported that optimists report a higher quality of life than pessimists. The study revealed that those who look at the glass as “half-full” might live up to 20% longer than their more pessimistic counterparts. “The wellness of being is not just physical, but attitudinal,” said Toshihiko Maruta, M.D. of the Mayo Clinic Department of Psychiatry and Psychology. He continues,

How you perceive what goes on around you and how you interpret it may have an impact on your longevity, and it could affect the quality of your later years... The important thing is that we’ve proven the relationship scientifically, and made a correlation between how people see the world when they’re young and how they turn out 30 years later.

Pessimists scored below optimists on quality-of-life assessments, and lower than the national average on five of eight scales [five to
eight is a Golden Ratio] including vitality, pain, role limitations and mental health. A consideration of the emotional, feeling side of the Divine Code brings to mind familiar sayings such as “she blew it all out of proportion” and “he’s acting irrationally”—i.e., not in ratio with his usual or true self. This speaks to the importance of maintaining a healthy sense of proportion and ratio in one’s daily life. How can we do this? One simple approach is to remind ourselves to take a broader out-of-the-box and longer-term view of events, challenges and people. This allows us to put things in better perspective—or proportion—in order to achieve a more harmonious perspective and mindset. Proportion in character is also occasionally spoken of when describing people. A fitting example of proportion as a character quality appeared in the 2.29.04 Parade Magazine cover story on Viggo Mortensen, the internationally acclaimed actor who played King Aragorn in the blockbuster Lord Of The Rings movie trilogy. As the article’s author Dotson Rader noted:

...much of the power in his portrayal of the noble Aragorn is derived from the fact that his character’s moral integrity, patience and Sense of Proportion reflect in some measure the actor himself. He [Viggo], too, in his own way, is generous, morally engaged and authentic... [emphasis added by the authors].

We would expand and amplify Dr. Maruta’s insights by suggesting that people begin to see their lives and the world in terms of the Divine Code. This would mean that, for example, instead of merely seeing your glass as half full, you begin to see your glass as 62% full. 62% equals the larger part of the 62% to 38% Golden Ratio.
Once the Divine Code takes hold in your consciousness, it’s as if the clouds lift, the warm rays of the sun shine more often, and your world never seems the same again. When we see the world through the unifying lens of the Divine Code, we enjoy a greater proportion of peace, wisdom, confidence and success... in every measure.

Everyone sees the unseen in proportion to the clarity of his heart, and that depends upon how much he has polished it. Whoever has polished it more sees more—more unseen forms become manifest to him.  

Rumi

The Norwegian flag. The flags of all 5 Scandinavian country’s (Sweden, Norway, Iceland, Denmark, Finland) feature horizontal Golden Ratio crosses. Interestingly, three of these countries—Norway, Iceland and Sweden—are perennial top-10 entries in the Human Development Index (HDI) list of countries in the world having the highest standard of living/quality of life. As of the 2006 HDI Report, Norway is #1; Iceland is #2 and Sweden is #5. Source: Wikipedia.org
1. You are a Being of Fiveness

One easy way to increase awareness of the Divine Code in your life is to remind yourself of your own profound pentagonal, five-fold symmetry. Although it may seem simple, observe yourself in a full-length mirror. Notice that your body has five appendages—one head, two arms and two legs—whose outline forms a five-pointed star when your arms and legs are outstretched. Also consider the fact that there are five digits on each hand and foot and that you have five physical senses.

The Pentagram… is considered to symbolize microcosmic man… man as a microcosm of the Universe, superimposed on a 5-pointed star... an illustration of the principle “as above, so below...”

Raymond Buckhead, The Witches Book
2. Golden Alpha Breaks

Researchers have discovered that simply by closing your eyes, your brain rhythms will naturally downshift from Beta to Alpha. Also of note is the fact that the four primary brainwave states are demarcated by frequency ranges (expressed in cycles per second or Hz) of Fibonacci numbers, ie: Delta 0.5-5 Hz, Theta 5-8 Hz, Alpha 8-13 Hz, Beta 13-34 Hz+. Since most people spend most of their waking hours in the high-speed gear of the Beta state, it’s healthy to learn to take brief, daily Divine Code “Alpha Breaks.” This will give your brain’s cylinders a rest. Even a five or eight minute break, during which time you close your eyes and observe and deepen your breathing, can do wonders for your energy and focus during the day.

3. Fibonacci Form and Function

Start with your index finger curled. Notice that when you uncurl your finger, it naturally tracks a Golden Spiral. Then curl your finger and observe the reverse or infolding spiral. Try bringing your curled hand to your shoulder and then uncurling your fingers, hand and arm in one flowing motion. A natural Golden Spiral always results. The formula is simple: Fibonacci function follows Fibonacci form. Consider the fact that this principle resonates throughout your entire being and beyond.

Notice how your fingers (and your hand and arm) uncurl in a Golden Spiral.
4. Golden Ratio Anatomy

With a ruler, you can quickly verify that the length of any finger bone to the next on the same finger is in Golden Ratio. Conversely, you can use your fingers as Golden Ratio rulers. The joint line between two bones demarcates the Golden Ratio cut point. Likewise, you may use the joint line between your hand and finger or the wrist joint between your hand and forearm as Golden Ratio rulers. We are all equipped with built-in Divine Code measuring devices of different sizes. Try looking for Golden Ratios in the various dimensions of your face, either in a mirror or in pictures of yourself or others. Note how different expressions affect your facial ratios.

Beautiful Divine Proportions in the face of model Dragana Surla.
5. The Power of the *Mona Lisa* Smile

Look at *Mona Lisa’s* smile for 8-13 seconds. Then try to imitate her smile—approximately 62% happy. See if you can find the subtle balance point that defines the Golden Ratio. Try it first without a mirror and then with a mirror. This is a quick and easy way to raise and balance your emotions throughout your day, keeping your glass 62% full. How does it feel when you smile like *Mona Lisa*?

6. The 38/62 Golden Communication Ratio

Based on the work of UCLA Professor Emeritus Albert Mehrabian, the strength and impact of our primary channels of communication reflect the Golden Ratio: 55% of our communication power is in our body language, e.g. eye contact, facial expression, posture; 38% is in our voice tone, and the remaining 7% is in the actual words we use.

This is an exact Golden Ratio distribution, as \(38 + (55 + 7) = 100\), or \(38 + 62 = 100\). Since the top two categories equal 93% of our...
communication power (body language 55%, voice tone 38% = 93%) this ought to inspire us to prioritize our communication enhancement efforts towards improving our non-verbal and voice tone skills.

7. The 60/40 Power of Sight, Sound and Feeling

In *How To Make People Like You in 90 Seconds or Less*, author Nicholas Boothman explores how to optimize our ability to more rapidly and meaningfully connect with people. As it turns out, the three primary modalities we use to connect and communicate fall into approximate Golden Ratio. They are: Visual (pictures), Auditory (sounds) and Kinesthetic (feelings). These three modalities or frequencies are how we communicate with ourselves internally—and with others externally. However, we all prefer to communicate predominantly via one of the three. It turns out that approximately 60% of people are visually dominant, with the remaining 40% being nearly evenly split between auditory and kinesthetic dominance: 60/40, approximating the Golden Ratio. This is yet another example of how both structure (as we’ve shown in this and other chapters) and function align with the Divine Code. To know yourself better, begin to become more aware of your own communication preference. How do you prefer communicating (sending and receiving) with others? As you are learning in this book, the Divine Code is accessible via many different means. Check out Boothman’s very rewarding *How To Make People Like You in 90 Seconds or Less* to learn more.
Ari Hanto, artist, healer; EnergyAlchemy.com 474
Aristotle's 100
Arithmetica 35, 105
Arizona 241
Arteries 281-2
Arthur, King 546
Arte Povera; Mario Merz 488
Ars Conjectandi 110
Art of Conjecturing 110
Ark of the Covenant 18, 258, 532-3
Ash, Russell 209
Asimov, Isaac 90, 130-1
Atalay, Bulent 91
Athens 52, 99, 100, 216
Atlanta 405, 408-9
Atlantis 17, 48, 135-6, 172, 174, 200, 354, 527
Atlantis Rising 181
ATM 76, 454
Atoms 117-8, 127, 145, 555
Auguries of Innocence 34
AUM/OM 531-2, 556
Auroville, India 204
Austria 34
Autodidacts 422
Avalon 546
A Wrinkle In Time; L'Engle 159, 451

B
Bach, J.S. 496, 498
Bagua 530-1
Bahá'í Faith 543-5
Bangladesh 324
Bank of America 374
Bank of Zurich 160
Barker, Joel; Paradigms 390
Baroque 433-4
Barr, Mark 565
Bates Hall 220
Baton Rouge 449
Bay of Pigs 484
BBC 245, 329
Beach Boys 499
Beatles 336, 498-9, 517
Beautiful Evidence, by Tufte 492, 494
Beethoven 496-7
Bell, Alexander Graham 439
Benson, Robby 437
Benz, Mercedes 404
Bergelin, Lennart (Bjorn Borg's Coach) 330
Berlin 87
Berners-Lee, Tim (WWW Pioneer) 151
Bernoulli, Jakob 110, 428, 564
Berry, Halle 251
Best Life Magazine 56, 358, 385
Beta 253-4, 262
Bethesda Naval Hospital 503
Bee Ancestry Code 50
Bhajan, Yogi 213
Bible 532, 540
Biffle, Barry 410
Binoche, Juliette; Chocolat 353
Biodiversity; Edward O. Wilson 562
Bio-Critical Source Book 99
Biology of Transcendence 282
Biosphere 240-1
Bios Group 132
Blackletter Bible page, rare 496
Blake, William 34, 150, 173, 481, 568
Blavatsky, Madame 474
Blood sugar 241, 271-4
BMR (Basal Metabolic Rate) 276
Body language 264-5, 462
Body Bridge 303
Bohm, David 129, 213
Bohr, Niels 118
Bond, Julian 116
Bonnet, Charles 564
Bono, U2 499
Boothman, Nicholas 265
Borealis, Aurora 60
Borealís, Aurora 60
Borg, Bjorn 328-32
Borg-McEnroe Wimbledon Final 331
Boston, MA 484
Boston Public Library (MA) 220
Bouguereau, William-Adolphe 352, 361, 481
Boulder, CO 317
Bowflex 310, 338
Braden, Gregg; The God Code 234
Bragg, Paul; Jack LaLanne's Mentor 267
Branson, Sir Richard 139-42, 419
Branson, Sir Richard's Rules 143
Breath 240, 292, 305, 337-8, 359, 557-8 of Phire 557
BreathsLife.com 358
Breiter, Hans 245
Brinkley, Christie 246
British Empire 139, 165
Broadhurst, Paul 528
DEX Spinal Decompression and Extension System 302
Der Goldene Schnitt 465
Dharma 526
Dharmachakra 340, 525-6, 559
Dharma Wheel 525
Diatoms 240
Dice 401
Dietary Golden Ratio 271
Digital Sums 155-6
Dimensions of Paradise 100, 540
Disney, Walt 144, 150-2, 422
Disney World 126
Divinely-Coded Holographic Heart-Mind 282
Divinely-Coded Insects 454
Divinely-Coded Kundalini 536
Divinely Proportioned Sex Symbols 346
Divine Afterglow 361
DIVINE CODE (partial entries only):
Divine Code Aphrodisiac and Life Extender 353
Divine Code Apple Martini 167
Divine Code Blood Pressure Gauge 285
Divine Code Blueprint of DNA 235
Divine Code Breathing 254, 286-7, 305-6, 337-8
Divine Code Cholesterol Ratios 281
Divine Code Days 199
Divine Code Firsts 563
Divine Code Foot Reflexology 559
Divine Code Furniture Design and Woodworking Mastery 225
Divine Code Gambling System 400
Divine Code Golden Ratio Calipers 74, 578
Divine Code for Kids 451
Divine Code Law 69, 89
Divine Code of Life 30, 235-6
Divine Code Oracle 416, 458
Divine Code of Peace 539
Divine Code Picture Composition 511
Divine Code Posture Check 340
Divine Code Project 22
Divine Code Relationships 189, 352
Divine Code Rendezvous 207
Divine Code Rotational Perspective 477
Divine Code Secret Password 453
Divine Code Software 168
Divine Code Star Exercise 555
Divine Code Timesharing 360
Divine Code Toolbox 73
Divine Code Wake-up Call 557
Divine Code Weight Lifting 338
Divine Code-based 126, 138, 154, 310, 326, 337, 403, 539
Divine Coincidence 458
Divine Data 78
Divine Dietary Proportion 290
Divine Longevity Code 277
Divine Oracle 458, 551
Divine Postural Code 299
Divina Proporzione 35, 94, 105-6, 168, 245
Divine Season 195
Divine Sleep Ratio 276
Divine Symphony 518
Divine Time 158, 194
DK Publishing 209
DNA 26, 30, 35-6, 121, 145, 219, 231, 234-9, 379, 529, 539, 562, 576
cells 238
dormant 235
double-helical 239
mandala/cross-section 237, 559
Dodecahedron 68, 101, 210-2, 452
Donald Duck 151
in Mathemagic Land (Movie) 144
Double Golden Spiral Tree Trunk 34
Dresbold, Michelle 489-90
Duck, Donald 144, 151
Dumbing Us Down, by Gatto 443
Dutch painter Piet Mondrian 561
Dyad 67
Dymaxion 126
Dyslexia 139-40

E
Earth 17-8, 61, 93, 95, 99, 108, 126, 137, 173-4, 179-80, 188, 199, 207-9, 212-4, 239-40, 354
Earth’s Navel/Golden Ratio 549
Ear in Golden Spiral 231
Ebony Magazine; Michael Jackson 501
ECG, electrocardiogram 282
Economist, The 291
Edinburgh 348
Edison, Thomas 291, 302
EEG 422
Egypt 18, 44, 98, 149, 508
Egyptians, pharaonic 183, 355
Eightfold Way 131
Einstein, Albert 31-3, 43, 84-6, 90, 117-8, 124, 140, 159-60, 170, 422, 425, 466, 561, 565
Einstein, young 86-7, 90, 170
Einstein’s Holy Grail 522
Einstein of Quality (Dr. Deming) 378
Einstein Role-Play 170
Eisenberg, Lee 394
EKG 282-3
Elaine Petrone/Miracle Ball Method 303
Elegant Solution, by May 383
Elizabeth, Queen 116
Ellicott, Andrew 177-8
Elliott, Ralph 138
Elliott, Ralph Nelson 122, 153, 397, 425, 565
Elliott’s Masterworks 123
Elliott’s Fibonacci-based Wave 398
Elliott Wave International 397-8, 569, 572
Elliott Wave Principle 124, 137, 397-8, 569
E=mc2 34, 87, 466
Emerson, Roy 333
Empire, Roman 44, 218
Empire State Building, New York City 203
Encyclopedia Britannica 47
Encyclopedia of Life (EOL.org); Wilson 562
Endurance 305, 319, 323-4, 332, 338
English alphabet 463-4, 466, 532
Enterprise Rent-A-Car 386
Entrepreneur Magazine 434
Epcot Center 127
Erin Brockovich Movie) 248
EQ: Emotional Intelligence; Daniel Goleman 436
Esmann, Jan; Golden Section Photoshop Software 472
Esquire Magazine 56, 356
Etcoff, Nancy 245
Euclid 33, 51, 80, 96, 101-2, 115, 216-7, 550, 563
Eureka 20, 523
Europe 44, 46-7, 184, 218, 377
Eva (Dog) 454
Exodus 532
Extracellular liquid 234

F
FAA 420
Face 86, 145, 151, 210, 244-6, 248, 250, 303, 320, 447, 456, 477, 513, 531
Fairfield, CT 292
Fascinating Fibonacci, by Garland 451
Fast Company Magazine 55, 402
Fat 270-4, 289-90, 319, 323, 353, 435
Father of Geometry 101
of Quantum Physics 117
Fechner, Gustav 564
Fechner Rectangles 252, 575
Federer, Roger 331-3, 389
Feet 184-8, 227, 233, 238, 240, 304, 334-6, 350, 409, 555
Female 50, 95, 206, 245-6, 251, 346, 354
Feng Shui 199, 201, 203, 512, 530-1
Fermat’s Enigma 96
Fern 456
Ferriss, Tim; The 4-Hour Workweek 196, 394, 416
Fetus 232
FIBONACCI (partial entries only):
Fibonacci
days 199
Fibonacci-based Millionaire 310
Fibonacci-based Spending Sequence 366
Fibonacci-based Zen Alarm Clock 412
Fibonacci’s Divine Cuisine 280
Fibonacci’s Liber Abaci 218
Fibonacci Calendar 199
Fibonacci Crossword 448
Fibonacci Gauge 225
Fibonacci Lever 28
Fibonacci Meets Googol 130
Fibonacci Numbers 215, 475
Fibonacci Power Naps 291
Fibonacci Ratios 25, 40, 52, 63, 71, 122, 221, 234, 398, 402, 425, 565
Fibonacci Sequence
and Golden Ratio 90, 456
infinite 20, 33, 41, 66, 71, 87, 257, 365, 541, 566, 569
Fibonacci Spirals 59, 60, 62-3, 70, 430
and Logarithmic Spirals 59
Fibonacci Trinity 46, 570
Fibonacci Word Search Puzzle 450
Fibonacci Zone 270, 324
Fibs 336, 466-9, 514-5
Golden Curve of Massachusetts 208
Golden Cut 43, 102, 280, 465, 535, 564
Golden Finger Spirals 168, 170
Golden Flower 340, 526, 559
Golden Foot 73, 185, 223
Golden Gate Bridge 205
Golden Globe 248
Golden Growth Code 374
Golden Growth Curve 366
Golden Growth Spiral 364, 385
Golden Look and Sound of Success 402
Golden Mark of Genius 422
Golden Mean 17-20, 43, 98-100, 102, 104, 124, 132, 136, 243, 312, 408-9, 412, 431-2, 486, 506, 542-3
Golden Mean Time (GMT) 196
Golden Meaningful Minority 175, 388
Golden Moons 196, 198
Golden Music 276, 461, 463, 465, 467, 469, 471, 473, 475, 477, 481, 483, 485, 487, 511
Golden Net Income Ratio 413
Golden Olympic Training Ratio 325
Golden Oxygen Ratio 239
GOLDEN RATIO (partial entries only):
Golden Ratio 172, 41, 57-8, 63-4, 66, 75, 94, 99, 114, 125, 144, 176-7, 206, 257, 391, 492-4, 514-6
Golden Ratio and Golden Spiral 204, 515
Golden Relationships & Divine Intimacy 345, 347, 349, 351, 353, 355, 357, 359, 361
Golden Retriever 494
Golden Rule 387
Golden Section 43, 54, 88, 91, 100, 102, 135, 182, 201, 210, 232, 465, 472, 497, 531, 563
Golden Section Photoshop Software 472
Golden Section, The, by Olsen 88, 210, 232, 497
Golden Sleep Ratio 197, 394
Golden Snitch (Harry Potter) 465
GOLDEN SPIRAL (partial entries only):
Golden Spiral Staff of Healing and Medicine 538
Golden Spiral-shaped 204, 207, 231-2, 283, 364, 441, 455, 558
Golden Spirals and Fibonacci Spirals 59, 60
Golden Star 40-1, 63-7, 151, 257, 455, 544, 569, 571, 576
Golden Thinking 370
Golden Time 416
Golden Topspin (Borg) 328
Golden Triangles 63-5, 81, 472
Goldener Schnitt; Golden Cut 72
Goldman, Jonathan 505, 513
Goleman, Daniel; EQ: Emotional Intelligence 436
Golfing 307
Good Night, and Good Luck (Movie) 250
Google 130, 144
Googol 130-1
Gospel of St. Matthew 452
God Code 39, 235
GQ 249, 348, 357
Grace Vogel Aldworth Collection 487
Graf, Steffi 328
| Grand Canyon  | 112 |
| Grand Slam   | 331-3 |
| Grand Unification Theory  | 561-2 |
| Greatest Tennis Match in History  | 331 |
| Great American Novel  | 377 |
| Great Black Death Plague of Europe  | 377 |
| Great Britain  | 541 |
| Great Pyramid  | 18, 52, 54, 100, 136, 177, 179, 181-3, 187, 201-2, 216-7, 219, 334, 355, 531 |
| Great Pyramid Facts, Remarkable  | 180 |
| Great Seal of the US  | 175-6 |
| Great Spirit  | 528 |
| Great Tennis Court  | 334-5 |
| Great Wall of China  | 201 |
| Greco-Roman  | 218 |
| Greek  | 33, 44, 47, 51-2, 68, 96, 101-2, 216-8, 228, 278, 326, 363, 428, 521, 537 |
| pentagram  | 325 |
| Green, Paul  | 132 |
| Greenwich England  | 204 |
| Greek Alphabet  | 217 |
| Greek God  | 310 |
| Gregorian  | 173, 191, 193 |
| calendar  | 191, 193, 197 |
| Grimoire (Book of Magic)  | 178 |
| Grossman, Lev  | 404 |
| Growth and Lasting Profits  | 386 |
| Guanine  | 121 |
| Guardian, The  | 98, 163, 165, 493 |
| Guggenheim Museum  | 120 |
| Guillen, Michael; Five Equations That Changed the World  | 85-6, 90 |
| Guinness World Records  | 501-2 |
| Guru of the Decade  | 138 |
| Gutenberg  | 106, 496 |
| Guzman, Carlos  | 313 |
| Gypsies  | 149 |

**H**

| Habits  | 236, 243, 267-9, 299, 300 |
| Haifa, Israel  | 545 |
| Haiku  | 467-8 |
| Hall, Manly P.; Secret Teachings  | 176 |
| Hammock Spinal Stretching System  | 302 |
| Hancock, Graham  | 216 |
| Hancock, John  | 175 |
| Hanks, Tom  | 248 |
| Hanub-Ku  | 194 |
| Har, Sidney  | 45 |
| Harding, Douglas (On Having No Head)  | 184 |

| Harleston, Hugh Jr.  | 215-6 |
| Harmonic Law  | 108 |
| Harmonizer, The; by Ison  | 503 |
| Harnessing Nature’s Path of Optimal Resistance  | 133 |
| Harris, Jonathan (“Phylotaxis”)  | 431, 572 |
| Harrison, Michael  | 142 |
| Hartmann, O.J.  | 232 |
| Harvard University  | 198, 560 |
| Harwood, Jeremy  | 177 |
| Hawaii  | 189 |
| Hawaiian Ironman Triathlon  | 154, 320 |
| Hawking, Stephen  | 107 |
| Haydn  | 497 |
| HDI (Human Development Index)  | 259 |
| HDL  | 281 |
| low  | 272 |
| Healing  | 24, 103, 253, 323, 503, 505, 507, 534-6, 538, 556, 558, 566 |
| Healthy Working Ratios  | 394 |
| Heart  | 26, 93, 168, 196, 233, 258, 277-8, 281-4, 303, 314, 321, 350, 354-5, 359-60, 556-6, 558-9 |
| attack  | 321 |
| Heartbeat  | 282 |
| Heartbeats  | 282, 556 |
| Heath, Richard  | 213 |
| Hecht, Laurence  | 212 |
| Heinlein, Robert  | 130 |
| Heliospheric Current Sheet  | 219 |
| Hemingway, Ernest  | 377 |
| Hendricks, Mark  | 434 |
| Hepburn, Audrey  | 246 |
| Herbert, George  | 231 |
| Hercules  | 363-4 |
| Herodotus  | 182, 201 |
| Herophilus  | 267 |
| Hesse, Herman; Siddhartha  | 256 |
| Hexagons  | 127-8, 137 |
| HGH  | 323 |
| Hidden Turning Points  | 377, 379 |
| High Intensity Training (HIT)  | 134 |
| Hildegard of Bingen  | 103-4, 506 |
| Hindu  | 532 |
| Hindu/Arabic  | 33, 44, 46-7, 51, 71, 570 |
| Hindu/Arabic Numbers  | 44, 46-7, 51, 71 |
| Hinduism  | 541 |
| Hippasus  | 96 |
| Hirohito, Emperor (Japan)  | 381 |
| History’s Hidden Turning Points  | 377 |
| Hoffer, William  | 376, 386 |
| Holiday Inn  | 405 |
Holland, John 132
Hologram 129, 428-9, 570
Holy Grail 19, 160, 453, 465, 546
Holy Spirit 545
Honda 381
Hoshin Kanri 19, 386
Hotel Indigo (5-stars) 405, 409
Howard, Ron 20
Howat, Roy 498
Howells, Trevor 178
How to Think Like Leonardo Da Vinci; by Gelb 93, 426
Hubbard, Guy 119
Huichol Indian Shaman(s) 319, 536
Human-Scaled System for Enhanced Productivity 396
Human Body 26, 95, 124, 209, 232, 239, 310, 540, 551, 564
Hummingbird 26
Hunab-Ku 194
Hundertwasser, Friedensreich 209
Hurley, Elizabeth 245
Hz 252, 254, 262, 508
I
Ice warnings; Titanic 424
Iceland 197, 259, 541
I Ching 530-1
Ice Hockey 328
IDL 281
Ifrah, Georges 218
Imagination 21, 37, 88, 91, 130, 179, 257, 365-6, 368, 370, 374, 423, 428, 447, 451, 524
Imperial Forums 489
in Rome 488
Imperial Palace, Tokyo 519
Important Divine Code Days 199
Imprint 80, 122, 149, 295, 403, 434, 464, 558
Inches 180, 184-7, 223, 240, 332, 473, 512
Incredibles, The (Movie) 150
India 102, 125
Indian Summer 195
Infants 231, 243
Infinite Loop 146-7
Infinite Power of Ratio 141, 423, 435
Inflammation 271-3, 275
Ingenious Golden Ratio Calculator Program 222
Innate 53, 198, 244, 251, 348-9, 432, 446, 452, 461-3, 482
Inspiral Condom 357-8
Instant Divine Code Hour Analysis 225
Insulin 271-5
Integral Consciousness (by McIntosh) 157
Intel 402
Intelligence 33, 126, 169, 392, 424, 427-8, 436-9, 452, 493, 572
InterContinental Hotels 405
International Conference on Science and Consciousness (BizSpirit.com) 505
Internet 402, 454, 468, 523
Interplanetary Magnetic Field 219
Intimacy 43, 345, 347, 349, 351, 353, 355, 357, 359, 361, 393
Intuit 386
iPhone 148, 150, 161-2, 403-4
iPod 148, 152, 161-3, 403, 566
IQ 140, 436
Ironman Triathlon 317
Ironman Triathlon 316, 318, 326
Islam 218
Ison, David 502-3, 513
Israel 238, 539, 545
Isaac Asimov’s Book of Facts 90
Italy 30, 32, 39, 106, 218
iTunes 499, 513, 517, 583-4
Ive, Jonathan; Apple Inc. 148, 152, 161, 163-5, 566
J
Jaber, Robert 99
Jackicic, John M. 270, 323
Jackman, Hugh 251
Jackson, Michael 498, 500-2
Jade Maori Koru Spiral 209
Jain (Collin Nicholas Saad) 155-6, 541, 566
Japan 376, 378, 380-1, 519, 525
Japanese Union of Scientists and Engineers (JUSE) 376
Jean, Billie 502
Jefferson, Dr. Yosh 242, 345
Jefferson, Thomas 111-4, 117, 173, 176-6, 178, 187, 422, 483
Jefferson’s Rotunda 114
Jehovah 528
Jenson 496
Jerusalem 539-41
Jesus 159, 174, 528, 542-3, 546
Library 102, 113-5, 183, 201, 220, 484
Lifehacker 394
Like Water for Chocolate (Movie) 354
Lingua Ignota 104
Lisa, Mona 91-2, 248, 251, 264, 474, 476-7, 564
Lisz, F.J. 498
Little Book of Coincidence; by Martineau 214
Liver 281
Living in Golden Mean Time 276
Living Yoga; by Turlington 247
Livio, Mario; The Golden Ratio 51, 94
Logarithmic Spirals 59, 60
London, Jack 377
London’s Design Museum 165
London School of Economics 138
Long-term memory 433-4
Longevity 37, 43, 147, 258, 268, 272, 277, 301, 354, 395
LoPorto, Garret; The Da Vinci Method 392, 422
Loretto Chapel, Santa Fe, NM 528-9
Lost Chord 504-5, 513
Lost Symbol, The 116, 160, 177-8
Louvre 453
Love 55-6, 86, 143, 149, 156, 246, 255, 306, 336, 352, 354-7, 359, 439, 443, 468-9, 522
Lomaking 355-6, 360-1
Loyalty 386-8, 414
Loyalty Effect; by Reichheld 386
Loyalty Scale 387-8
Los Angeles 127, 324, 369
LSD (Long Slow Distance) 321
Lubicz 183, 294, 355
Lucas, Edouard 564
Lucas, George 120-1
Luibcz, Schwaller de 183, 294, 355
Lungs 282, 303
Le Corbusier 121, 124-5, 186
Le Corbusier’s Le Modulor 187
La Fonda Hotel in Santa Fe 523
Le Modular Man 124

M
MA Roller 303
Mac OS X 163
Macintosh (Computer) 146, 149, 222
Mad Hatter/Millionaire’s MAP 371
Madeleine L’Engle 159, 451
Madison, James 175
Magdalene, Mary 542
Magic Eye 3-D pictures 421, 452
Magic Spiral 110, 564
Magnesium/Calcium 274
Maheshwar 532
Male 50, 57, 95, 206, 246, 250, 332-3, 353-5
Malmgren, Yat 348
ManagementWisdom.com 382
Manatee 164
Mandelbaum, Bruce 292
Mandelbrot, Benoît/Fractal 123, 129, 429-30
Manhattan 421
Manifestation of God 543-5
Mankins, Michael 55
Mantras 504
Maori 209
Marakon Associates 55
Marathon 318, 320, 326
Marin County Civic Center, CA 119, 121-2
Marie Stopes International 357
Markey, Sean 210
Markitecture 405
Marquardt, Dr. Stephen 246
Mars 108, 223, 241
Marshall Industries 381
Martha’s Vinyard, MA 208
Martineau, John; A Little Book of Coincidence 214
Maruta, Dr. Toshihiko 258
Mary 104
Masonic Order 178
Masons 116, 160, 175, 179
Massachusetts 112, 220, 459, 484
Masters & Johnson 356
Mathematics Magazine 497
Matrix 26, 118, 138, 193, 213, 448, 463, 466, 476, 522
of Creation; by Heath 213
Mattes, Aaron; Stretching Method 296-8
Matthew, St. 452
Maugh, Thomas H. 240
Maxim 357
May, Matthew; Toyota/The Elegant Solution 383
May, Paul 493
Mayans 193-4, 216, 219
<table>
<thead>
<tr>
<th>Mayan Calendar/2012 A.D.</th>
<th>193-4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayo Clinic</td>
<td>258</td>
</tr>
<tr>
<td>Mad Hatter</td>
<td>371</td>
</tr>
<tr>
<td>Mbeki, Thabo</td>
<td>142</td>
</tr>
<tr>
<td>McCabe, Ed</td>
<td>239, 242</td>
</tr>
<tr>
<td>McCarty, Paul</td>
<td>498</td>
</tr>
<tr>
<td>McCullin, Don</td>
<td>470</td>
</tr>
<tr>
<td>McEnroe, John</td>
<td>333-4</td>
</tr>
<tr>
<td>McIntosh, Stephen Ian;</td>
<td></td>
</tr>
<tr>
<td>McMasters University</td>
<td>56, 358</td>
</tr>
<tr>
<td>McNamee, Gregory</td>
<td>91</td>
</tr>
<tr>
<td>Meals</td>
<td>279-80, 290</td>
</tr>
<tr>
<td>Medicine</td>
<td>25, 39, 98-9, 275, 277-9, 302, 503, 538, 550</td>
</tr>
<tr>
<td>Mediterranean</td>
<td>46</td>
</tr>
<tr>
<td>MedX CORE Spinal Fitness System</td>
<td>133, 135, 303, 312, 438</td>
</tr>
<tr>
<td>Mehmet Suat Bergil</td>
<td>37</td>
</tr>
<tr>
<td>Mehrabian, Albert</td>
<td>264</td>
</tr>
<tr>
<td>Meisner, Gary</td>
<td>80, 144</td>
</tr>
<tr>
<td>Mellers, James (Phiculator)</td>
<td>222</td>
</tr>
<tr>
<td>Memory</td>
<td>139, 141, 242, 253, 334, 365, 379, 423, 430, 433-5, 439, 448, 450, 453-4</td>
</tr>
<tr>
<td>Menopause</td>
<td>507</td>
</tr>
<tr>
<td>MENSIA</td>
<td>130, 138, 397</td>
</tr>
<tr>
<td>Men's Fitness Magazine</td>
<td>56</td>
</tr>
<tr>
<td>Men's Journal Magazine</td>
<td>322</td>
</tr>
<tr>
<td>Mercury</td>
<td>108</td>
</tr>
<tr>
<td>Meridian</td>
<td>188, 304, 342</td>
</tr>
<tr>
<td>Merz, Mario</td>
<td>486, 488-9</td>
</tr>
<tr>
<td>Mesoamericans</td>
<td>173, 186, 215</td>
</tr>
<tr>
<td>Metabolic Syndrome</td>
<td>272</td>
</tr>
<tr>
<td>Metric System</td>
<td>115, 174-6, 184, 186-8</td>
</tr>
<tr>
<td>Mexican Pyramids</td>
<td>215</td>
</tr>
<tr>
<td>Mexico</td>
<td>22, 201, 215, 319</td>
</tr>
<tr>
<td>Michael Jackson's Thriller</td>
<td>500</td>
</tr>
<tr>
<td>Michelangelo</td>
<td>33, 152, 404, 549</td>
</tr>
<tr>
<td>Michelangelo’s David</td>
<td>244, 310</td>
</tr>
<tr>
<td>Michell, John</td>
<td>17, 100, 135-7, 172, 174, 181, 200, 354, 527, 540</td>
</tr>
<tr>
<td>Mickey Mouse</td>
<td>151</td>
</tr>
<tr>
<td>Microsoft</td>
<td>141</td>
</tr>
<tr>
<td>Middle Ages</td>
<td>71, 102, 104, 379, 570</td>
</tr>
<tr>
<td>Midnight Express (Movie)</td>
<td>376</td>
</tr>
<tr>
<td>Miles</td>
<td>174, 187, 189-90, 192, 221, 285, 294, 318, 320</td>
</tr>
<tr>
<td>Mile’s Golden Ratio Foundation</td>
<td>188</td>
</tr>
<tr>
<td>Miles Kilometers Ratio</td>
<td>190</td>
</tr>
<tr>
<td>Milky Way</td>
<td>40, 207</td>
</tr>
<tr>
<td>Miller, Hamish</td>
<td>528</td>
</tr>
<tr>
<td>Millionaire's MAP</td>
<td>363, 365-71, 373-4, 566, 572</td>
</tr>
<tr>
<td>Mills, Billy</td>
<td>294, 328</td>
</tr>
<tr>
<td>Milton</td>
<td>111</td>
</tr>
<tr>
<td>Minerals</td>
<td>274, 301</td>
</tr>
<tr>
<td>Minor Sixth</td>
<td>504</td>
</tr>
<tr>
<td>Mind Mapping for Divine Pattern Recognition</td>
<td>426</td>
</tr>
<tr>
<td>MIT</td>
<td>138, 461-2</td>
</tr>
<tr>
<td>Modigliani, Amadeo Clemente</td>
<td>486</td>
</tr>
<tr>
<td>Monad</td>
<td>67</td>
</tr>
<tr>
<td>Mondrian, Piet</td>
<td>474, 516, 561</td>
</tr>
<tr>
<td>Monet, Claude</td>
<td>478</td>
</tr>
<tr>
<td>Money</td>
<td>142, 245, 366, 368, 370, 374-5, 393, 400, 414, 416, 419, 443, 572</td>
</tr>
<tr>
<td>Monroe, Marilyn</td>
<td>346</td>
</tr>
<tr>
<td>Monsters, Inc. (Movie)</td>
<td>150</td>
</tr>
<tr>
<td>Monticello</td>
<td>112</td>
</tr>
<tr>
<td>Mona Lisa</td>
<td>91-2, 248, 251, 264, 474, 476-7, 564</td>
</tr>
<tr>
<td>Mona Lisa Smile (Movie)</td>
<td>248</td>
</tr>
<tr>
<td>Mona Lisa Smile</td>
<td>264</td>
</tr>
<tr>
<td>Mood, social</td>
<td>399, 400</td>
</tr>
<tr>
<td>Moody Blues</td>
<td>504</td>
</tr>
<tr>
<td>Moon</td>
<td>103, 181, 191, 196, 198-9, 211-2, 214, 223, 446</td>
</tr>
<tr>
<td>Robert J.</td>
<td>211</td>
</tr>
<tr>
<td>Moonflower</td>
<td>445</td>
</tr>
<tr>
<td>Moonwalker</td>
<td>502</td>
</tr>
<tr>
<td>Moon’s Theory</td>
<td>211</td>
</tr>
<tr>
<td>Morris, Betsy</td>
<td>141, 143</td>
</tr>
<tr>
<td>Mortensen, Viggo</td>
<td>250, 259</td>
</tr>
<tr>
<td>Moses, Sifu Rob; Spiral Fitness</td>
<td>336</td>
</tr>
<tr>
<td>Mozart, Wolfgang Amadeus</td>
<td>433-4, 496-7, 513</td>
</tr>
<tr>
<td>Mozart Café, Mamaroneck</td>
<td>NY</td>
</tr>
<tr>
<td>(5-stars!)</td>
<td>324</td>
</tr>
<tr>
<td>MP3 Player</td>
<td>566</td>
</tr>
<tr>
<td>Mph</td>
<td>127, 190, 285</td>
</tr>
<tr>
<td>MTV</td>
<td>500, 502</td>
</tr>
<tr>
<td>Mt. Sinai School of Medicine, NYC</td>
<td>278</td>
</tr>
<tr>
<td>Muhammad</td>
<td>543</td>
</tr>
<tr>
<td>Muir, John</td>
<td>255</td>
</tr>
<tr>
<td>Multi-disciplinary Learning</td>
<td>141, 423</td>
</tr>
<tr>
<td>Munoz</td>
<td>139</td>
</tr>
<tr>
<td>Murakami, Dr. Kazuo;</td>
<td></td>
</tr>
<tr>
<td>The Divine Code of Life</td>
<td>30, 235-6, 539</td>
</tr>
<tr>
<td>Muscles</td>
<td>27, 133, 227, 267, 283, 297-300, 302-3, 306, 322, 437, 536, 557-8</td>
</tr>
<tr>
<td>Music video, greatest</td>
<td>500-2</td>
</tr>
</tbody>
</table>
Musical Ratio 502
Muslim 102
Myers-Briggs 396
Mysterium Cosmographicum 107, 213
Mysterium Microcosmicum 212

N
Nadal, Rafael 333, 389-90
Nap 278, 291
Napoleon 377
NASA 108, 207
National Institute of Health 503
Nature’s Law 122-3, 153
Nature’s Path 36, 69, 89, 238, 326, 383, 412, 416, 464, 532, 556
machine 135, 309-10
Navel 227-8, 232-3, 299, 340, 538, 549, 551, 557-8, 576
NBC News 55
Neeleman, David (JetBlue Airways) 419, 421-2
Neering 139
Neil, A.S.; Summerhill 296, 443-4
Neo-Pythagoreans 151
Netanyahu, Benjamin 491
NetPromotor.com 387
Newby-Fraser, Paula (Triathlete) 320
Newman, James 130
Newton, Sir Isaac 105, 107-8, 110, 172-3
Nexus Network Journal 121
New Brand Development 405
New Economics for Industry, Goverment, Education (by Deming) 393
New England Conservatory 506
New Hampshire 159
New Jersey 32, 242
New Jerusalem 135, 137, 540-1
New Jerusalem Foundation 539
New Mexico 195, 202, 523, 528-9
New Orleans Hornets 322
Net Promoter Score 388
New Science of Socionomics; Prechter 138
New Scientist 251
New View Over Atlantis, The; Michell 48, 135, 172, 174, 200, 354, 527
New Vision of Vivaldi 195
New York Times 150, 158, 238, 357, 468, 491, 492
New Zealand 209
Niccol, Andrew; GATTACA 121
Nicoderm Patch 286
Nielsen, Greg 176
Noah’s Ark 532-3
Noble Gases in Fibonacci Ratio 71
Noble Eightfold Path 340-1, 525-6
Nobel Prize 34, 88, 111, 126, 131
Norsemen 377
Northwestern University 238
North America 195, 409
North America 195, 260
Notre Dame 201, 527-8
Now & Zen 157-8, 198
Nucleosome DNA Super Helix 239
Number sequences 411
NUMBERS (partial entries only):
Numbers
infinite 156
irrational 51, 96, 102, 155-6, 391
rational 96
Numerical reduction 547-8
Numerical Code of Unity 547
O
Obesity 272
Obama, President Barack 489-91
Obtusity.com 500
Ocean’s Eleven, Twelve & Thirteen (Movies) 250
O’Connor, Adiran 88
Ohm, Martin 531, 564
O’Keefe, Georgia 116
Olsen, Scott 88, 210, 465, 497
Olympic runner Billy Mills 294
sprinter Dawn Saidur 324, 326
symbol 325
Olympic Rings 325
Olympic Training Ratio 324
OM 532, 541, 565
Omega Rx Zone; by Sears 272, 275
O’Neill, Shaquelle 296
Onstott, Scott 59, 97
Open Secret of Washington, D.C. 177
Open Sesame 43, 366
Oprah Winfrey 250
Optimal Fuel Ratio 272
Respirations 282
Restore 196, 275, 297, 301-3, 312, 340, 415, 534
RFK 116, 483
Rhodes, Jerry 483
Rhodes Scholars 116
Ribose 237
Rich, Motoko 468
Richie, Lionel 501
Ricoh 379, 381
Ringstone 544
Ritz Carlton 381
Roberts, Julia 248-9
Robin, Laura 408
Robie House 119
Rogak, Lisa 159
Rogers, Andrew 539-41
Rolling 267
ROM 433
Roma 149
Roman 44, 188, 363
Roman Goddess 363
Rome 489
Ronchamp 125
Roosevelt, Theodore 479
Rosarivo, Raúl 496
Roses of Heliogabalus 473
Rouen Cathedral 478
Rowling, J.K. 465
Ruler 73, 75, 145, 185, 223, 262, 496, 576
Rule of Thirds 470-2, 495
Rumi 258, 553
Rutgers University 349
Saab 190, 285
Saad, Collin Nicholas (Jain) 155
Sabaneev, Russian Musicologist 497
Sacred geometry 25, 32, 34, 94, 104-5, 135-6, 243, 252, 506, 543, 563
Sacred Calendar 194
Sacred Canon of Number 135
Sacred Mantra 531
Sacred Proportions 508
Sacred Sound 556
Sacred Space and Sound 507
Sacrum 229, 536-7, 558
Saidur, Dawn 324
Salingaros, Nikos 121
Sample, Ian 163, 165
Sampras, Pete 329, 331, 333
Samuel Adams Boston Lager 56
Sand dollar and Starfish 457
Sandler, Dr. Ron;
Consistent Winning 20, 124, 134, 153-4, 256, 312, 315, 326, 565
Sangha 526
Sanskrit 156, 536
Santana, Carlos 502
Santa Fe 195, 523, 528-9
Santa Fe Institute 132
Sand Dollar 373, 457
Sarasota, FL 408
Sargent, John Singer 479
Saturn 213
Savile Row 348
Sayre, Anne 237
Sam Adams Beer 56
San Diego Children’s Hospital 503
San Francisco, CA 205
San Rafael, CA 120-1
Scandinavian 259
Schedule 196, 291-2, 313-4, 395, 417
Schmid, Dr. Kendra 250-1
Schneider, Michael; Beginner’s Guide to the Universe 67, 70
Schoeller 496
Schooll 19, 25, 87, 96, 98-9, 138-9, 144, 146, 198, 244, 258, 277-8, 346, 395, 411, 441-3
of fish 441
Schroeder, Lynn; Super Learning 129, 428
Schubert, Franz 497
Schwarzenegger, Arnold 133
Scott, Dave (Triathlete) 154, 316-21, 326
Scriabin 497
Scripps Center for Integrative Medicine 503
Sculptures 95, 540-1
Sears, Dr. Barry; Zone Diet 270, 272-5, 289-90
Seasons 195, 434
Secrets of Tantric and Shaktic Yoga 536
Secret of Fibonacci Numbers 21 & 34 48
of Great Music 517
Secret Teachings of All Ages; Hall 176
Secunda, Brant 319, 536
Seed Magazine 431, 561
Segal, Eran 238
Segawa, Craig 128
Seife, Charles; Zero: Biography of a Dangerous Idea 521
T
Taguchi Prize 381
TAJ’S Atlas of Anatomy 233
Tantric Yoga 536
Tao 530-1
Taoist 524, 530
Tai Chi 304, 531
Tao of Fibonacci 530
Tao Te Ching 531
Tchaikovsky, P. I. 498, 501
Tarantino, Quentin 336
Team Peak Performance 326
TED Conference (Technology, Entertainment and Design) 142, 562
Teeth 244
Temple of Man; by Lubicz 294
Temporal Bone 230
Tenniel, John; Alice in Wonderland 49, 185, 371
Tennis 55, 143, 296, 306, 308, 326-36, 389
Tennis Court 328, 334-5
Teotihuacán 214
Texas Podiatrist 153
Thanksgiving 365
Theano 98-100, 563
Theosophical Society 474
TheraSound 502-3, 513
Theta 253-4, 262
Third Law 107
Thoracic 229-30, 299, 537
Thoreau, Henry David 365
Thriller (1982-3 album, video) 500-2
Thurber, Marshall 610
THX-1138; George Lucas 121
Thymine 121
Tides 231, 353
Timaeus; by Plato 54, 100, 212
Time Magazine 148, 152, 329
Titanic 423-4
TMJ 242
Toes 69, 227
Tokyo, Japan 341, 376, 519, 525, 559
Tompkins, Peter;
  Secrets of the Great Pyramid 18, 52, 100, 182, 201, 215, 355
Torres, Dara 328
Toriumi, Dean M., M.D. 249
Toth, Max; Pyramid Power 176
Toyota, Shoichiro (Toyota) 382
Toy Story (Movie) 150
Training 20, 133-4, 141, 153-4, 301, 309, 312-26, 337, 340, 348, 355, 390, 423, 436-7
Treasure 144, 248, 366, 381, 409, 482, 518, 576
Treasure Island 482
Triangles 63-6, 81, 96, 127, 215, 472, 474, 531, 585
Triangle of Pythagoras 97
Trichopoulos, Dr. Dimitrios 278
Tricorder, Star Trek 162
Trigrams 530-1
Tropic of Cancer 207
of Capricorn 207
Trumbull, John 112
Trump, Donald 201, 367
Trump International Hotel & Towers 201
True Code of Measure 173
Tsatsouline, Pavel 134
Tucson, AZ 241
Tuft, Professor Edward 492-4
Turin, Italy 488
Turlington, Christy 247
Tutu, Desmond 116
Twain, Mark 377
Typographical Divine Proportion 496
Tzolkin Calendar 194
U
U2/Bono 499
UCLA, Irvine 434
UCLA School of Medicine 277
UDAILY 483
Ultimate Intelligence 437
Ultimate Question, The; by Reichheld 386, 522
UNESCO 541
Unfolding Golden Spiral of Cash 369
Unified Field Theory 91, 170, 522, 561
United Nations 125
United States 56, 115, 119, 159, 173, 175-6, 184, 187, 197, 220, 382, 410, 541
United States Congress 176
Unity function 382, 526, 533, 542, 547-8
principle 235, 413, 543, 573
Unity Code 436, 501, 542
Unity of Knowledge 560-1
Universal Bank 369, 373
Universal Design Blueprint 569

647
Universal Divine Code
Conversion System  285
Universal Genius Activation Code
31, 33, 35, 37, 539
Universal History of Numbers; Ifrah  218
Universal Man  103
Universal Shape  210
University
  of Amsterdam  251
  of California  127, 434
  of Chicago  212
  of Delaware  483
  of Pittsburgh  270, 322
  of Southern Maine  469
  of Virginia  111-4, 116-7, 323, 357
University of Virginia’s Rotunda;
   Jefferson  113
Untouchables, The (Movie)  349
Upward Spiral  368, 415, 524
US News & World Report  116, 377
U.S. Trading Championships  138

V
Van de Graaf  496
Vasari, Giorgio  30, 33
Vaughan, Valarie  215
Van Gogh, Vincent  473
Vedic  155
Venetian Method  106
Venus  108, 213-4
VH-1  500, 502
Viator, Casey
   (Champion Bodybuilder)  134, 310-1
Vietnam  378
Vilas, Guillermo  329
VIP  409
Virginia  111-4, 116, 323, 357
Virgin Atlantic Airlines  139
Virgin Brand  141
Virgin Galactic  140
Virgin Group Ltd  139-41, 367
Virgin of Guadalupe  523
Virgin Unite  142
Viriditas  104, 507
Vishnu  532
Visual Display of Quantitative
   Information (by Tufte)  492-3
Vitamin C  424, 436
Vitruvian Man  25, 94-5, 103, 115, 304,
   342, 555, 564, 576
Vitruvius, Marcus  95, 115
Vivaldi  434

VLDL  281
Vodka  167
Vogue  249

W
Wade, Nicholas  238
Wagner, Richard  496
Wailing Wall  539
Waist  304, 310, 342, 346
Watthe, Mary Ellen  99
Wales, Jimmy; Wikipedia.org  611
Wal-Mart  381
Walford
   oxygen deprivation  240
   Roy L.  241, 277
Walford, Lisa  241
Wallace, David Foster  333
Walt Disney Company  151
Wang  209
Washington, D.C.  114, 116, 177-9
Washington, George  175, 179
Washington Monument  179
Washington Post  277
Washington University School of
   Medicine  277
Water  61, 70, 119, 146, 199, 210, 212,
   234, 308, 354, 368, 433, 523, 530
Watkins, Ed  408
Watson, James (DNA)  36, 237
Waves, Elliott  123, 138, 153, 314, 316,
   398, 400, 425, 565
Wave Principle  123-4, 138, 153-4
   of Human Social Behavior (by
   Prechter)  53, 138, 398
Wealth  43, 267, 363, 365-7, 434,
   459, 566, 572
Web, modern World Wide  151
Webster, Gabriele; Hotel Indigo  409
Weinberg, Steven  508
Weitzman, David  519
Weizmann Institute  238
Westermann, Carl-Frank/MetaDesign  402
Western world  44, 46, 71, 443, 534
What the Bleep Do We Know?
   (Movie)  509
Whetten, Robert  127
Whirling Golden Rectangles  206
White House  112, 114, 177, 499
Who’s Who, Marquis Book of  126
Wiccans  149
Widom, Jonathan  238
Wilkins, Maurice (DNA)  237
Williams, Ani 507
Wilmington, MA 459
Wilson, Edward O.; Consilience 560-1
Wimbledon Tennis Championships 55, 329, 331-3
Winfrey, Oprah 250
Wings 35, 356, 498, 538
Winter Solstice 195
Wise Men of Ancient Greece 316
Witches Book, The; by Buckhead 66, 261
Wizard of Oz, The (Movie) 224
Woman’s Life, stages in 506
Woodroffe, Sir John 536
Woods, Tiger 328
Workout Smarter, Not Harder 338
World’s Fittest Man 297, 318
World’s Greatest Buildings; Howells 178
World Game 126
World Heritage Sites 116, 541
World War II 119, 378
Wozniak, Stephan G. (“Woz”) 146-7
Wright, Frank Lloyd 119, 121-2
Wright Brother’s flight 95
Wycoff, James; Pyramid Power 228
Wyeth, Andrew 482-3
Wyeth, Henriette 482
Wyeth, James (Jamie) 482-5
Wyeth, Victoria 482
Wylie, Ian 402

X
Xeno’s Paradox 171, 361

Y
Yale University 140, 492
Yang, Jin 490
Yellow Brick Road 224
Yin/Yang 194, 204, 206, 304, 530-1
Yoga 247, 254, 267, 295-6, 298, 301, 306, 308, 437, 536
Yucatan Peninsula, Mexico 192

Z
Zahn, Paula 145
Zellner, Wendy 419, 421
Zeising, Adolf 72, 554
Zen 157-8, 198, 412, 514, 565
ZenYouMitsu Temple, Japan 341, 525, 559
Zeus 363
Zen Alarm Clock;
   Now & Zen 158, 198, 565

Zogby poll 56
Zohar, Danah;
   SQ: Spiritual Intelligence 436-7
Zone Diet 270-3, 275, 290, 327-9, 394, 435, 465