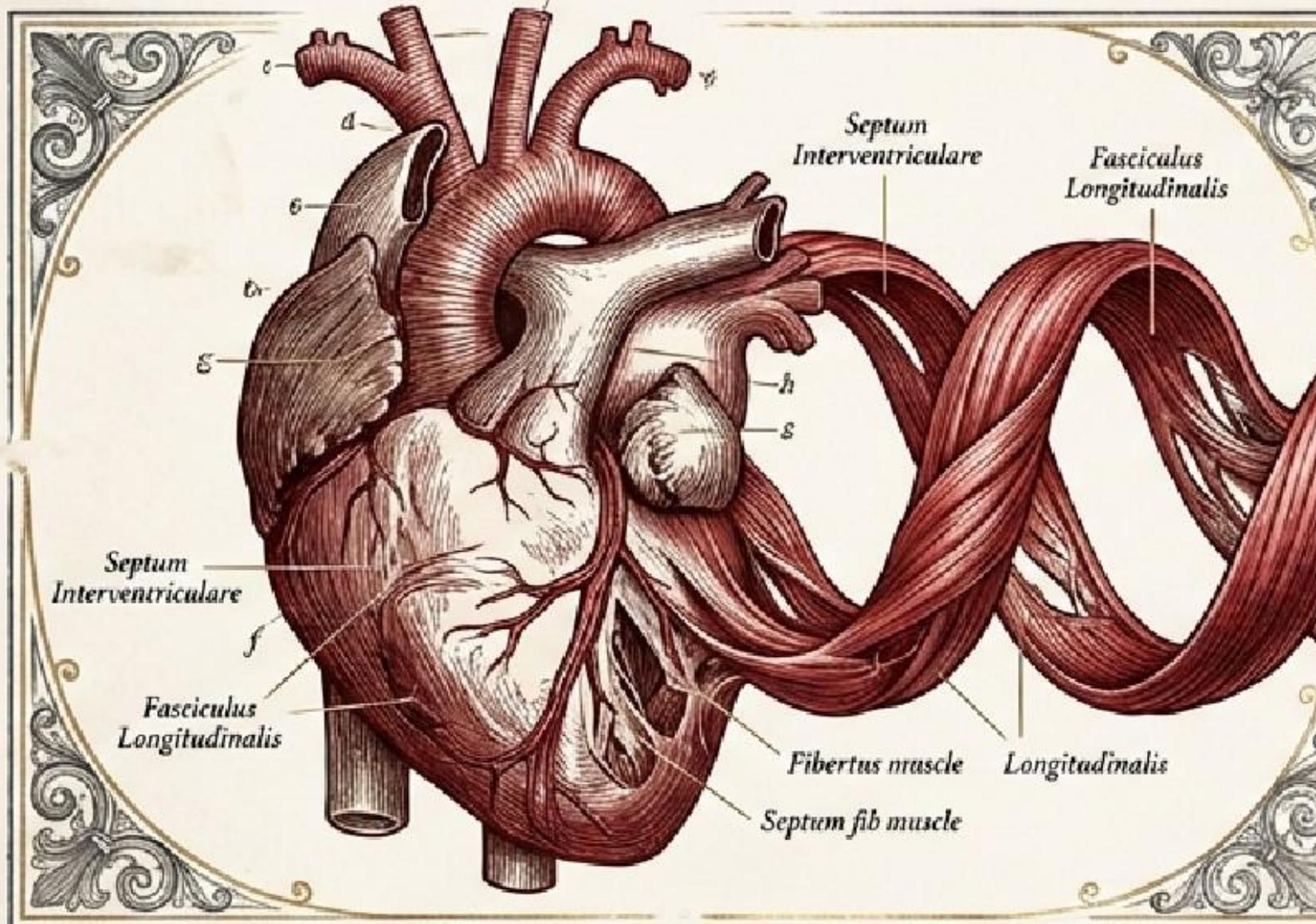


The Helical Heart & The Flow of Being

Unravelling the Gordian Knot of Anatomy and Consciousness



The Physical

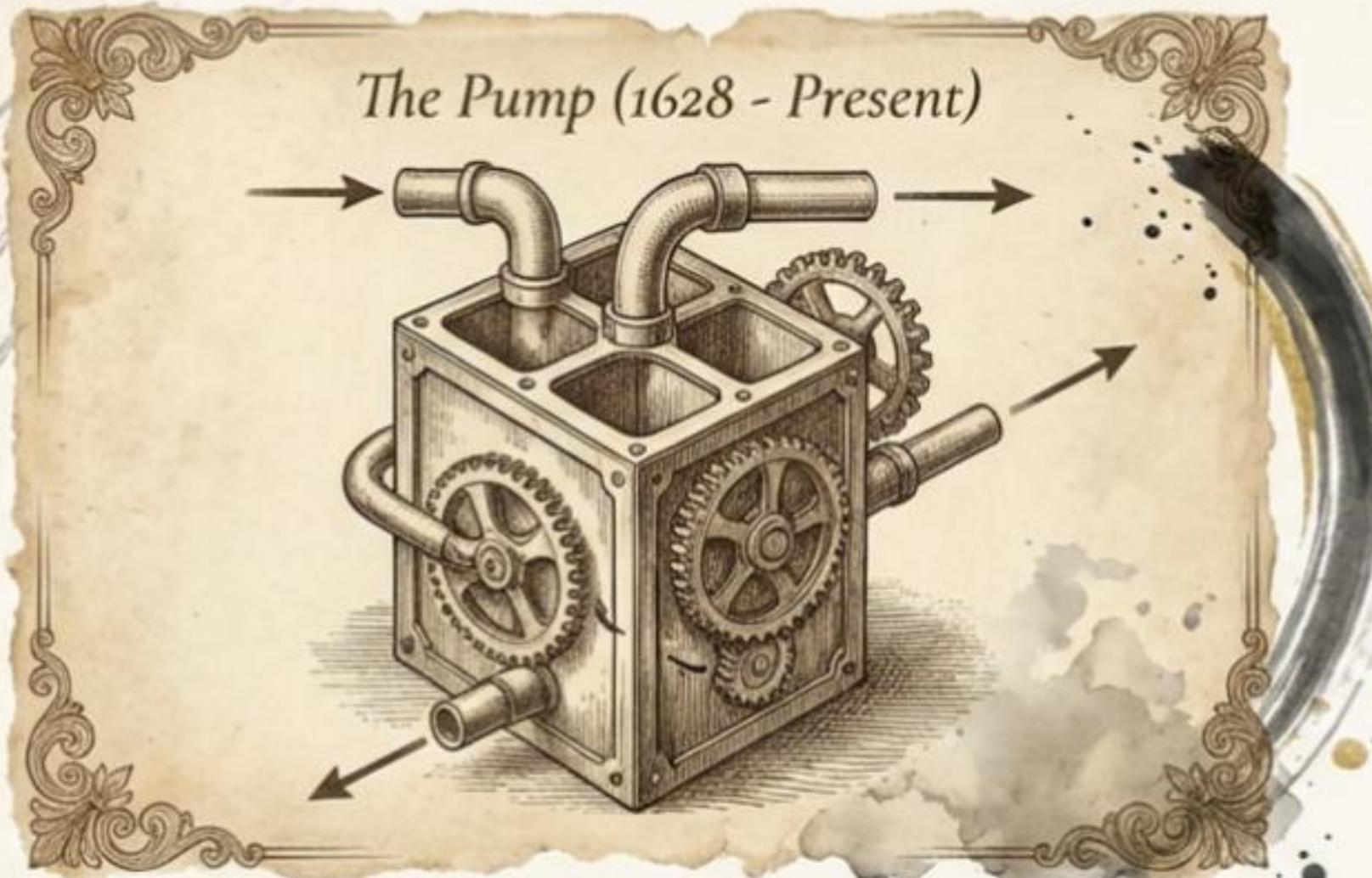
Dr Francisco Torrent-Guasp unravels the heart to reveal a single, helical band.



The Metaphysical

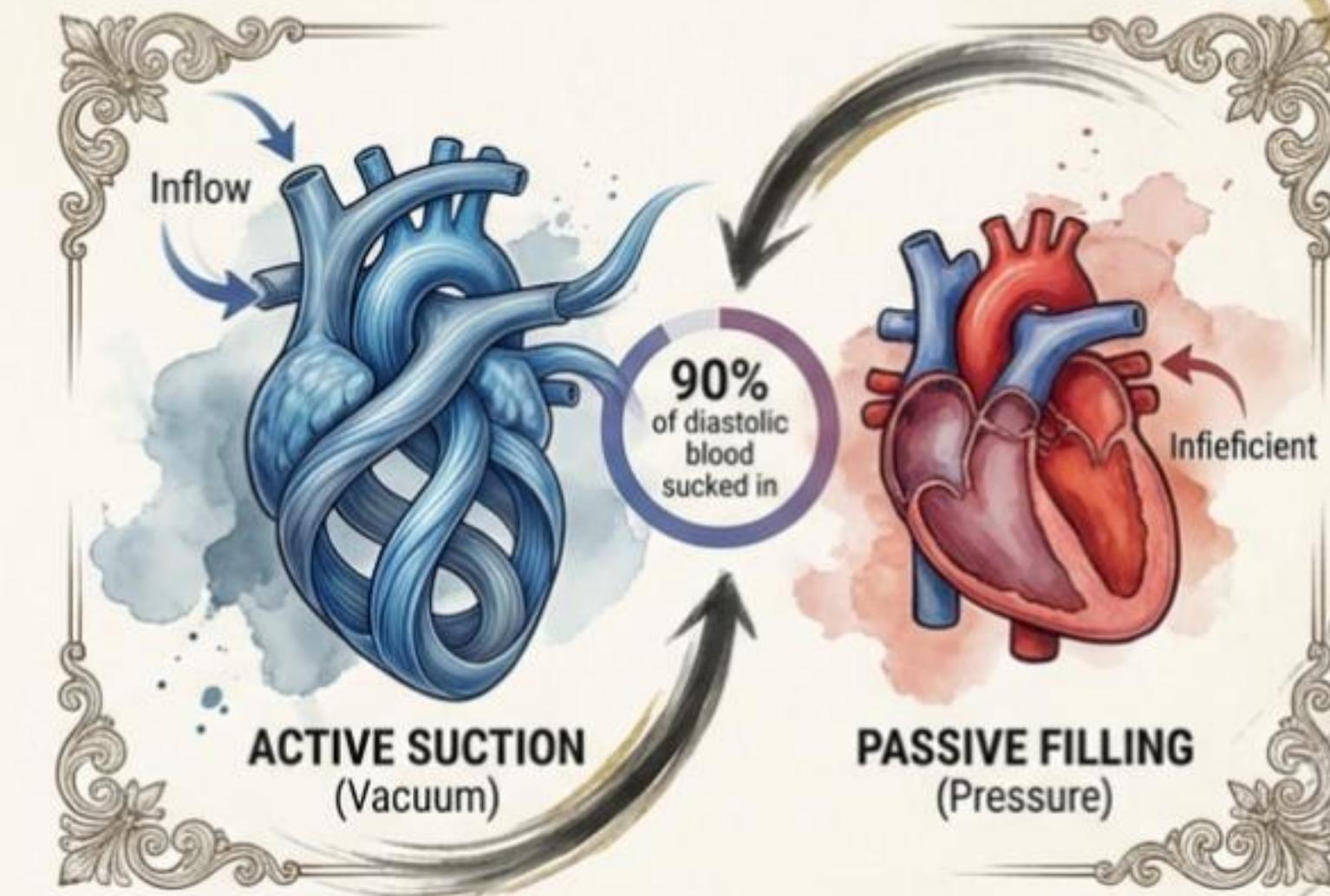
The *Mandukya Upanishad* unravels consciousness to reveal a singular Self.

The Illusion of Static Structure



The Anatomical Error:

Since William Harvey, the heart was viewed as a passive pump. This model fails to explain why the heart actively sucks blood in during diastole.

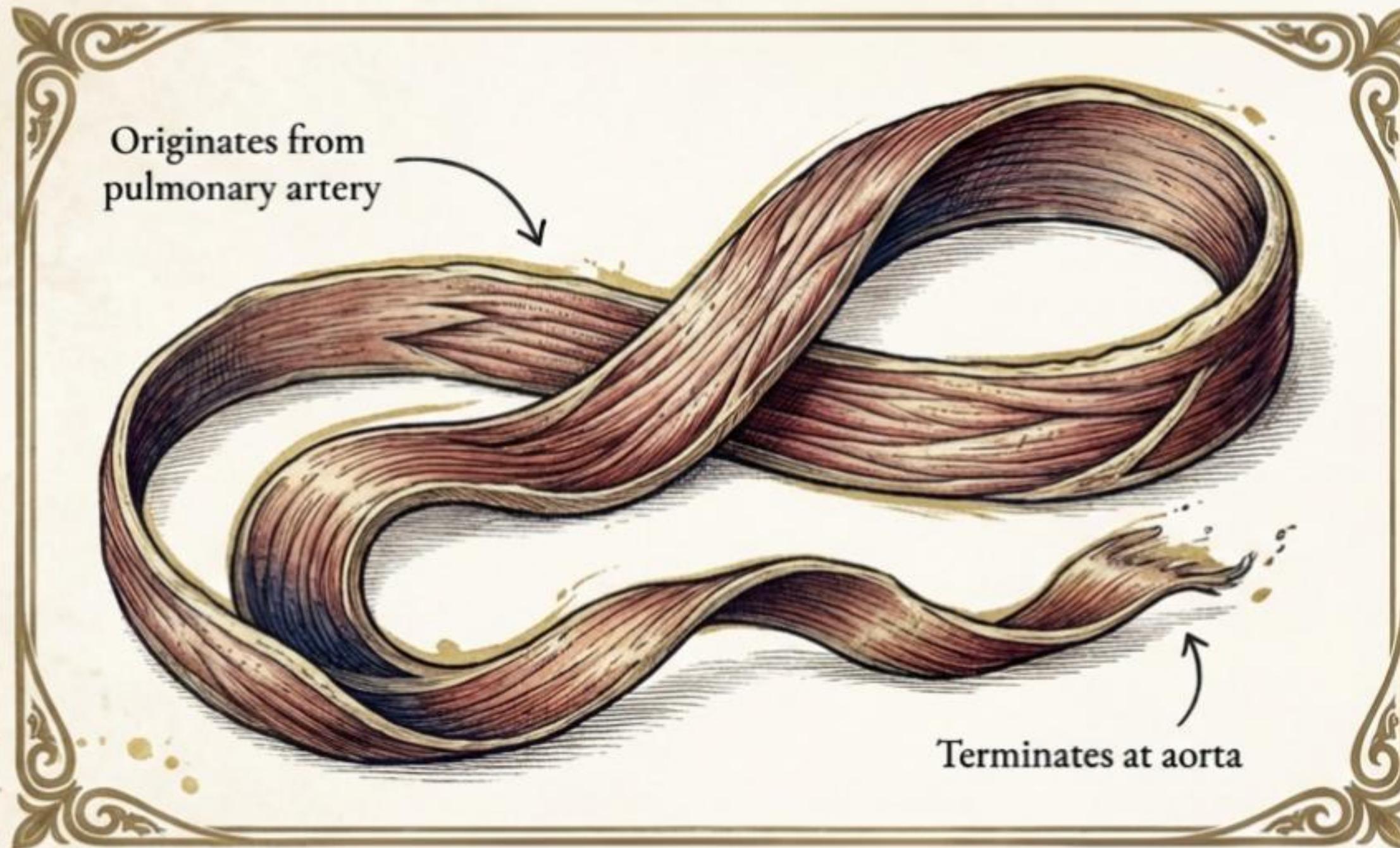


The Spiritual Error:

We view the 'Self' as a static noun or an ego moving through space.

Complexity often hides a singular, simple continuity.

The Physical Unravelling: A Single Continuous Rope



The Dissector: Dr Francisco Torrent-Guasp spent 25 years dissecting thousands of hearts.

The Breakthrough: By boiling the heart to soften connective tissue and using blunt dissection, he found the path nature intended.

The Revelation: The heart is not a honeycomb of separate muscles. It is a single muscular band, looping upon itself.

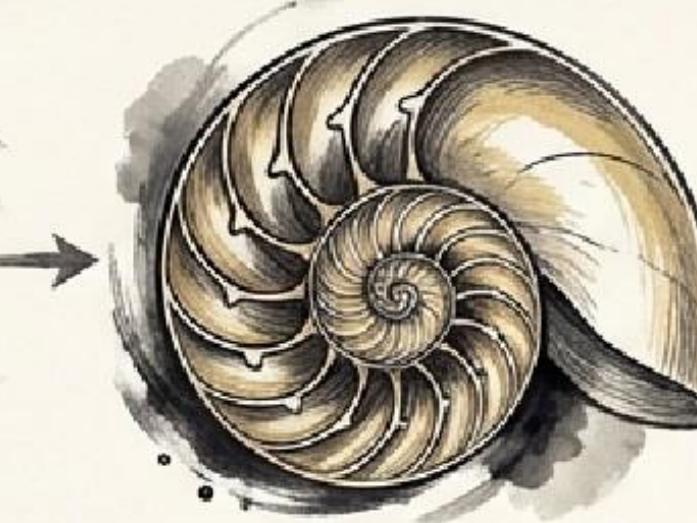
‘The magical myocardium was represented by a muscular band... running from the root of the pulmonary artery to the root of the aorta.’ — Dr Francisco Torrent-Guasp

Nature's Helical Master Plan

The Universal Pattern



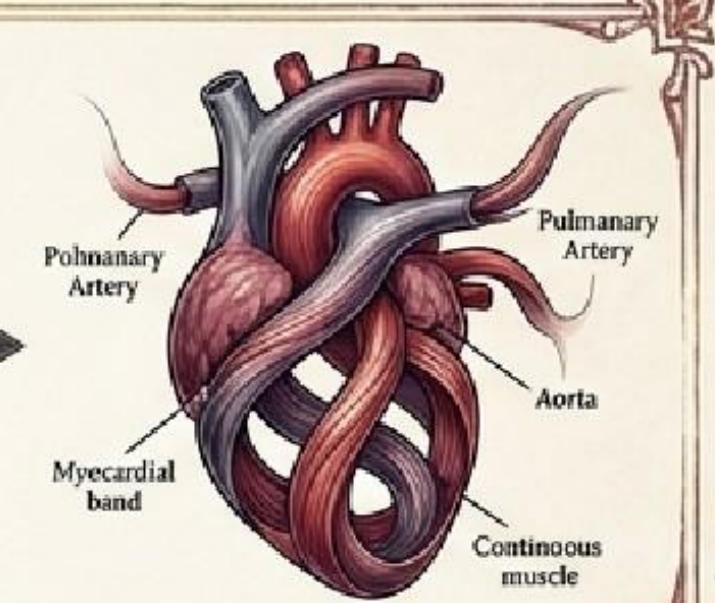
DNA Helix



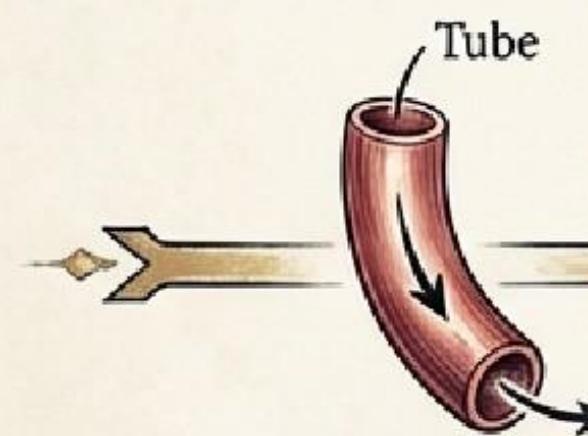
Nautilus



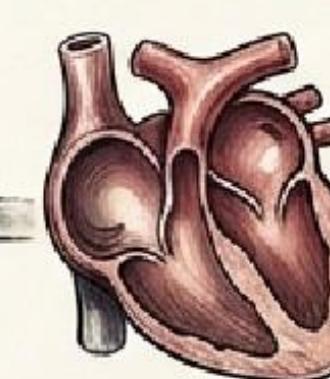
Spiral Galaxy



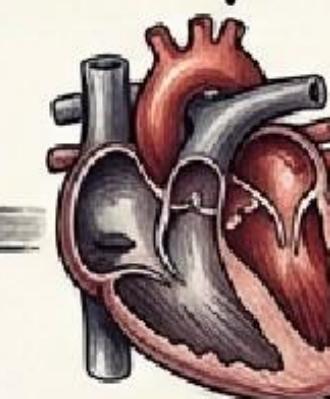
Helical Heart



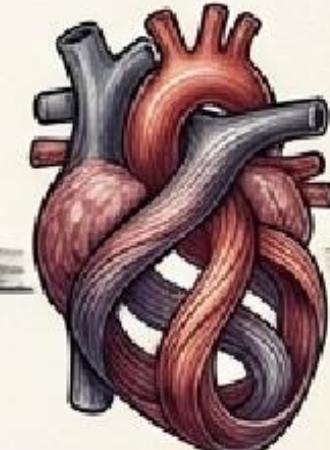
Day 20: Worm
(Tube)



Day 30: Fish
(Pumping Chamber)



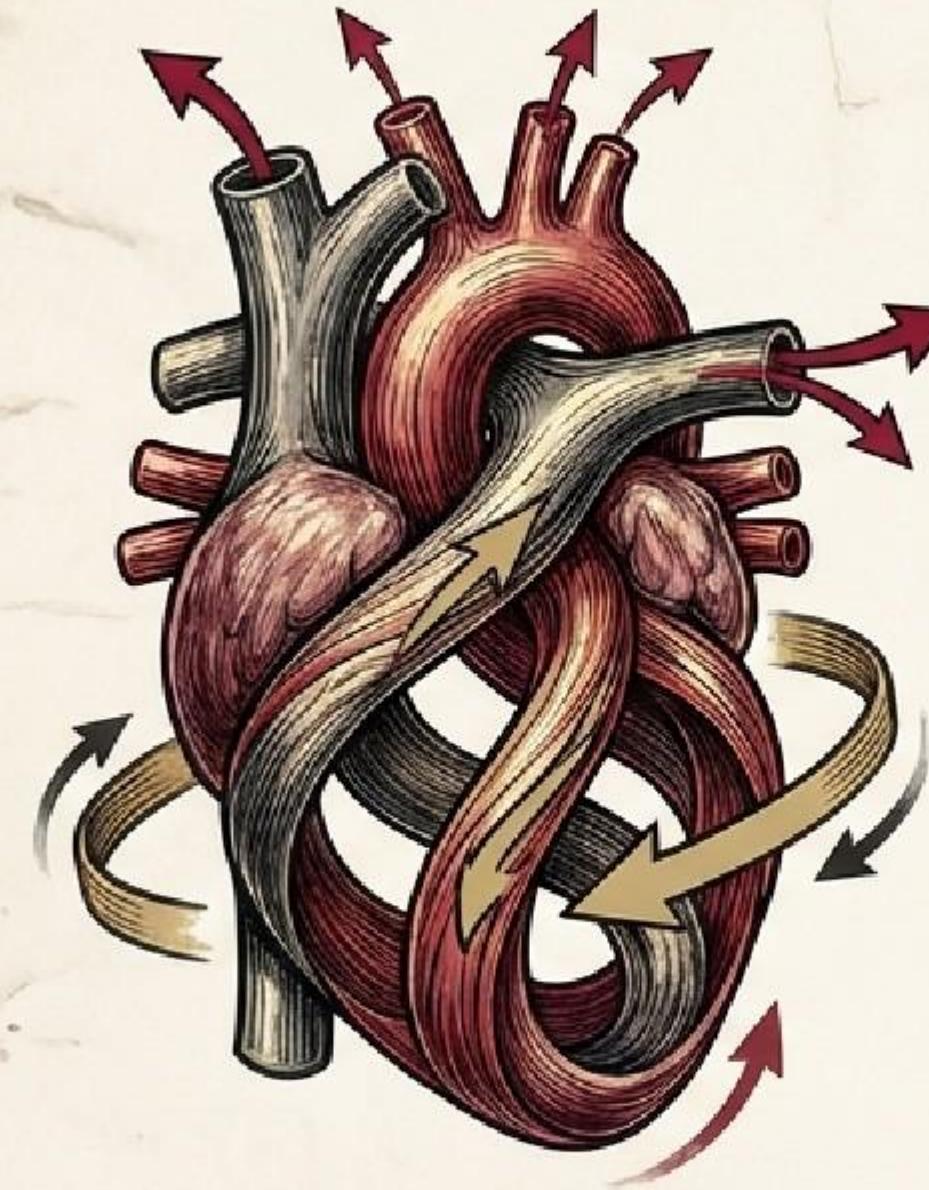
Day 40: Amphibian



Day 50: Human
(The Helix)

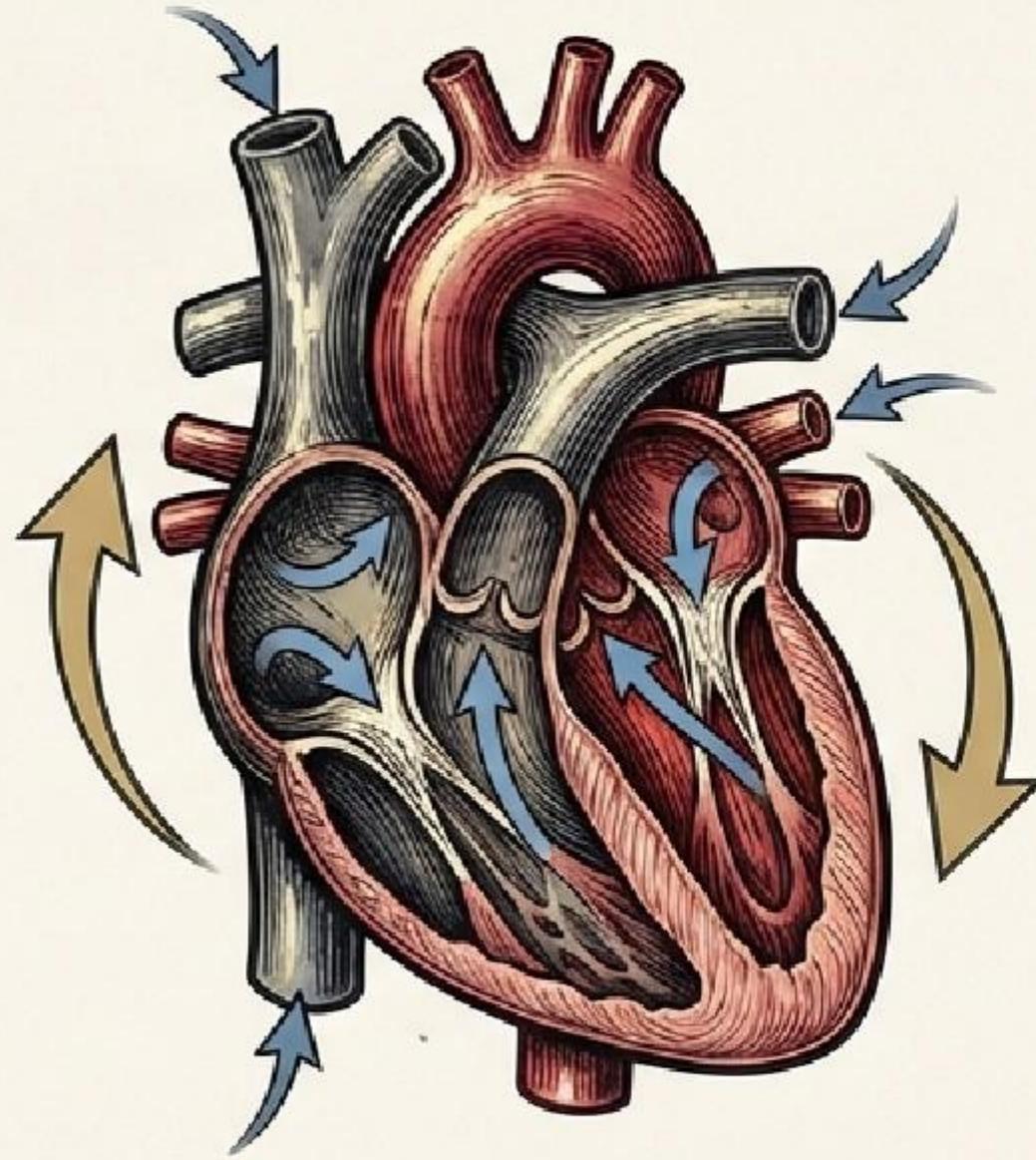
Phylogeny Recapitulates Ontogeny. The human heart undergoes 1 billion years of evolutionary folding in just 50 embryonic days.

The Cardiac Dance: Twist, Shorten, Untwist, Suck



Systole (Ejection)

The heart muscle twists like a towel being wrung out to eject blood.



Diastole (Suction)

The heart actively untwists and lengthens to create a vacuum.

The mechanism is not passive filling. The heart actively untwists, creating a vacuum that sucks blood in.

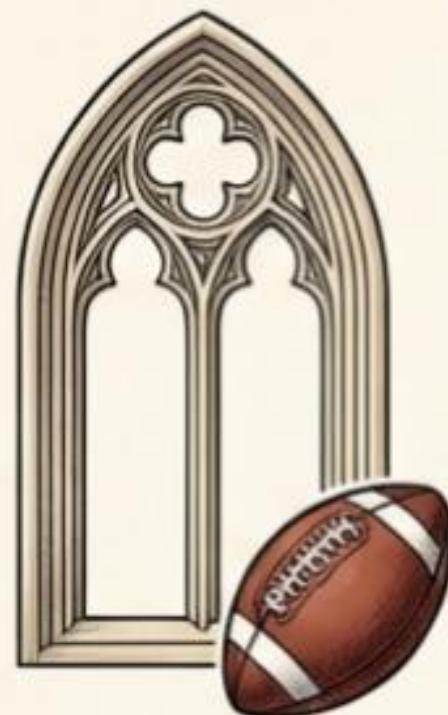
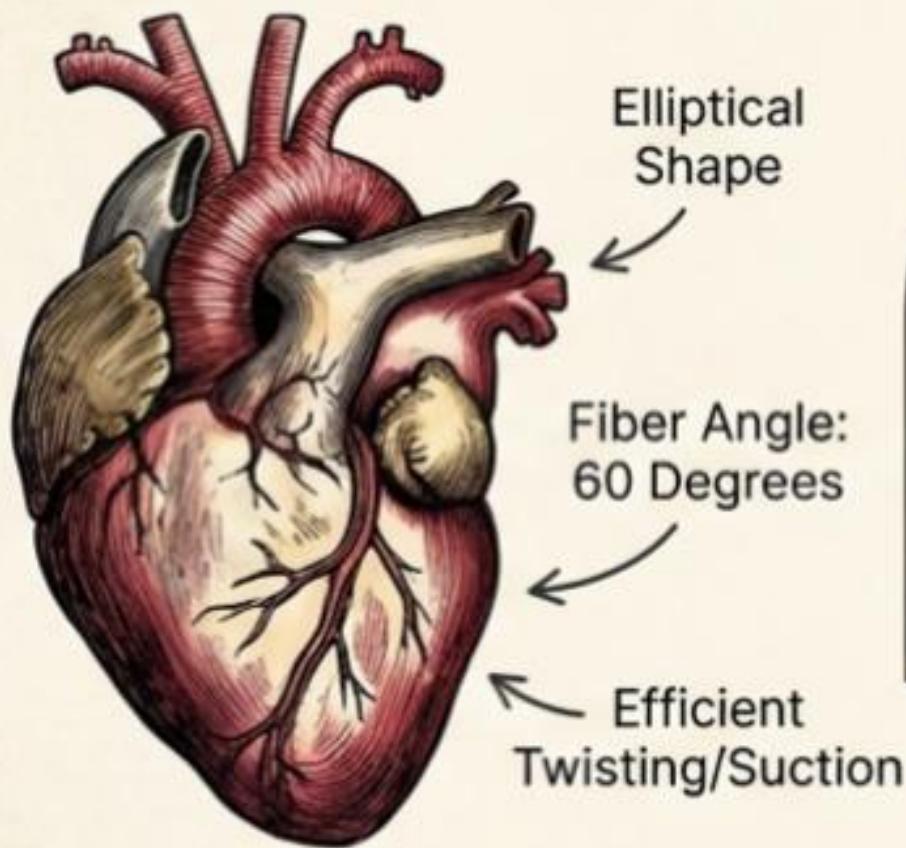
In heart failure, this “suction” is lost, causing fluid congestion.



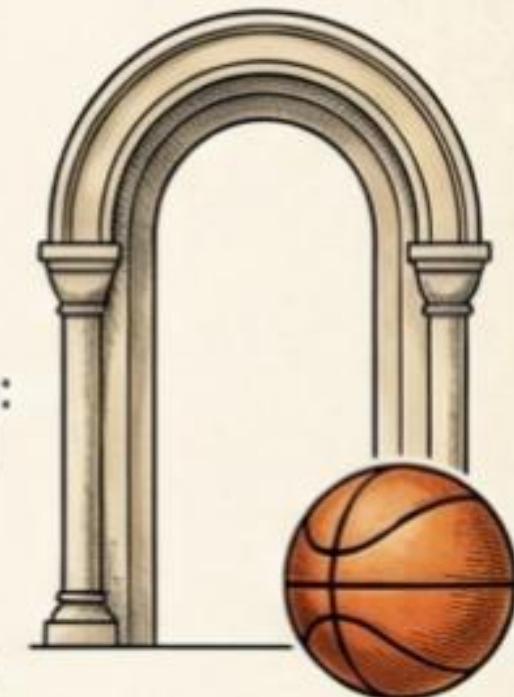
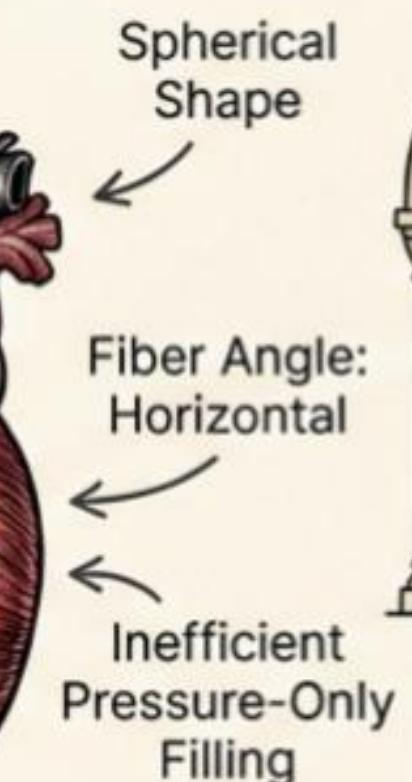
The Cobra Analogy:
Active Expansion

Gothic Efficiency vs. Romanesque Failure

HEALTHY HEART (Gothic)



FAILING HEART (Romanesque)

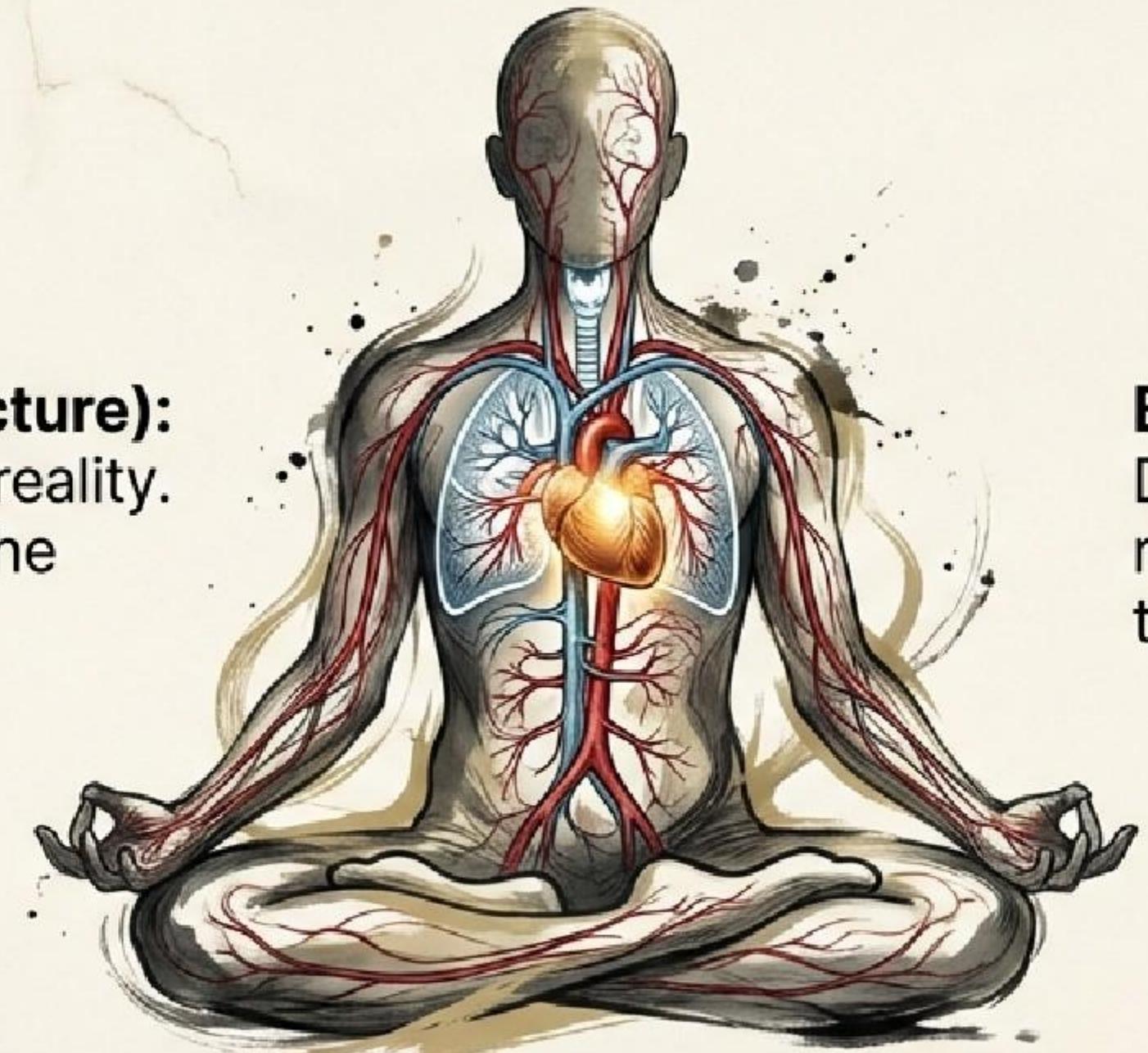


Form dictates function. To cure heart failure, we must surgically restore the helical geometry.

Breath as Spirit, Blood as Current

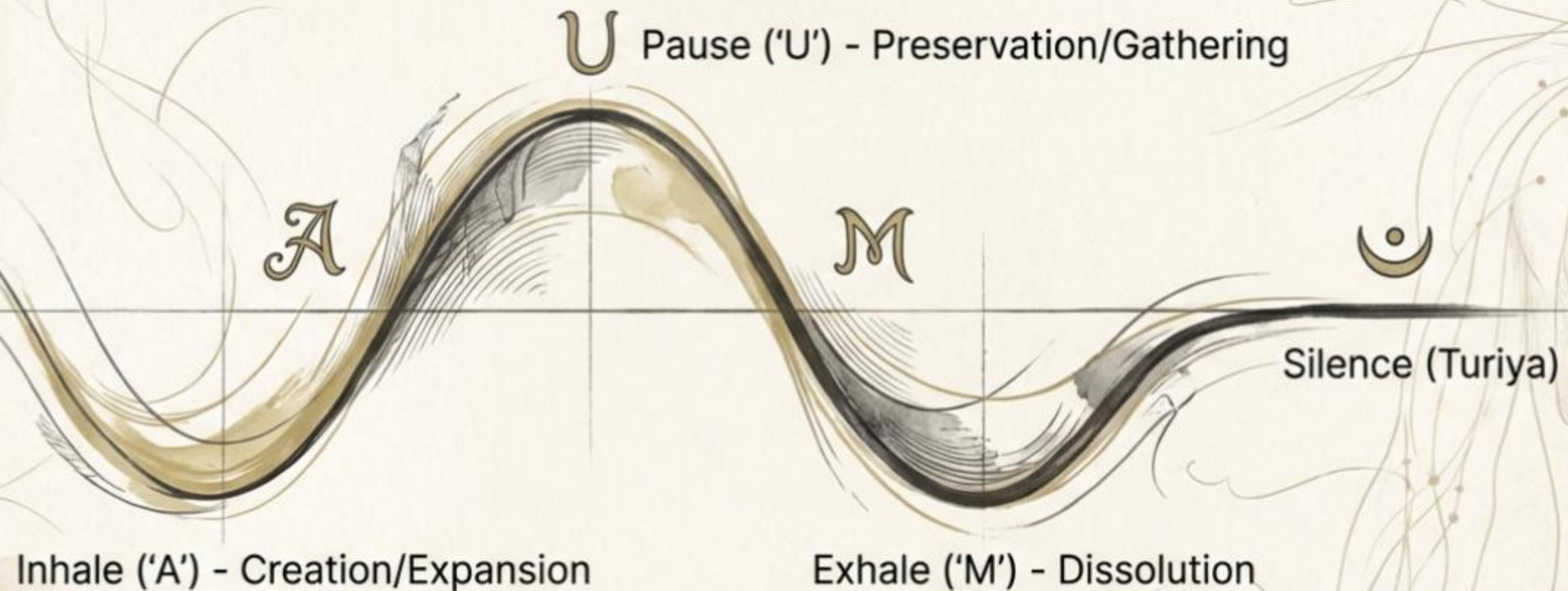
Breath (Spirit/Architecture):
Mirrors the structure of reality.
“Prana” means “to breathe forth”.

Blood (Current/River):
Defines internal space. It reaches every cell, creating the sense of “here”.



The Shift: You do not have a breath or blood; you are the breathing and the circultting. You are a verb, not a noun.

Om Written in Flesh



The physiological act of breathing is a constant recitation of the cosmic vibration. The body is a living map of Reality.

The Geometry of Consciousness



Turiya - The Silence

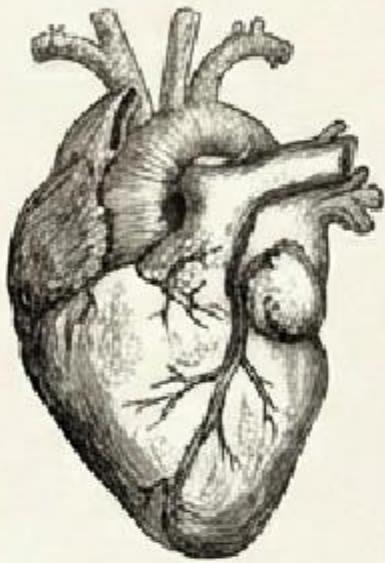
U - Dreaming State

A - Waking State

The Mandukya Upanishad:
"All this is, verily, Brahman.
This Self has four quarters."

Just as the heart is a map
of physical evolution,
Om is a map of the Self.

‘A’ – The Waking State (Vaisvanara)



Gross Heart/Pump

Consciousness: Outward-turned (*Bahish-prajna*).

The Consumer: “Seven-limbed and nineteen-mouthed.” It eats the Gross.

Nature: Aware of the external world of objects. This corresponds to the physical heart interacting with the body's needs.

Parallel: The Universal Human consuming the physical world through the senses.

‘U’ – The Dreaming State (Taijasa)



Consciousness: Inward-turned (Antah-prajna).
The Consumer: Consumes the Subtle.
Nature: The world of mind, energy, and mental creation. This is ‘Flow Narrating’ itself as time.
Parallel: The bridge between the waking and the deep. The subtle body.

‘M’ — Deep Sleep (Prajna)



Consciousness: A unified mass (*Prajnana-ghana*).

The Experience: Undifferentiated Bliss.

Nature: The ‘Womb of All’. The measure of all things.

Parallel: The Causal state or Genetic Code—the potential from which the form unravels.



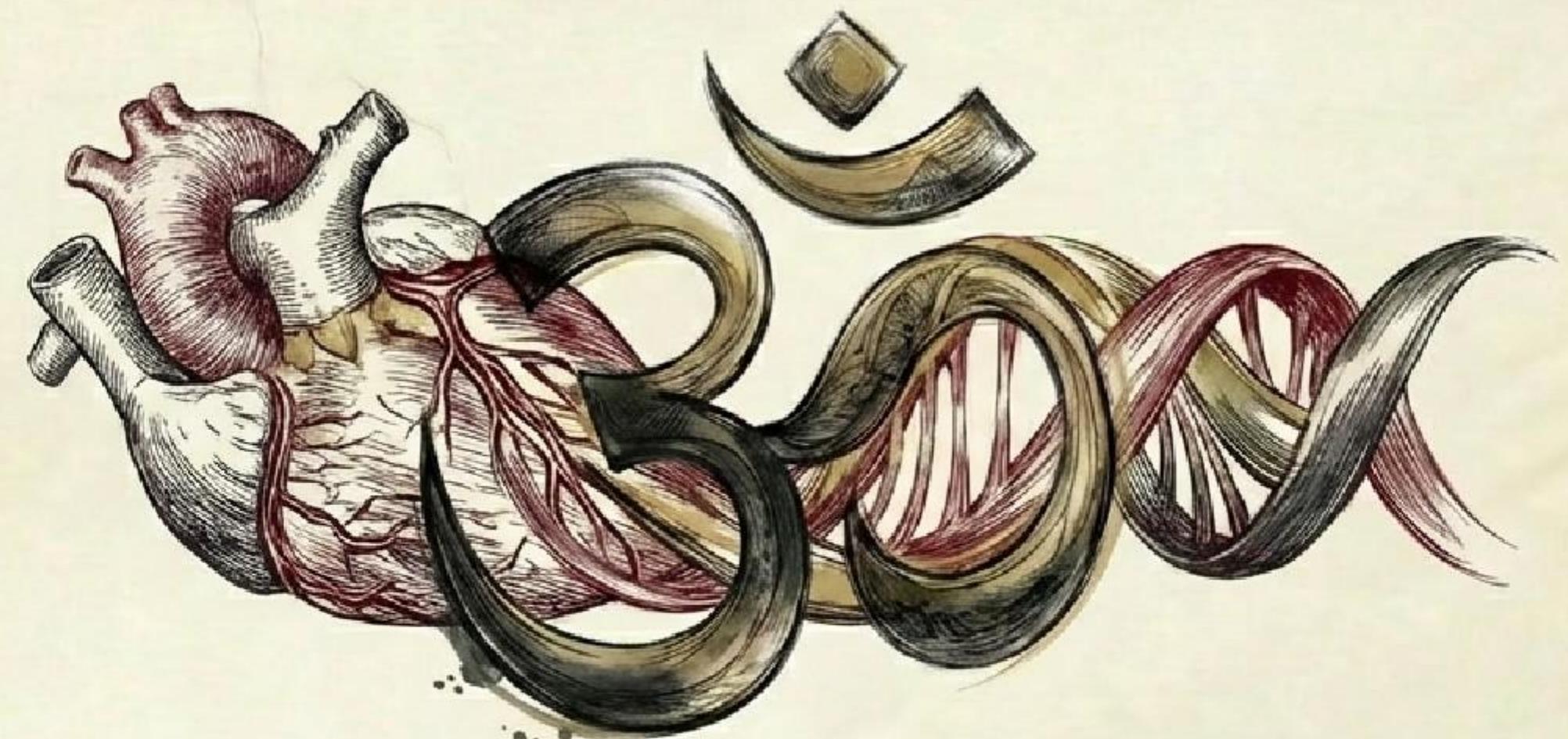
Turiya — The Fourth (The Silence)

Definition: Neither inward nor outward knowing.
Invisible, Ungraspable, Unthinkable.

Essence: The cessation of the relative world.
Peaceful, Blissful, Non-dual.

The Insight: It is not a state like the others; it is
the screen on which the states appear.
It is the pure Flow before it becomes a river.

The Universal Helix: Folding the Infinite



The Convergence: Reality is a singular, continuous flow.

Anatomy: The infinite timeline of evolution folded a 'worm' into a helix to create the Human Heart.

Spirit: The infinite consciousness folded itself into the states of Waking, Dream, and Sleep to create the Human Experience.

Restoration: To heal the heart, restore its helical form. To heal the Self, restore awareness of the Flow.

You Are Not a Noun. You Are a Verb.



Space and Time are not containers you move through.

They are the Flow extending and narrating itself.

The Heart is a vortex. The Self is a current.

You are the Flow knowing itself.

Meditate on the Silence. Listen to the Pulse. Realise the Whole.