



Talk Title: **Singular Butterfly: Verse 3/3**  
Topic: *Resonant Harmonics within Nature's Architecture*  
Professor: Heather A. Hoeksema  
Season: Spring/ 2018

## Synopsis

This class talks about the basic concepts of the architecture of Nature, and how they apply to the cross connections between environmental health and human health. These introductory topics are centered in the idea of *Conception*, the initiation of the birth experience, from the birth of organic matter to the birth of energetic energy within Nature's system. It begins by introducing Nature's Architecture as it's embedded in the life cycle of the butterfly, from the cross continental migration between butterflies and flowers to the connection between wings and petals. Together, the microcosmic and macrocosmic existence of this tiny insect, illustrates the 'biodiversing' ecology within Earth.

It explores the concept of thinking about modern chaos, the modern butterfly effect, and the relationship between the butterfly effect from the holistic butterfly effect...that which returns to the source by connecting the dots between ecological biodiversing, field energy, and the healthy artificial architectural environment humans create. It relates energetic conception in Nature with human architectural design through audio and visual examples, ways in which the 'butterfly effect' is based on healing harmonic resonance.

It explores the relationship between the butterfly effect and the human architectural environment, and how they relate to the concept of 'biodiversing' ecology within Earth.

As this is the final verse of the Singular Butterfly series, it will explore the concept of the butterfly effect and how it relates to the concept of 'biodiversing' ecology within Earth.

## Topics

Singular Butterfly / Sounding Silence / Reversing Scales / Circumnavigating Scales / Resonant Scales / Circumnavigating Scales / Periodic Birth / Calibrative Adaptation / Buffering Pulse / Transcending Scale / Initial State

## Terminology (in context)

*anion / calibrative / conduction / coupling / dynamic / eigen / electromagnetic / empathize / expansion / fabrication / frequency / gyroscopic / harmonic / innovation / induction / inflection / mnemonic / periodicity / perpetual / pulse / resonance / scalar / singular / sustainability / symbiotic / sympathize / synapse / synergetic / tectonics / translation / transposition / wave*



## Activities

### Breathing:

Activities will begin with breathing exercises. First focus will be on the deep abdominal breath, with discussions about the relationship between the calming nature of abdominal breath and the relaxation of the 'lower brain' of the body in the solar plexus branching nerves included. The simple system of the 'C' chord of the energy spirals and the perfect fourth relationship between the abdominal womb and vocal folds will be addressed in terms of natural harmonics, while in Sukhasana seated position. Engage discussions about the molecular structure of clean air and the crib cycle between plants and mammals.

Verdi Pitch / Comparative tuning with guitar and vocals showing distinction of Verdi also termed Scientific or Philosophical tuning in alignment with Natural Sounding between 432 Hz (Verdi pitch), 440 Hz, 444 Hz and classroom instruments. In alignment with various pitches will be used to study the relationship to the Sanskrit word 'OM' and discussion of its relationship to harmonic structure in terms of yogic practice, linguistics, meditation, and the written word will be discussed.

of Ariadne's Thread and drawings. Discuss solving, and the sheets and of

body down  
lower brain- solar  
and parasympathetic  
effects of all scales of  
people face each other and mirror



## Activities (cont)

### Movement:

This activity focuses on movement as *composition*. Have the class organize in the shape of a circle. Engage class in simple yoga poses conveying the relationship to breathing and the solar plexus to encourage the class to integrate breathing, sound, and drawing (air drawing) into movement which in turn encourages an integration of stimulation of the solar plexus. Begin in Sukhasana, *Child's Pose*.

Discuss relationship to floor, walls, and ceiling of surroundings and how air quality, sound, and light are connected to the experiences of movement, including resonant acoustics. Discuss relationships between other people, and how the architecture contributes and could be improved to stimulate healthy interaction. Discuss the notion of breathing, sound, drawing, and movement into daily ritual in making health the basis for living within the 24 hour circadian cycle.

...Balasana) / ... return to Sukhasana  
...Konasana) /...return to Balasana, Sukhasana  
...na) /... return to Balasana, Sukhasana  
...takamalasana) / ...return to Sukhasana

### Recommended:

Blanket  
Blanket / Pillow  
Pencil Eraser

## Objectives

The class objective is to introduce basic concepts that cross connect with micro scale human health and ideas about how to apply them to day to day life. A concept based on ritual, is encouraged in its application for any person and specific groups. Concepts to be introduced which can be applied by those with both experience naturalism and architecture. Participants are encouraged ways to apply thoughts, ideas, and activities into day to day life and journal record of such implementations and effects.

