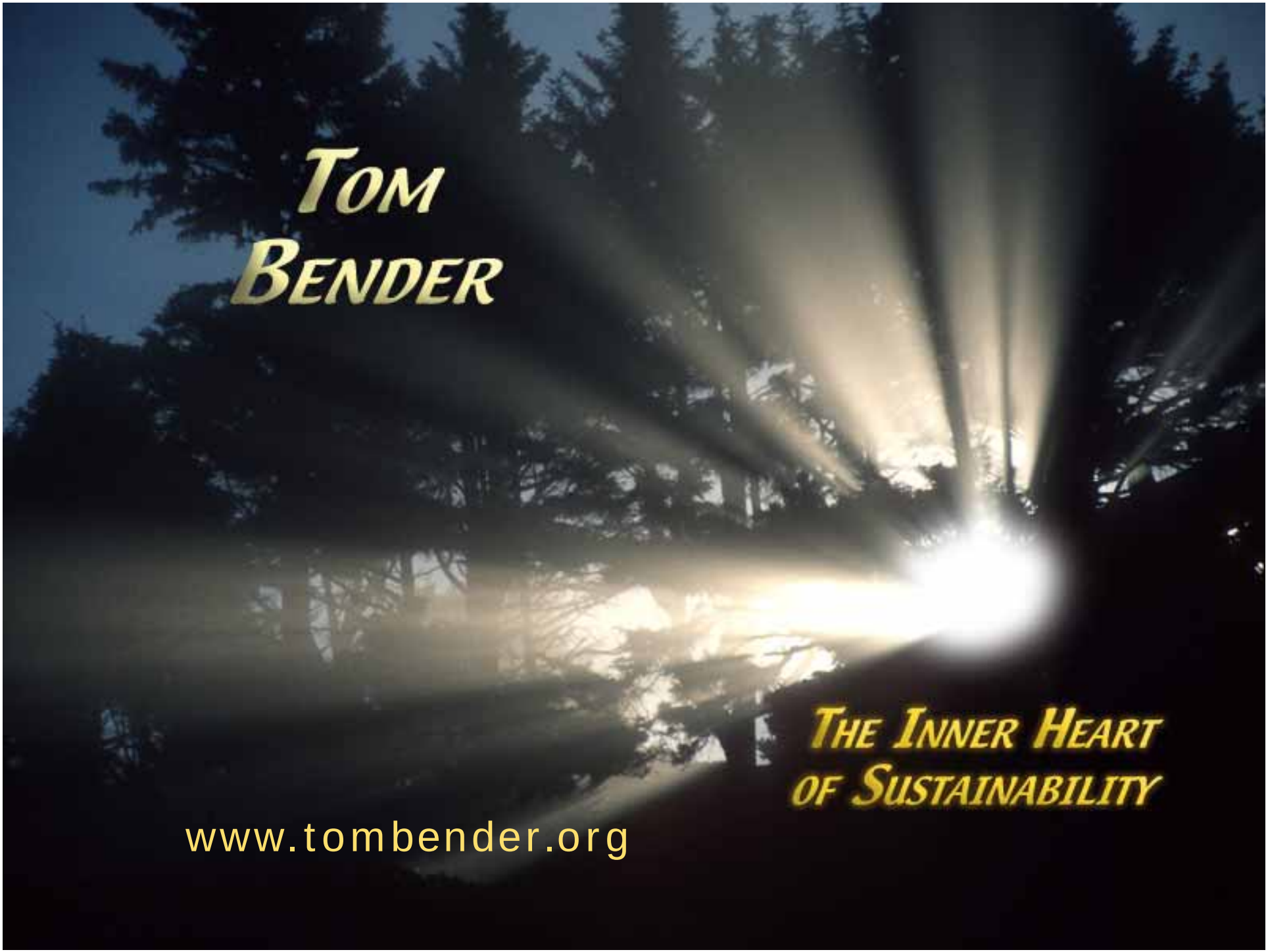

TOM
BENDER
THE INNER HEART
OF SUSTAINABILITY
www.tombender.org

Website Resources:

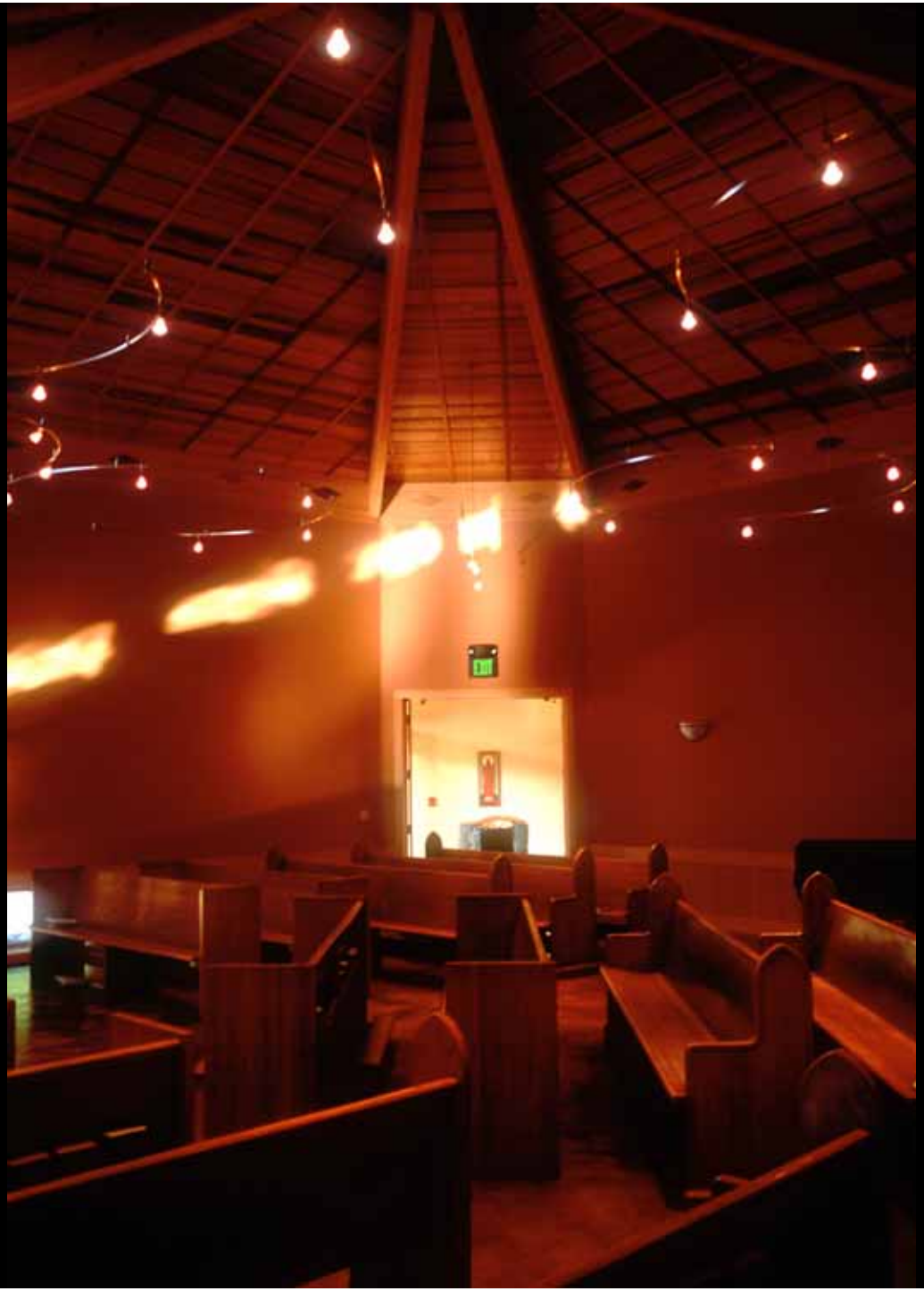
- Places Touching Spirit
- Sacred Art, Sacred Space
- The Cave Temples of India (dvd)
- The Physics of Qi (dvd) + slideshow & photoessay
- Building with the Breath of Life
- Silence, Song and Shadows
- Learning to Count What REALLY Counts
- Feng Shui Calendar
- Many other articles

BANK
OF
ASTORIA

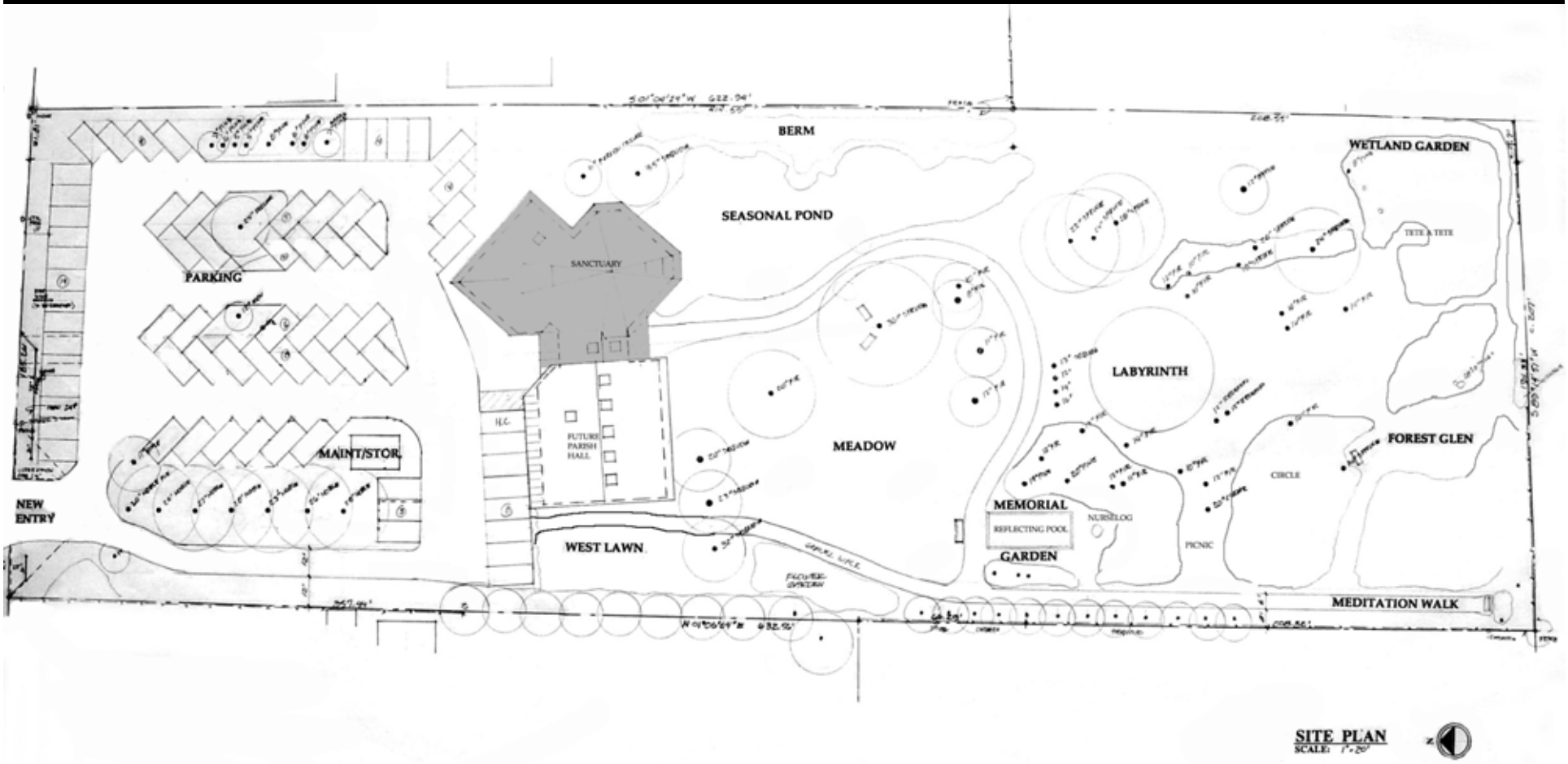
DRIVE-THRU
ATM
& TELLER

Look beyond building performance to institutional performance

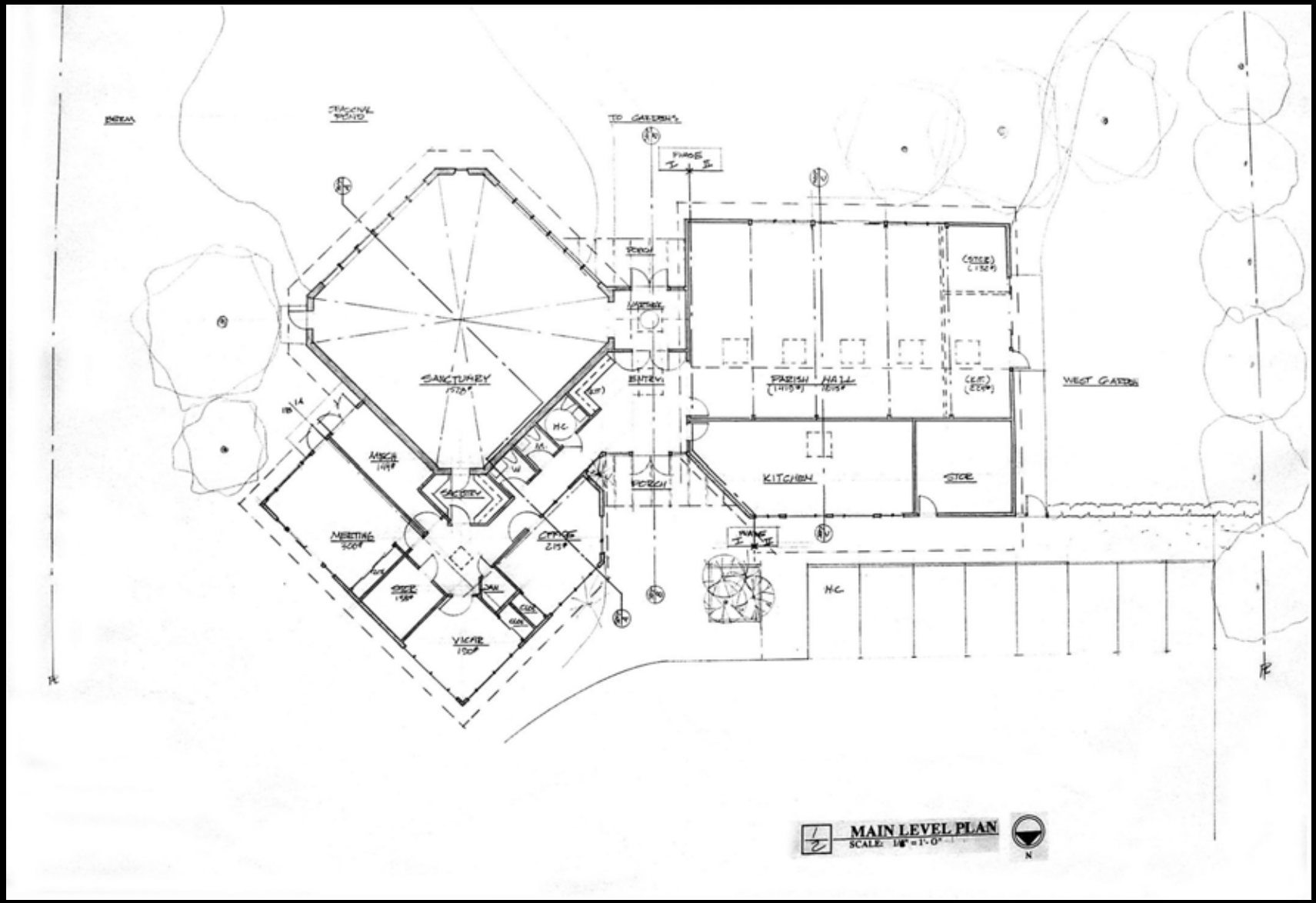
A building costing twice as much saves money if it improves institutional performance by only 6%.



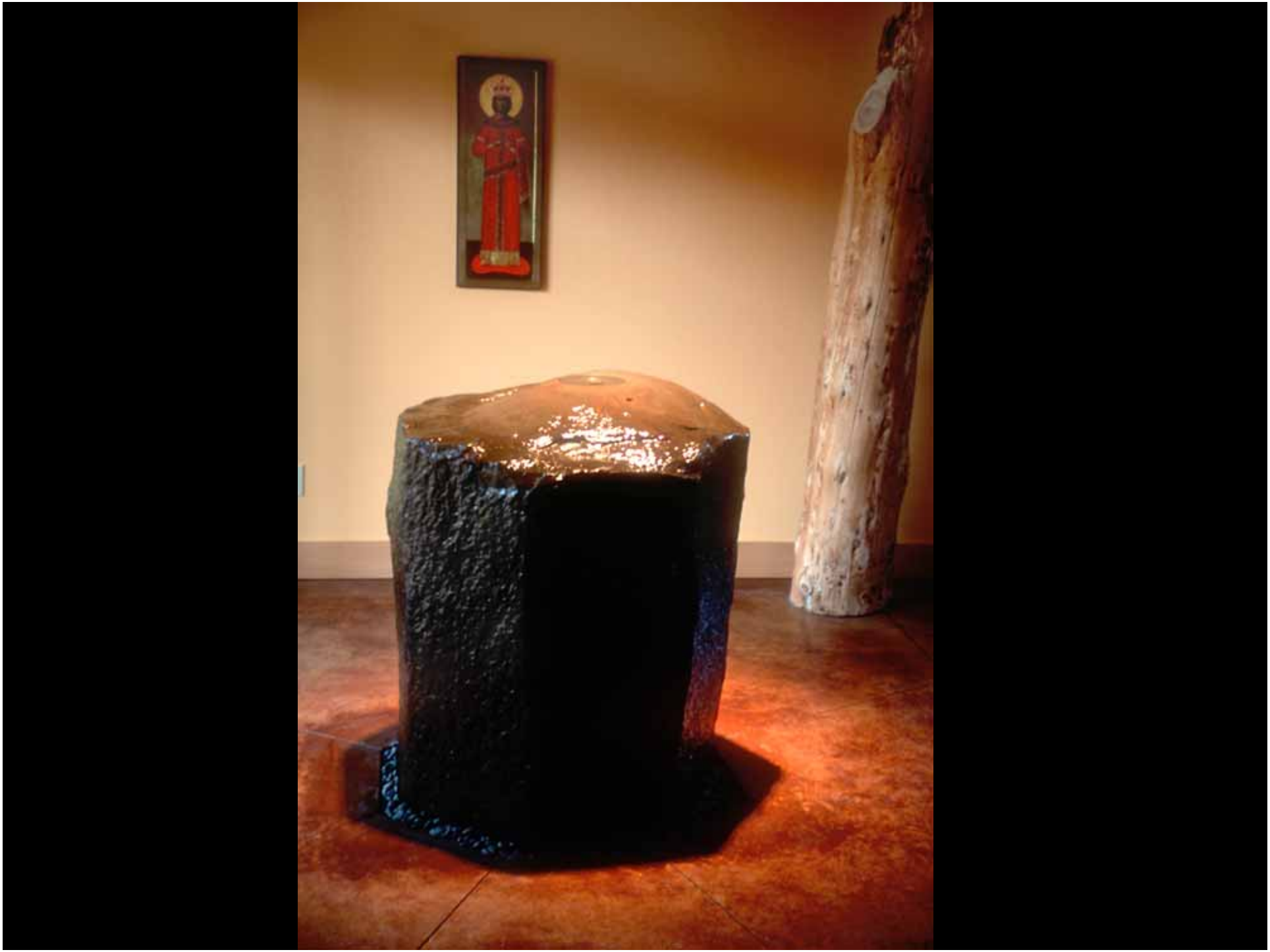
Co-create

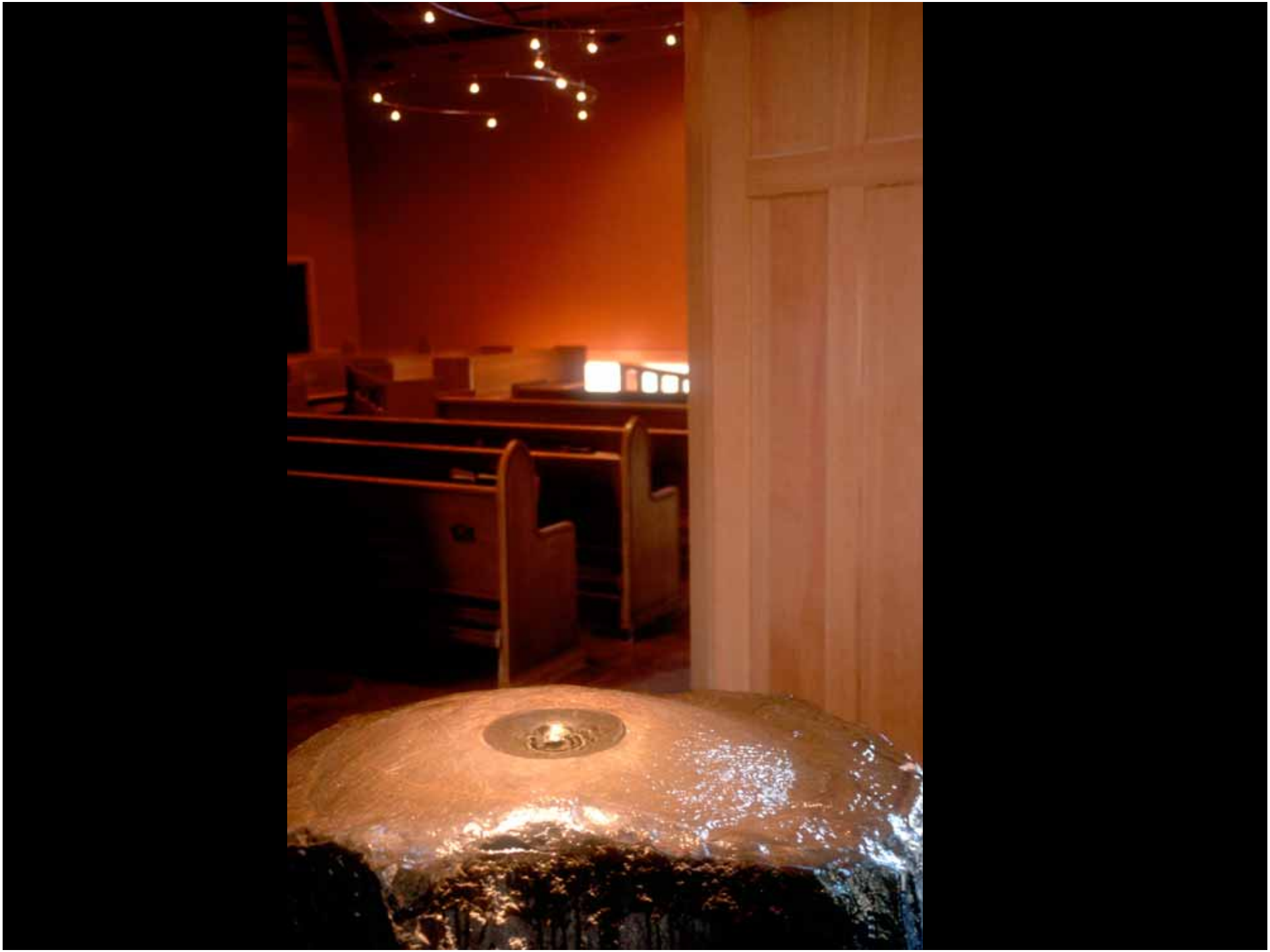


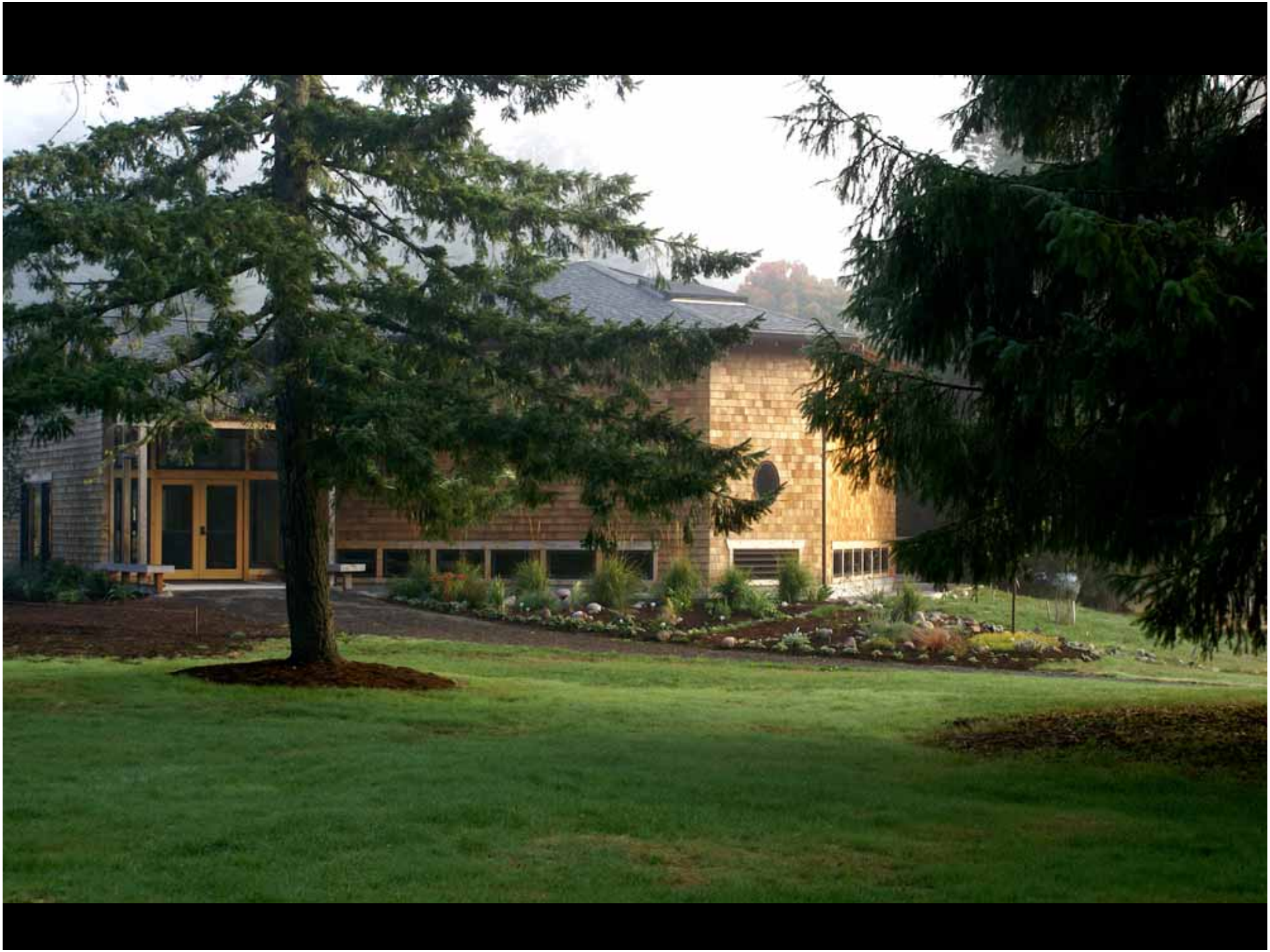
SITE PLAN
SCALE: 1" = 20'


MAIN LEVEL PLAN
SCALE: 1/8" = 1'-0"
N
SANCTUARY
PARISH HALL
KITCHEN
STORE
OFFICE
MEETING
VICAR
HC
WEST GARDEN
TO GARDEN'S

Competing is not the answer.







START with the protection of all life.

Share.

Connect.

Working with an architect or engineer?

That’s your first problem.

Any profession reflects its culture.

Don’t let them LEED you astray!

- Put your money in the project, not certification.
- Download the checklist, use it at the END.
- Any single-focus, literate process loses the wholeness needed for either the sacred or sustainability.
- Choose your design professionals by what they can achieve, not by how many “leed-certified” employees they have.

YOU are the only one
you can depend on
to achieve both
sacred and sustainable.

What about $$$$?

- Should it cost more?
- A car with a steering wheel costs more than one without.
- Who knows what energy is going to cost?
- Eliminating systems saves $$$.

EXTRAVAGANCE
is the economics
of nature

What DO we know about $$$$ and energy?

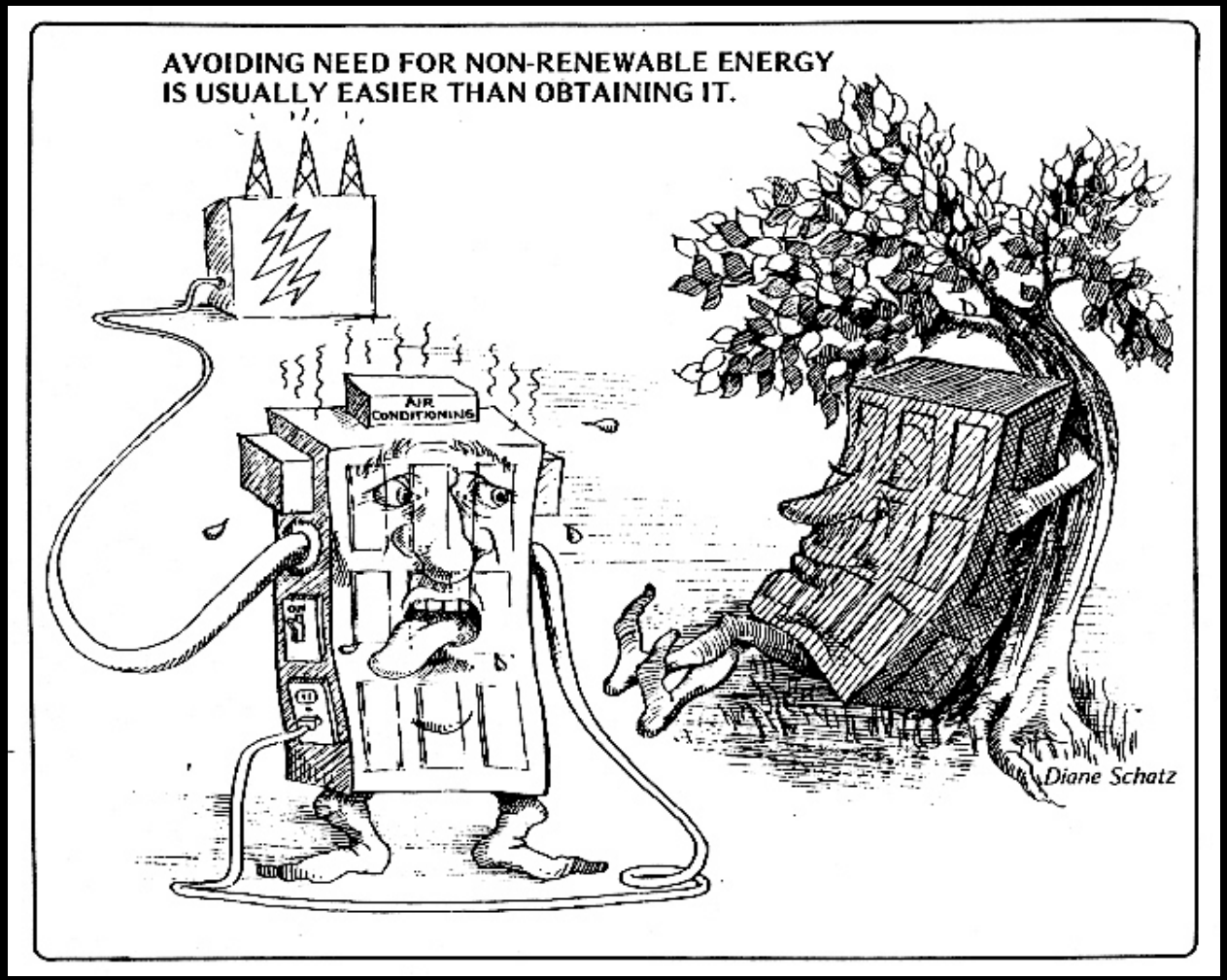
- Small and simple survive.
- Fossil fuels will become unaffordable.
- Nature's cheaper.
- Don't expand – bifurcate.
- Your parking lot uses more energy than your building.
- Avoid building, avoid buildings.

What is real economics?

- Real economics has NO bottom line.
- Real economics does not discount the future.
- Real economics uses multi-generational life-cycle costing.
- Real economics looks at institutional costs.
- Real economics is wholistic.
- Real economics is only a tool to help evaluate paths to our goals.

Want to be green? Plant.

Invest in what grows . . . avoid need for mechanical solutions.



Are people involved?

Meet . . . The Devil

Contact Marc Rosenbaum - ENERGYSMITHS (NH)

Meet . . . The Angels

Start with light and air, not machines.

“Green engineering” brings a required level of natural light into a space.

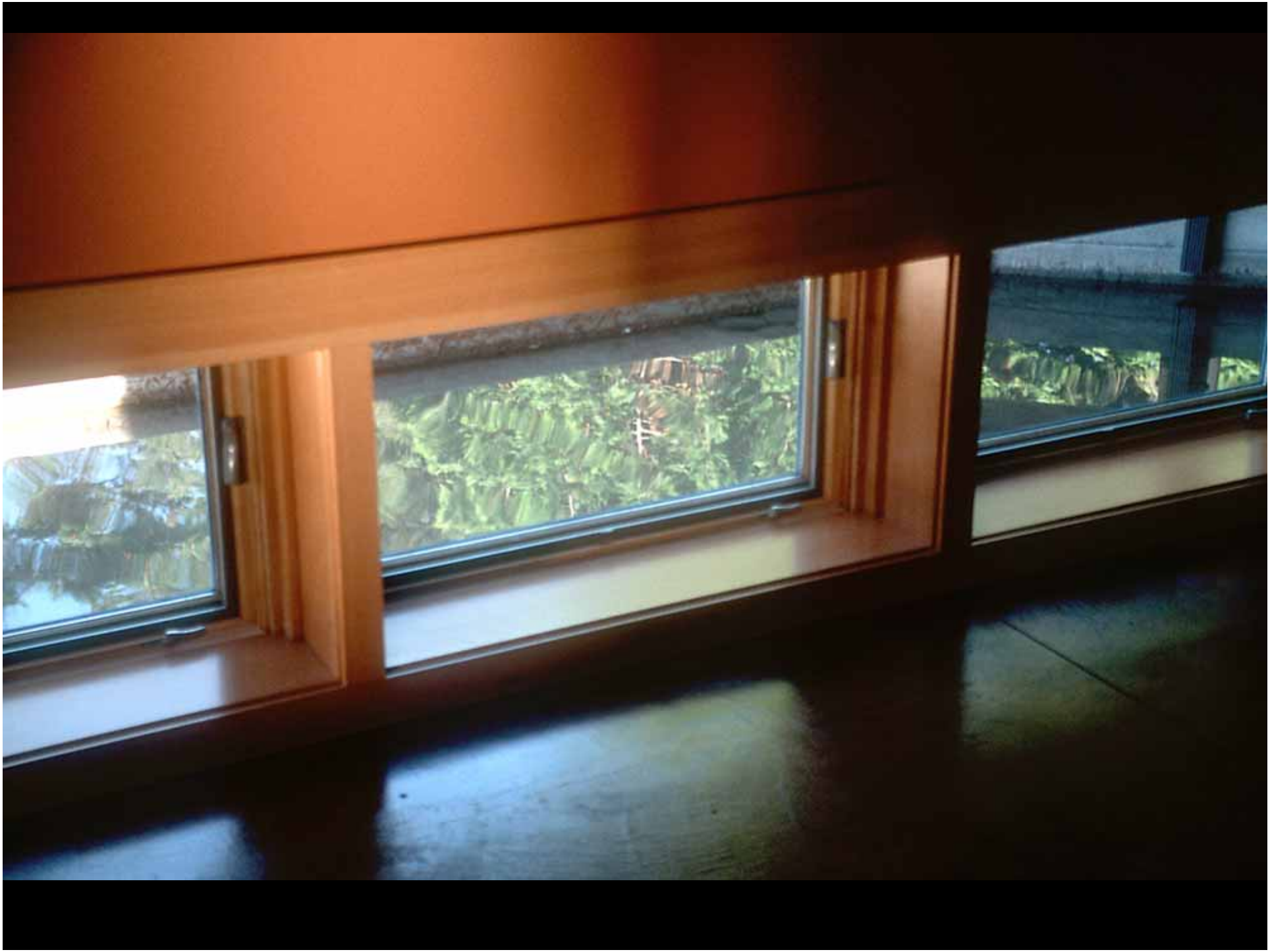
“Green architecture” brings aliveness, sound, taste, and connectedness to the rest of Creation along with the light.

Draw on
the
deep
power
of what is
integral
to your
place.

Local materials honor our ecological communities.

Honor other lives.

CELEBRATE the heart
of your natural community.



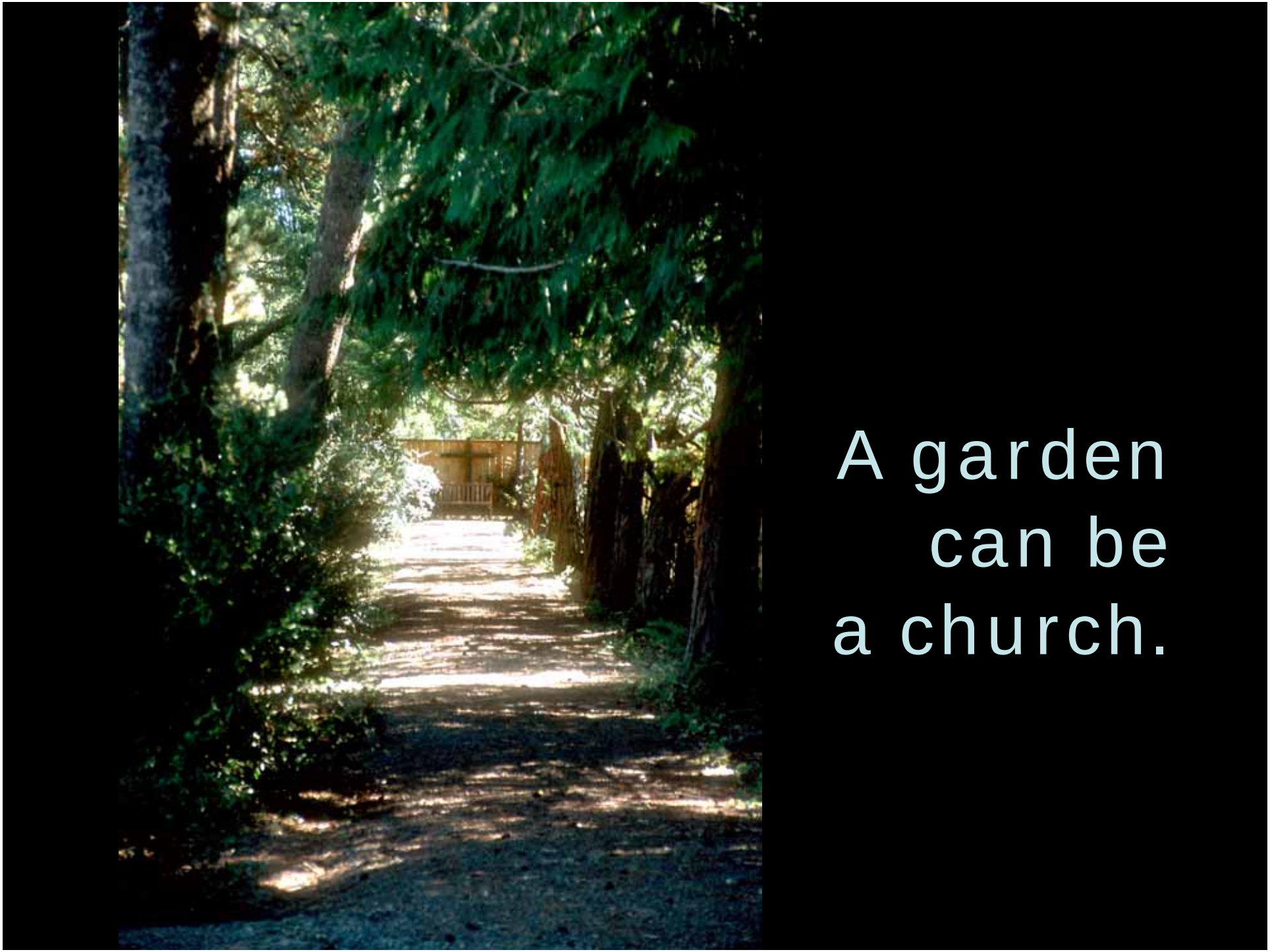
Start with substance,
not symbols . . .
then add only
what holds
deep meaning.

Finally, check your LEED list.

SILENCE

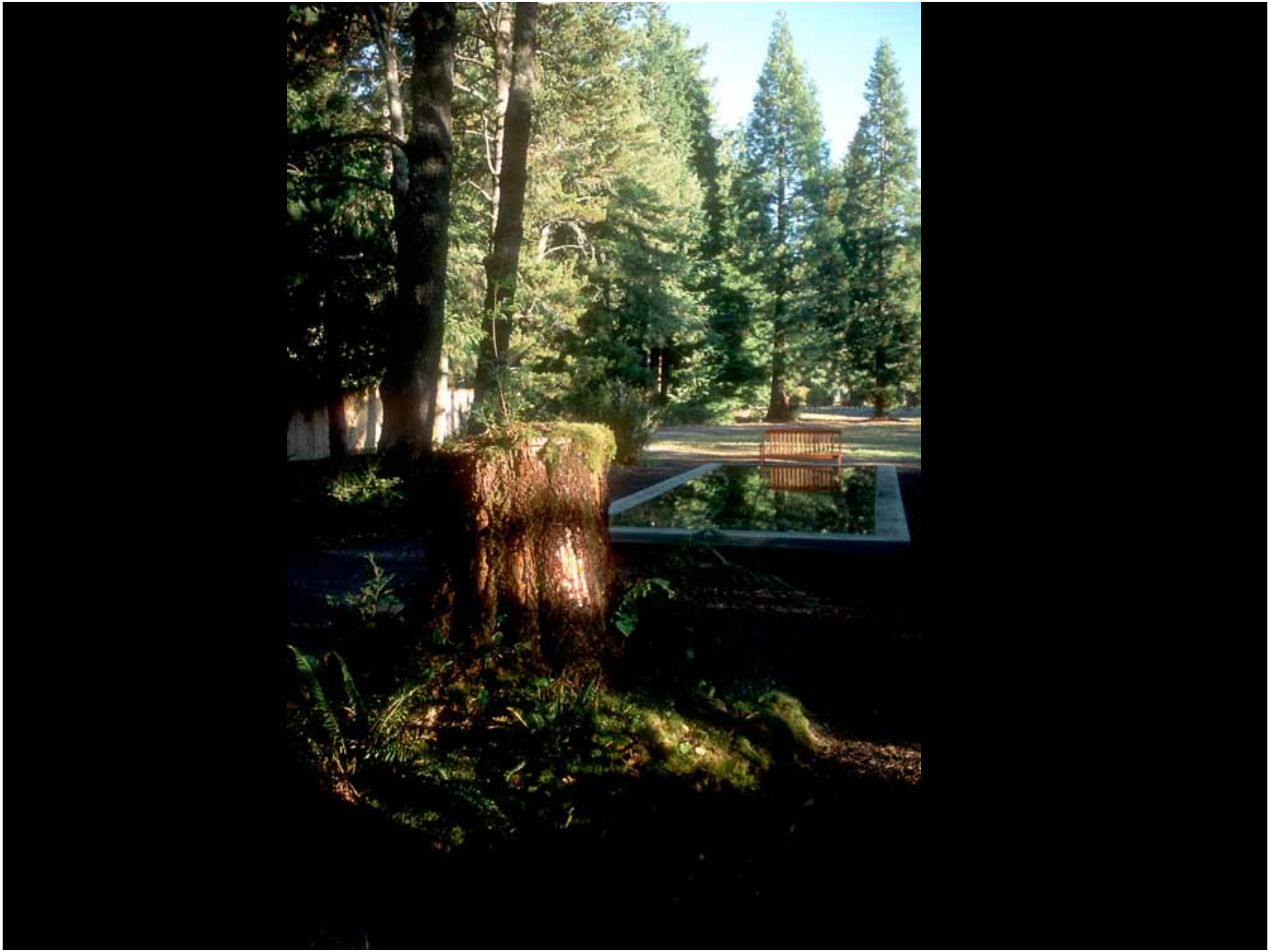
is what
is often
most
missing
in our
lives . . .

. . . room to breath in the rest of Creation.


A garden
can be
a church.

Deepen

Connection.



Ask for help.

Do at least two things at once.

Use levity for ventilation and cooling.

(Remember, hot air rises.)

QI

- OR
LIFEFORCE
ENERGY -

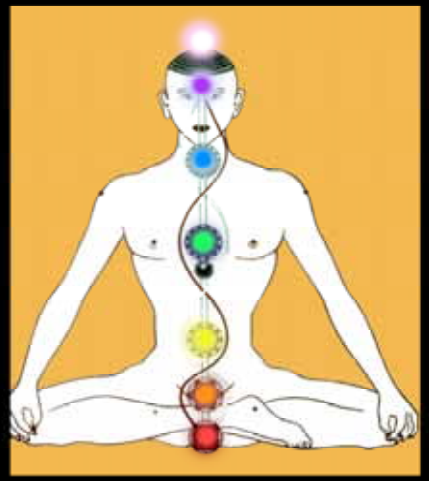
EXISTS.

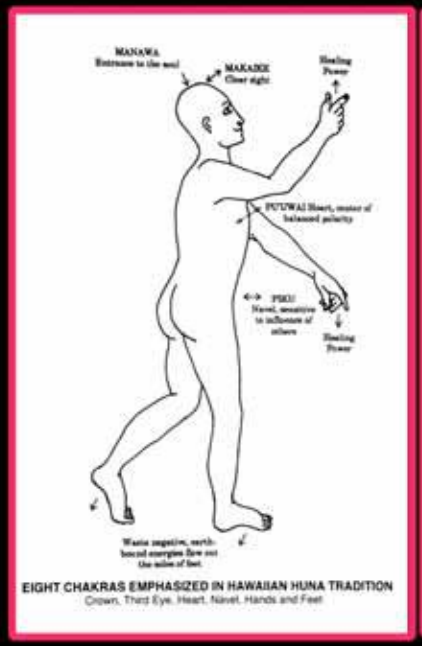
Nimbuses or halos occur in sacred art of all cultures.

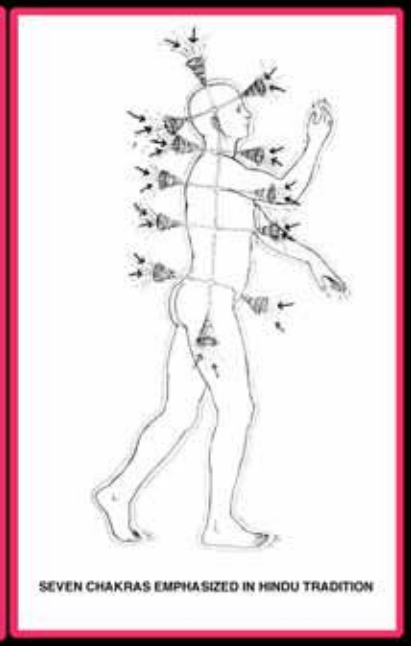
The sacred arts of all cultures show halos of life-force energy around the heads of mystics.

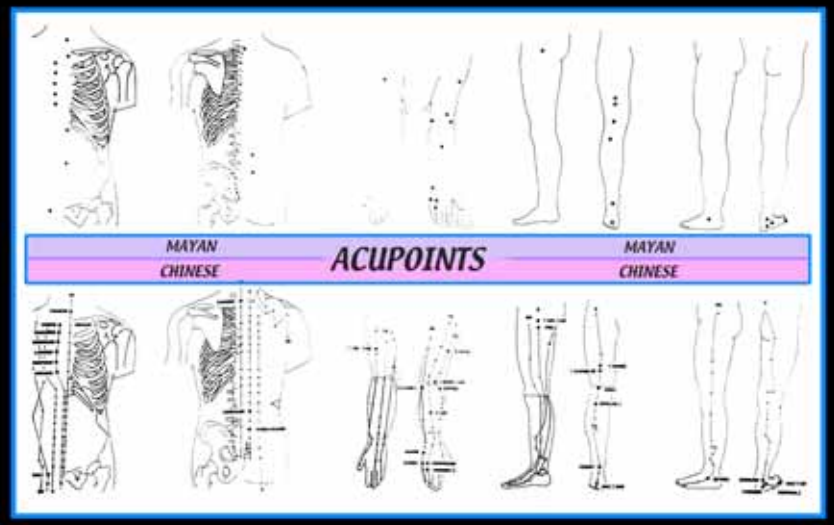
The stars on shawls of Russian icons represent qi energy acupoints - here the Chinese "qi hu" and "tien mu".

Life-force energy is the same, from culture to culture







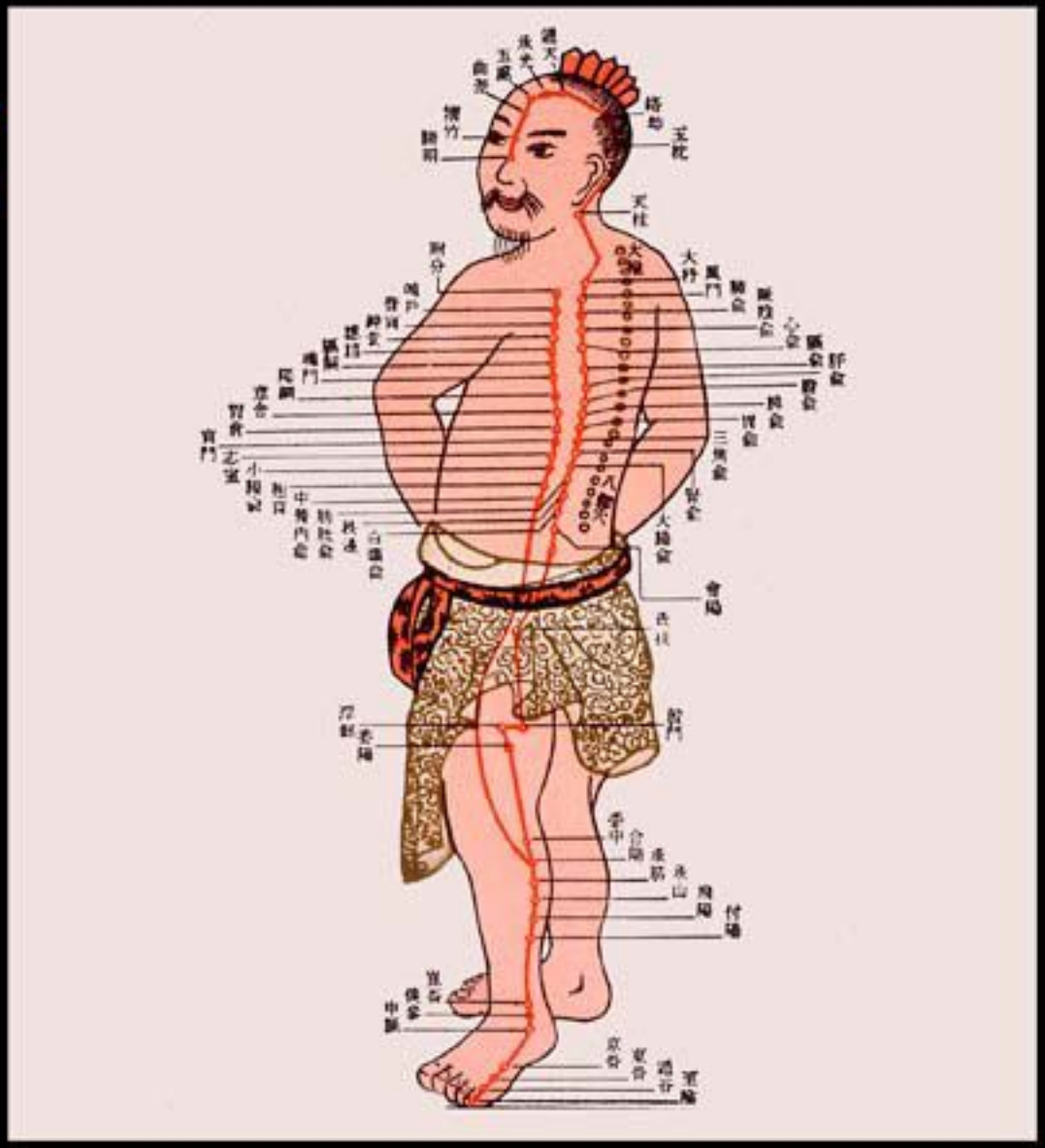


Cultural practices depend on qi energy

All cultures work with life-force energy in the earth.

Places of power are tied to qi energy.

ALL CULTURES BUT OUR OWN HAVE USED QI ENERGY AS THE BASIS OF THEIR SCIENCES, ARTS, CULTURE, HEALING, AND SPIRITUAL PRACTICES.



QUANTUM PHYSICS HAS SHOWN THAT **EVERYTHING** IN CREATION IS ACAUSALLY AND INSTANTLY CONNECTED TO ALL ELSE.

"INSTANTLY-CONNECTED" REQUIRES EXISTENCE OF A FASTER-THAN-LIGHT REALM, THAT OUR PHYSICS HAS NEVER EXPLORED.

INSTANT CONNECTION MEANS OUR WHOLE UNIVERSE IS CONSCIOUS AND UNITARY.

THIS INTEGRAL CONSCIOUSNESS OPERATES IN THE FASTER-THAN-LIGHT DIFFRACTED MAGNETIC ENERGY REALMS OF QI, NOT THE FAMILIAR WORLD OF MATTER AND ENERGY.

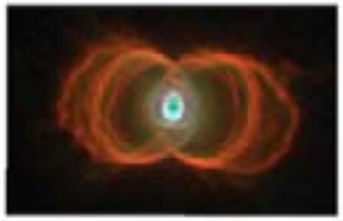
THE WORLD WE PERCEIVE
IS GENERATED FROM
INTENTION,
THROUGH
THE REALMS
OF QI ENERGY.

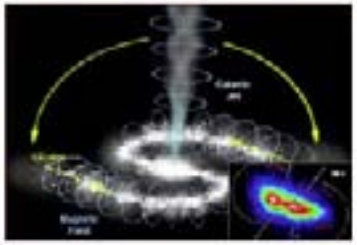
ALL EXISTS ETERNALLY IN THE REALMS OF QI
- OUTSIDE OF TIME, AND LINKED TOGETHER.

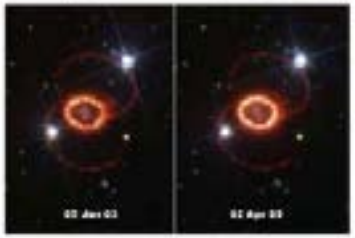
WE ARE, THEREFORE,
ETERNAL BEINGS -
HOMEBASED FOREVER
IN THE REALMS
OF ENERGY

OUR PLASMA UNIVERSE

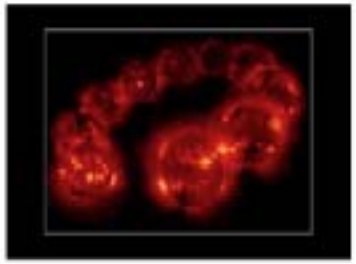
Findings from our space program are showing our universe to be formed from electromagnetic plasma, rather than inert matter.

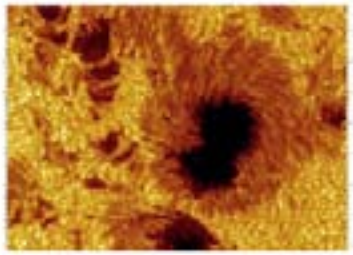




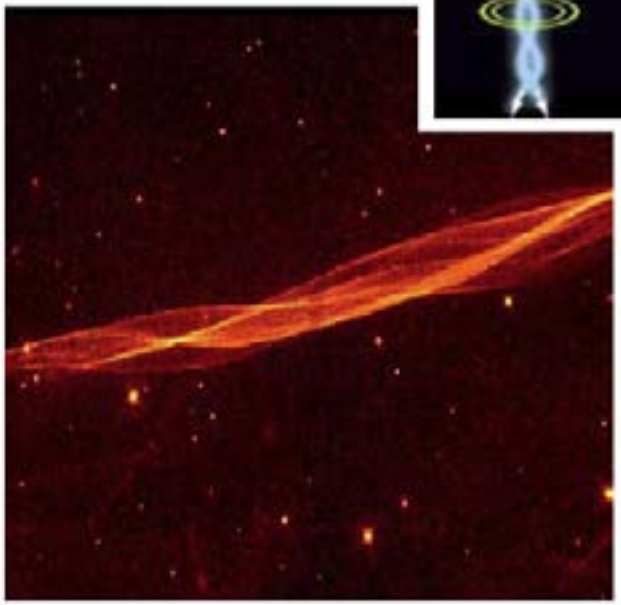


Those plasmas occur because of energy intensity, not temperature – from immense flows of energy, whose source is unknow. Our sun is a transformer, not source, of energy.



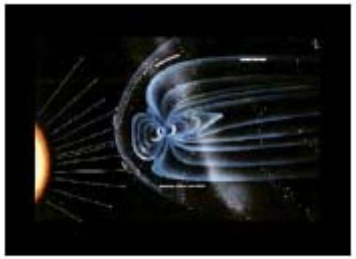


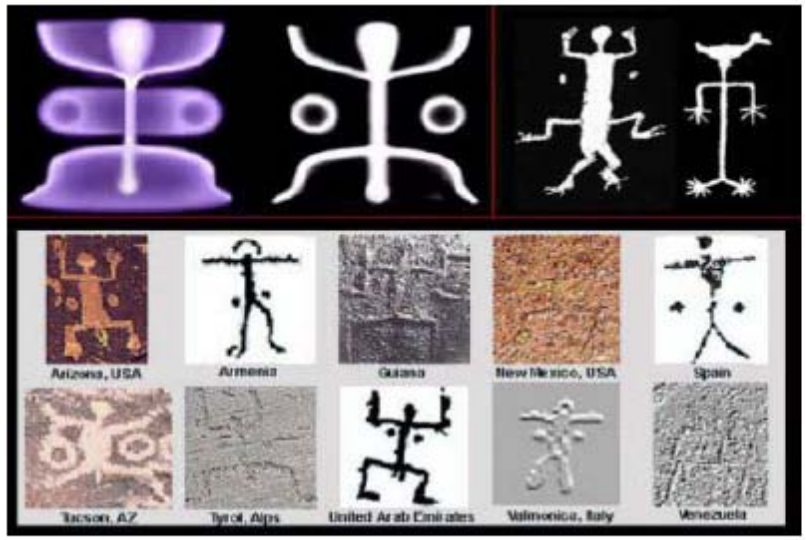
Electric currents in plasma naturally form filaments due to the squeezing or "pinch effect" of the surrounding self-generated toroidal magnetic field. Complex electromagnetic interactions cause the filaments to rotate about each other to form a "Birkeland Current" pair. In high energy discharge sequences these rotating currents can evolve violently into a stack of disks or toruses around the discharge axis.

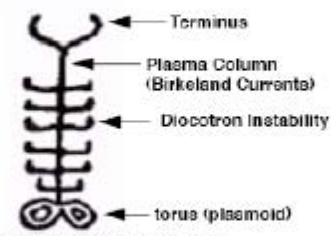


"Torus-forms" are widely shown in mythology of different cultures. DNA, the caduceus, all reflect the form of a magnetic plasma torus.

Planets and comets show effects of massive energy discharges between celestial objects.



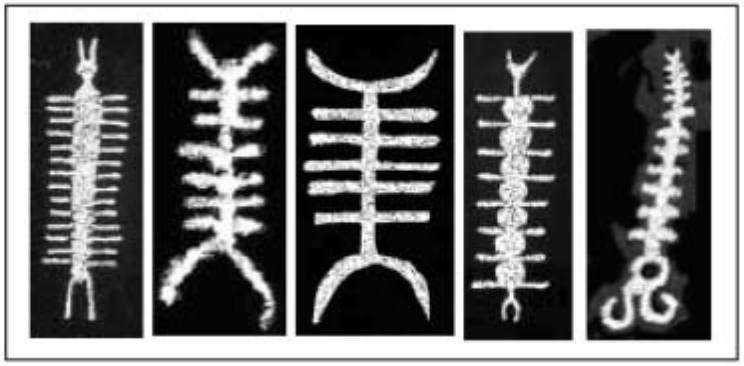




Pictograph from Kayenta, Arizona.

Virtually identical rock art matching plasma forms – has been found in dozens of cultures around the globe – statistically improbable unless something amazing had occurred, probably in the sky, which was seen planet-wide.

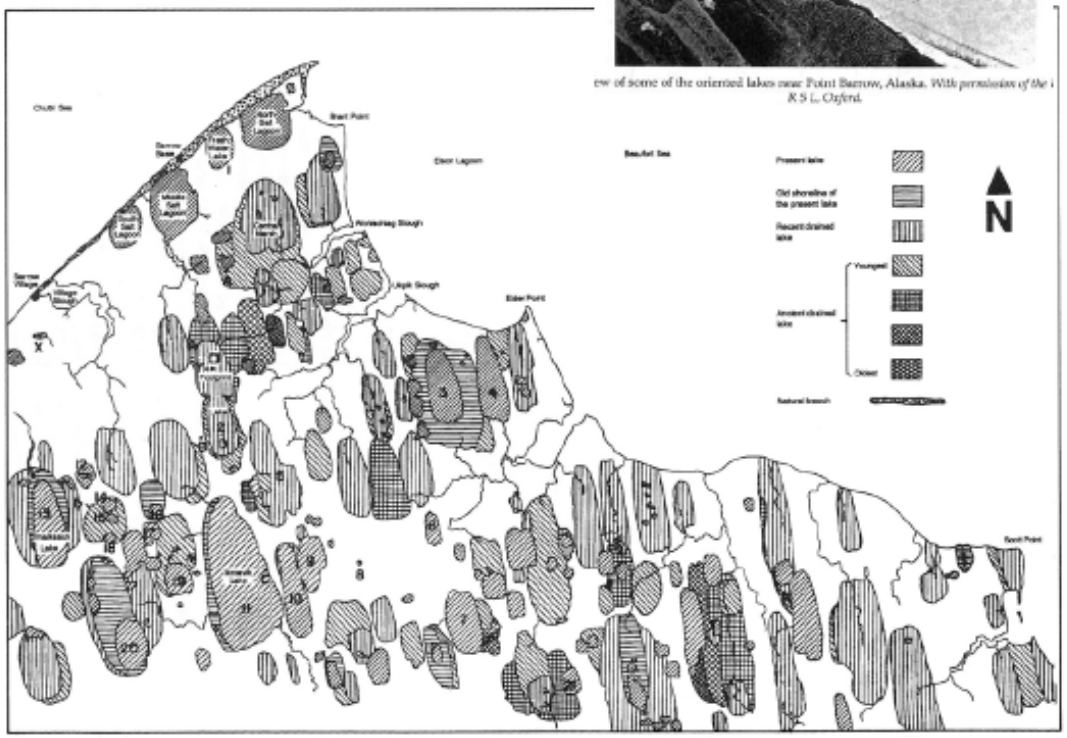
ABOVE: Illustration of the suggested three-dimensional appearance of the plasma form that inspired the Kayenta petroglyph on the left.



Geological and mythological evidence indicates a planet-wide cataclysm occurring about 10,000 years ago, with phenomena that appear to be linked with violent electrical discharge between the earth and a close-passing heavenly body.

SOME RESULTS OF SUCH A CATACLYSM:
- Disruption of integral consciousness
- Religions (Gods are angry)
- Strong leaders / power structures
- Focus on material realm / "computer peripherals"
- Language and literacy
- Heaven and hell

ew of some of the oriented lakes near Point Barrow, Alaska. *With permission of the* R S L, Oxford.



Map 5D. Oriented lakes near Point Barrow on the north coast of Alaska.

See www.thunderbolts.info

What we love, endures!