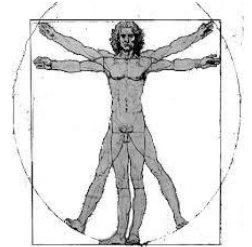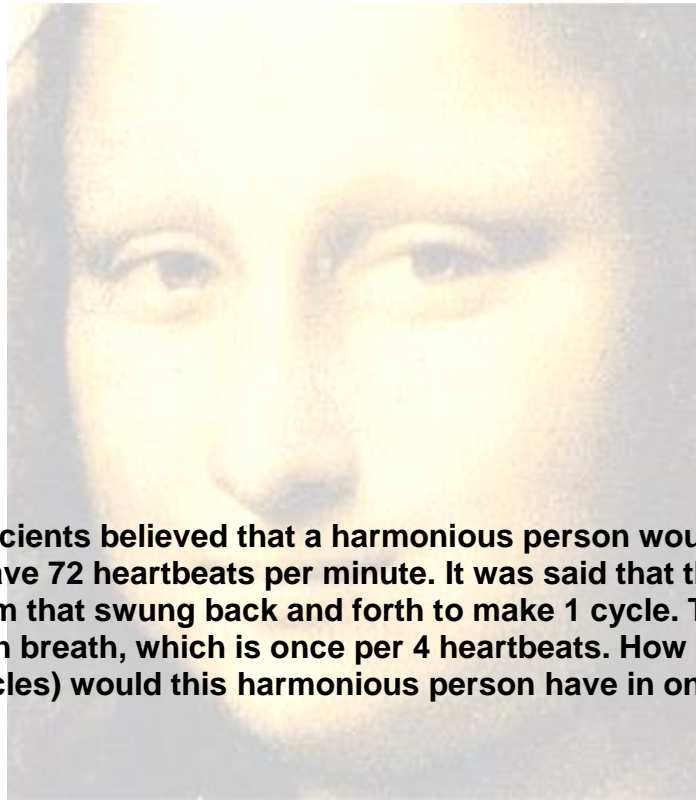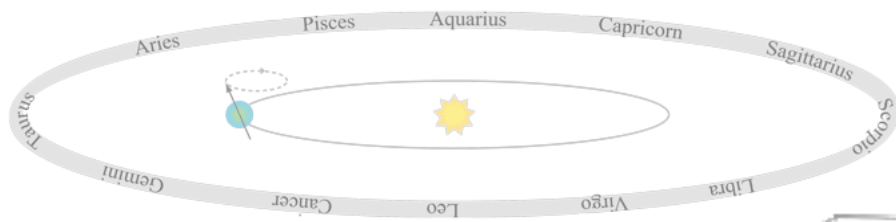# Ancients & Numbers

Some ancients believed that a harmonious person would live 72 years and would have 72 heartbeats per minute. It was said that the heart was like a pendulum that swung back and forth to make 1 cycle. This cycle occurs with each breath, which is once per 4 heartbeats. How many breaths (or heart cycles) would this harmonious person have in one day?

Plato loved and wrote down many amazing ideas from a time before him when people did not write things down. One idea was that there are only five solid shapes that have the same flat sides no matter how you hold them. They are called The Platonic Solids. He also said that humankind changes consciousness every 2,160 years. This is now called a Platonic month. One Platonic year is therefore 25,920 years (12 x 2,160), which is also the time it takes for one 360 degree rotation of the ecliptic and the constellations. One degree of that rotation is 25,920 / 360 = 72 years. He compared the collective life of humanity on earth to the perfect shape of cubes, which is one of the Platonic Solids. Interestingly, the Platonic Month of humankind is the same number as the total number of degrees in all of the corners of a CUBE.

Tetrahedron
4 vertices. 6 edges. 4 faces.
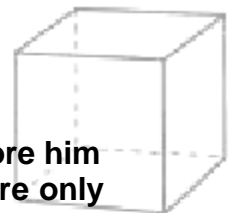
Cube
8 vertices. 12 edges. 6 faces.
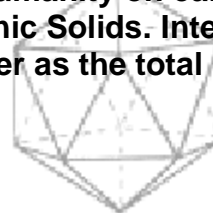
Icosahedron
12 vertices. 30 edges. 20 faces.

Dodecahedron
20 vertices. 30 edges. 12 faces.

Given: **Estimate: # breaths in a harmonious day**

- one breath per 4 heartbeats
- 72 heartbeats per minute
- 24 hours per day
- 60 minutes per hour

Given: **Estimate: # Earth years in a Platonic year**

- 360 degrees rotation of ecliptic (E) / Platonic year (PY)
- 72 Earth years (EY) / 1 degree rotation of ecliptic (E)

Given: **Estimate: # degrees in a CUBE**

- each corner has three angles
- each angle has 90 degrees
- each cube has eight corners