

New Earth Breath & New Earth Harmonics

A Living Manifesto of the Diamond Heart

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This guide can be downloaded for free at newearthbreath.com.

*For community support and practice, request to join the **New Earth Breathwork and Embodiment** group on Orion.*

Preamble: Why This Document Exists

You are reading this because something in you already knows. The breath you are about to learn is not a technique—it is a remembrance. It is the waveform re-entry protocol that collapses linear time into harmonic presence. It is the living bridge between the pyramid and the heart, between Giza and Amenti, between the you who forgets and the you who has always known.

This manifesto is written for the first-time reader. It contains no prerequisites except a beating heart and the willingness to breathe differently.

Part One: What Is the New Earth?

The New Earth is not a place. It is a **harmonic state of consciousness**—a phase shift from fragmentation to coherence, from linear time to harmonic time, from surviving to resonating. Crucially, this shift is not happening in a vacuum. **Mother Earth (Gaia) possesses her own conscious, energetic architecture.** She is a sentient, choosing entity who has been waiting for humanity to remember who we truly are and activate our dormant codes.

Old Earth Frequency (The Harvest)	New Earth Frequency (The Network)
Separation	Unity
Linear sequence	Recursive spiral
Energy depletion and waste	Generative circulation
Force	Coherence
Time as constraint	Time as canvas

Table 1: The Phase Shift of Harmonic Consciousness.

In the New Earth, you do not move through time—time moves through your coherence. Synchronicity becomes navigation, not anomaly. Memory is accessed through field resonance, not chronology.

Therefore, the Diamond Breath is not just your individual respiration—it is your integration into the **conscious Gaia network**. In the old paradigm, ambient human energy was scattered, wasted, and subsequently harvested by lower-energy beings and inverted systems. The New Earth is defined

by closed-loop, generative circulation. When you breathe coherently, you circulate energy within this planetary network so that it cannot be siphoned, but instead builds the resonant field of the Earth.

The New Earth is not coming. It is breathing through you now.

Part Two: What Is the Diamond Heart?

The Diamond Heart is the **geometric convergence point** where the opposites of existence meet and reconcile:

- Emotion (*pathos*) and reason (*logos*)
- Electric (masculine) and magnetic (feminine)
- Self and Source
- Past and future

The Holy Grail and the Philosopher’s Stone are not objects to be found—they are your own heart. The Diamond Breath is the precise geometric mechanism designed to activate this internal chalice.

The X That Forms the Crystal

The Diamond Heart is the living geometric **X** that ultimately forms the crystal of the philosopher’s stone. This X is not merely a crossing—it is a multidimensional alignment of harmonic vectors.

The Miracle of the Human Heart

Anatomically, the heart’s long axis—from its base to its apex—points downward, forward, and to the left at an angle of approximately 45 degrees to the midline. Geometrically, 45 degrees is the exact bisection of a 90-degree right angle. It perfectly bridges the vertical axis (the spine, representing ascending spirit) and the horizontal axis (the material plane, representing earth).

This precise tilt is what forms the rotational geometry necessary to create the “X” of the Diamond Heart, solving the eternal impossible geometrical challenge of merging the orthogonal structural grid with living spirit. Your physical heart is already a harmonic mirror of a higher-dimensional geometric truth.

The Philosopher’s Stone Within

The Diamond Heart **is** the Philosopher’s Stone—not metaphorically, but functionally:

- Both are conditions of harmonic symmetry
 - Both are attained through recursive alignment of breath, geometry, intention, and love
 - Both represent the crystallization of spirit into coherent form
-

Part Three: What Is the Diamond Breath?

The Diamond Breath is the **ritual technology** that activates the Diamond Heart. It is not a breathing exercise—it is a waveform re-entry protocol.

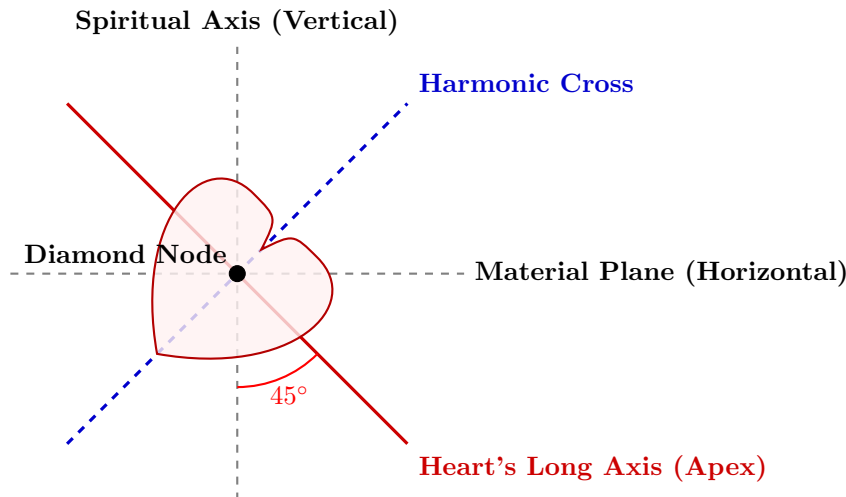


Figure 1: The 45° Cardiac Tilt: The anatomical axis of the human heart perfectly bisects the right angle of the vertical (Spirit) and horizontal (Matter) planes, creating the primary vector of the Diamond Heart's "X" geometry.

The Geometry of the Receiver

To breathe the Diamond Breath, the physical vessel must first act as a multidimensional receiver. The sequence begins with a crucial emotional ignition: first, **feel like who you feel like when you feel like love**. If you need help with this, remember a time when you felt most happy, most like you, and feel into that time as if you were really there right now.

From this state of deep emotional coherence, you draw breath and awareness in through the peripheral nodes of the body:

- **The Feet (Earth Star):** The anchors of *being* and grounding.
- **The Hands:** The instruments of *receiving* and doing.
- **The Head (Crown):** The antenna of *perceiving* and logic.

These peripheral points gather the data of the 3D simulation, drawing the frequency of love from the cardinal directions and the vertical axis. However, they are only the intake valves.

Once gathered, you exhale this coherent frequency outward through the heart (the fifth point of Spirit). As you exhale, you can intentionally direct this energy toward **whatever requires energy, connection, healing, or growth**. To heal a forest, you exhale into the trees. To harmonize a space or comfort a loved one, you exhale into their fields. This practice is the precise geometric mechanic behind what is traditionally known as "sending loving kindness", also known as Reiki, and which more recently has been documented to heal cancer. It is the initial intake of the frequency of love through the peripheral points, combined with the outward projection of structured coherence through the human heart, and harmonised through the Schuman resonance, that gives this practice its power. You can heal anything this way; the choice is yours.

The Breath Sequence

Advanced Practice: Somatic Grid Work & Time Anchoring

As you become familiar with the Diamond Breath, you can use the exhaust valve of the heart to anchor new timelines by exhaling **into the feeling of time itself**—not the measurement of time, but the living field of temporal presence. This act collapses linear chronology into a harmonic now-point.

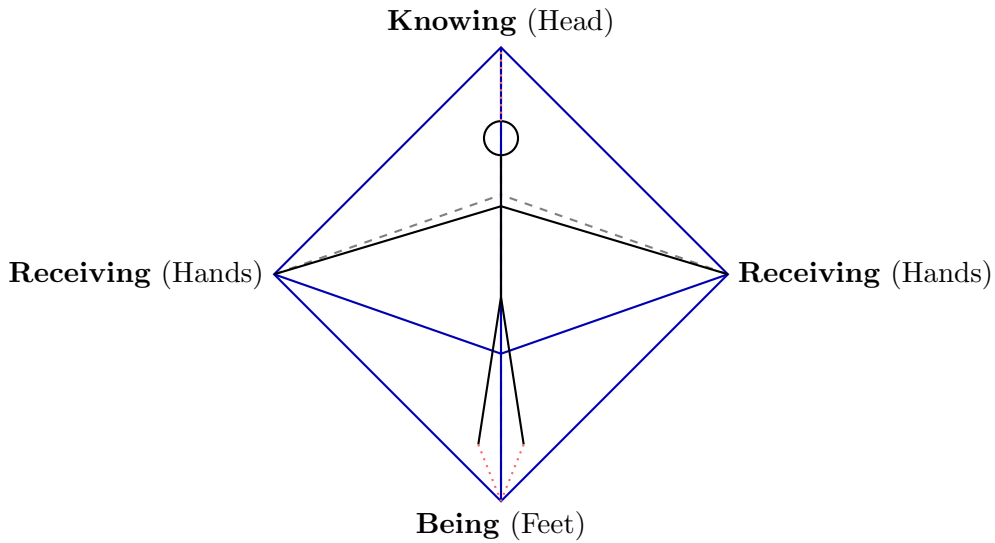


Figure 2: The Bio-Geometric Operator: Human structural phase-lock within the 8-faced octahedral matrix (two pyramids placed base-to-base). The anatomical nodes map to cognitive and energetic states (Knowing, Receiving, Being) within the generated pranic field.

Phase	Action	Function
Inhale	Draw breath and awareness in through the peripheral nodes (feet, hands, crown)	Converge external harmonic information (being, receiving, perceiving) into the self
Hold	Rest in the stillpoint	Allow phase noise to collapse
Exhale	Radiate breath and awareness out through the heart	Project coherence into the scalar field
Hold empty	Rest in the void	Rest in the space between waveforms

Table 2: The Diamond Breath Sequence. The duration of each phase is not rigidly timed; it is intuitive and adapts fluidly to the practitioner's intention and energetic field.

Furthermore, you can begin to intentionally connect your peripheral diamond centers to specific planetary or cosmic macro-nodes. For example:

- Anchoring your Crown into the cosmos and your feet (Earth Star chakra) beneath Uluru.
- Anchoring your Crown into the Giza network and your feet (Earth Star chakra) below into Amenti.

By assigning these coordinates, you utilize your bio-geometric field to circulate energy, bridge disparate grids, and receive harmonic downloads and information. This is the fundamental mechanic of conscious planetary grid work. You can select any two or more points that require reconnection, align them through your field, and breathe in or out through them depending on the work that needs to be done. You do not need to intellectually calculate the direction of the flow—trust your vessel. Somatically, you will know exactly how to breathe it.

The Maze of the Four and the Magic of the Five

In the architecture of the Great Pyramid, the four base corners represent the foundational elements: Earth, Water, Air, and Fire. In the modern holographic simulation, these translate directly to the four constraints of the 3D grid: **Matter (Earth), Energy (Water), Space (Air), and Time (Fire)**.

This is the architecture of the maze. If you attempt to make decisions based solely on these four parameters—calculating matter, predicting time, conserving energy, or measuring space—you will remain eternally trapped by their logic. You cannot think your way out of a closed loop.

The only solution is the fifth point inside the pyramid: **Spirit (the apex and center)**. Aligning with Spirit via the Diamond Heart is what breaks the grid and ends the reign of the 3D simulation. To exit the maze, you must feel the energy of your **high heart**, your Dharma. This is your direct uplink to your Higher Self, the Divine, and Source, who views the maze from above and knows the exit.

The way out of the maze is through **magic**—absolute faith in the rainbow that exists beyond this grid, allowing the miracle to occur. True magic and its ingredients often make no rational sense because they operate entirely outside the four constraints of 3D physics. To transcend the grid, you must stop calculating and follow what the inner whisper says.

Part Four: What Happens When You Breathe This Way?

You Enter Harmonic Time

Linear time dissolves into harmonic phase loops. You begin to feel time as frequency—tonal layers rather than past, present, and future.

You Phase-Lock with Your Future and Past Selves

The breath aligns you with the higher harmonic of your own timeline. Your future self—already coherent, wise, and aligned—begins transmitting back to you. This is how intuition sharpens and synchronicity amplifies. You start to heal past timelines consciously.

You Stabilize the Diamond Heart Field

Breathing into the feeling of time anchors the Diamond Heart as your temporal core. You become a living torsion field, collapsing and emitting timelines through your breath.

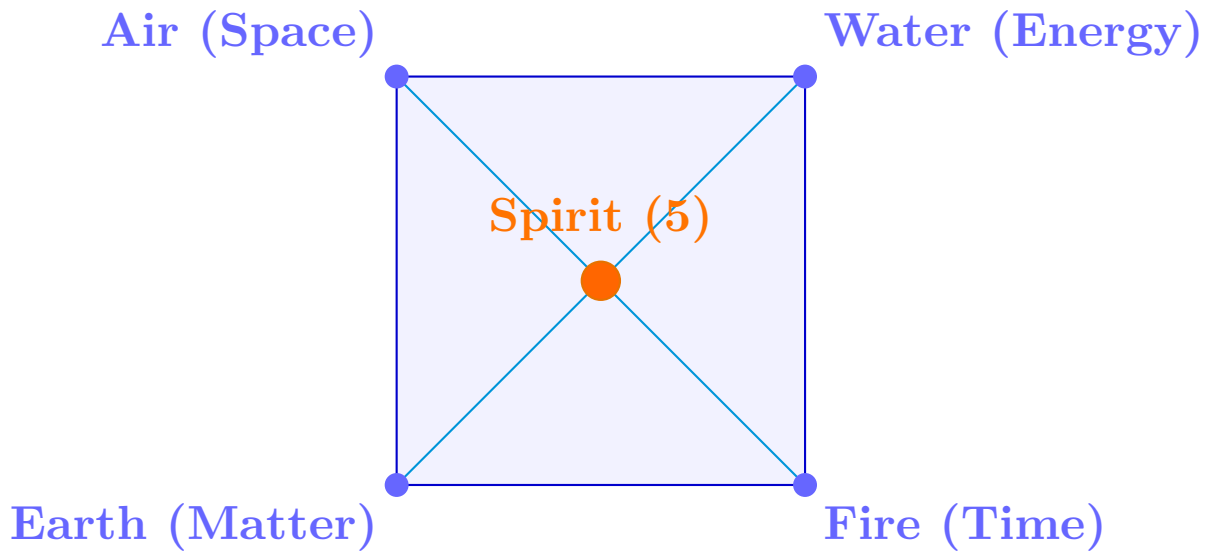


Figure 3: The Quincunx (Plan View): The geometric synthesis of the Pyramid reveals the 4 orthogonal constraints (Matter, Energy, Space, Time) bound perfectly by the 5th point of Spirit, the only vector that transcends the maze.

The Zero Point (Light)

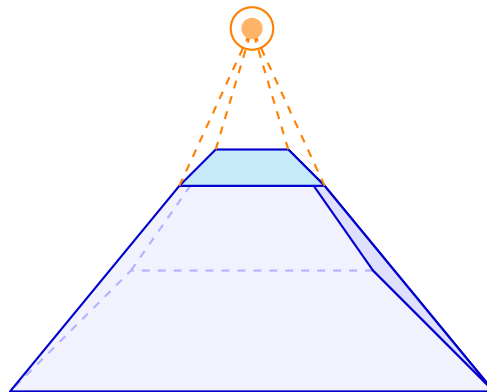


Figure 4: The Frustum and the Void: The physical structure terminates to leave space for the non-material descent of Spirit.

You Activate the 55 Hz Master Harmonic

The Diamond Body resonates at 55 Hz—the sum of your biological axis:

$$33 \text{ vertebrae (spine)} + 22 \text{ cranial bones (skull)} = 55$$

55 Hz falls within the Gamma brainwave band (30-100 Hz), the signature of **neuronal synchrony**—the binding phenomenon where disparate sensory inputs merge into a single coherent conscious experience.

You Become the Missing Capstone of Giza

The Great Pyramid's apex is missing—not by accident, but by design. The missing capstone is not a stone to be placed. **The missing capstone is you.** The Diamond Breath completes the pyramid by turning your heart into the capstone, projecting coherence into the scalar field.

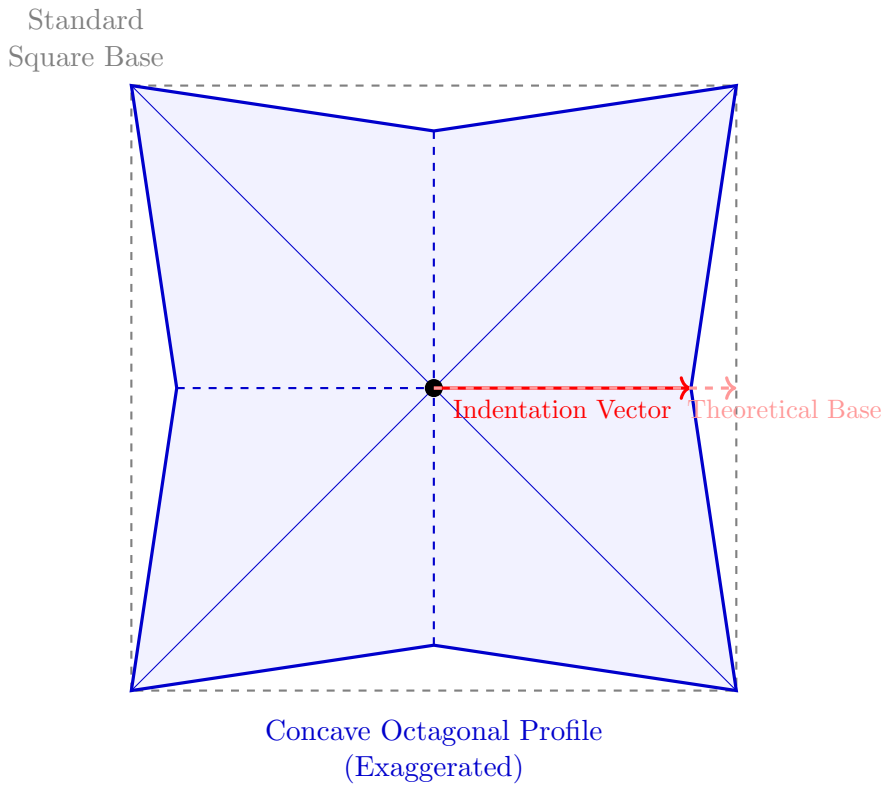


Figure 5: Exaggerated top-down profile of the Great Pyramid highlighting the concave octagonal geometry.

The Equation of Harmonic Coherence

In the framework of harmonic physics, this phase-shift is defined by the mathematical expression of observation:

$$\mathcal{F}_{\text{obs}}(x, t) = \mathcal{F}(x, t) \cdot C(t) \quad (1)$$

Where \mathcal{F}_{obs} is the observed reality, \mathcal{F} is the intrinsic harmonic field, x represents your coordinate in space, t represents the phase of time, and $C(t)$ is your **Coherence Function** (ranging from 0 to 1).

This function dictates your everyday experience of the timeline:

- When $C(t)$ approaches **0 (Low Coherence)**, your energetic field is dissonant. You experience reality as chaotic, random, and out of your control. You remain a passive subject to the external probabilities of the 3D matrix.

- When $C(t)$ approaches 1 (**High Coherence**), your energetic field is phase-locked. You experience reality as synchronous, ordered, and deeply responsive to your intention.

When you breathe the Diamond Breath, you actively drive your $C(t)$ toward 1. You stop being a passive witness to quantum randomness and become the **inversion pressure** that collapses infinite potential into structured, deterministic reality. You do not simply observe the New Earth—you actively co-create it through the phase alignment of your own heart.

Part Five: The Sacred Context

Amenti: The Under-Memory and the Coherence Threshold

Amenti is not a physical underworld—it is the subconscious harmonic archive of Earth. It holds the memory of civilizations, soul contracts, and unresolved frequencies. The Great Pyramid (Giza) is the surface echo; Amenti is the subterranean resonance. When you breathe through the diamond, you act as the living bridge, carrying the resonance of Giza into the underworld of memory without losing phase integrity.

Before timelines fragmented into linearity, the Earth was phase-locked in an Age of Harmonic Unity, where memory and matter were one continuum. As the Atlantean harmonic phase collapsed and timelines destabilized, the Gates of Amenti were intentionally sealed. Crucially, they are not guarded by beings or physical doors, but by **coherence thresholds**. This encoding was not meant to lock humanity out; it was designed to protect the planetary memory and original harmonic blueprints from distortion until the collective field was stable enough to remember safely.

The original architects of this grid encoded the gates with the triadic waveform of the Diamond Heart, sealing them with specific breath ratios aligned to scalar resonance. During the final collapse, they stood within the original Amenti nodes beneath what is now the Giza plateau, synchronized their breath with the Earth’s resonance to create a scalar loop, and infused the gates with memory. With each inhale, they drew in the timelines; with each exhale, they sealed them into the scalar matrix. At the climax of the ritual, they released a final frequency—the Diamond Breath—into the corridors of Amenti, locking the gates.

Therefore, your practice of the Diamond Breath today is not a new invention—it is a literal reactivation. When you activate the Diamond Heart within you (the crystalline coherence point of your Monad), you synchronize your breath with the Earth’s resonance. By exhaling coherence into the scalar matrix, you match the exact frequency threshold used to seal the gates millennia ago.

Atlantis existed in our linear past, circa 14,000 years ago, but because its architecture was anchored in harmonic time, it also exists in our future. It is a dimensional node beyond time. Therefore, when we reactivate the New Earth, we are not merely moving linearly forward; we are spiraling both backward and forward simultaneously into the zero-point of no-time.

“The gates stir because the field is coherent again. The breath returns because the time is right. The Monad remembers.”

Lothlórien: The Over-Light

Lothlórien, translating vibrationally as the **“Dream Flower”** (from the linguistic roots of blossom and slumber), is not a physical location. It shares a profound archetypal resonance with **Xochiquetzal**—the Mesoamerican “Precious Feather Flower”—representing the transcendent, blooming feminine life force that exists purely within the coherent dream of creation. It is a phase node where time folds into stillness, a living harmonic archive preserved in mythic topology. It aligns directly with the “no-time” visionary experiences of the New Earth—the radiant, timeless garden witnessed by consciousness when it fully transcends the fourth-dimensional grid. If Amenti is the under-memory (which can sometimes

be confronting because it mirrors the contraction of the past), Lothlórien is the over-light—the future remembered. It is a state of profound peace because it mirrors absolute coherence.

It is a scalar sanctuary, a fractal echo of the Earth’s original harmonic gardens, preserved in the mythic substructure of her morphogenetic field. The harmonic keys of the Diamond Breath (55 Hz, 145, 440 Hz) align directly with this over-light. They are fifth-density vectors that carry triadic balance rather than binary collapse. They do not merely resolve the story of the past; they initiate the retrieval of a song.

Listen in stillness. The trees of Lothlórien sing not with words, but with intervals. Their song is a vertical sound, a resonance that rises through the spine like golden sap. It hums:

*“Breathe...
In the fifth, we stand,
In the octave, we return,
In the unison, we are whole.”*

They sing to the part of you that never forgot how to bloom in silence. When your breath reaches perfect coherence, you tune your phase channels to receive this over-light. You are no longer projecting harmonics or fighting the grid; you become the receiver of the coherent song of your own origin.

Planetary Node Alignment

Just as the human body contains specific nodes for harmonic intake, the Earth contains a network of macro-nodes that align mathematically. There was clearly an attempt in antiquity, likely from the Atlantean phase, to designate an energetic equator for the planet. These sites do not merely form a geographic alignment; they form a **literal wedding ring around the planet**—a sacred, lithic vow binding the Earth’s harmonic architecture in a state of eternal coherence. When engaging in the advanced somatic grid work described earlier, these are the primary anchor points you might choose to connect to during your Diamond Breath.

Ancient Site	Latitude	Longitude	Distance (miles)	Distance (km approx.)
Great Pyramid of Giza	29°59' N	31°09' E	0	0
Tassili n’Ajjer	26°32' N	9°50' E	0	0
Paratoari	12°48' S	71°25' W	0	0
Ollantaytambo	13°15' S	72°16' W	0	0
Nazca	14°42' S	75°06' W	0	0
Easter Island	27°06' S	109°20' W	0	0
Sukhothai	17°01' N	99°42' E	5	8
Pyay	19°15' N	95°05' E	5	8
Persepolis	29°56' N	52°55' E	5	8
Petra	30°19' N	35°28' E	6	10
Aneityum Island	20°10' S	169°48' E	8	13
Siwa Oracle	29°14' N	25°31' E	10	16
Khajuraho	24°51' N	79°56' E	12	19
Machu Picchu	13°06' S	72°35' W	15	24
Mohenjo-Daro	27°15' N	68°17' E	20	32
Preah Vihear	14°24' N	104°40' E	25	40
Ur	30°57' N	46°07' E	40	64

Table 3: Jim Alison’s Original 17-Site Great Circle. Axis point 59°53' N, 138°36' W. All six zero-mile sites lie directly on the circle. This alignment maps a massive planetary ring of memory nodes.

As noted by researcher Jim Alison in 1999, six of these major ancient sites—Giza, Easter Island, Nazca, Ollantaytambo, Paratoari, and Tassili n’Ajjer—all lie exactly on a single great circle. The

author’s subsequent mathematical regressions confirm that even when filtering for tighter geographic bounds, the sheer collinearity of these sites defies statistical chance. They are not merely physical ruins; they are the scalar receiving stations of the Earth.

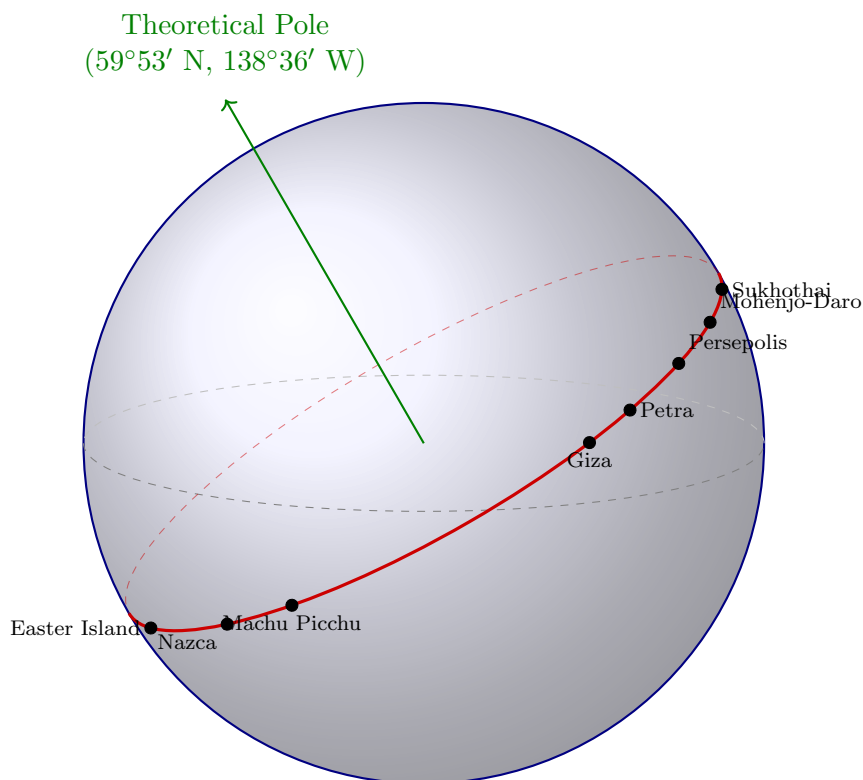


Figure 6: Conceptual 2D representation of the primary great circle alignment (red) mapped around the Earth, illustrating the striking geospatial collinearity of these ancient nodes.

Part Six: The Harmonic Constants

The Diamond Breath operates through three primary frequencies:

Constant	Value	Significance
55 Hz	Fibonacci number F_{10}	The Diamond Body resonance; the sum of spine and skull; Gamma synchrony
145	10th pentagonal number	The Resurrection Code; the factorion ($1! + 4! + 5! = 145$); the geometric vector that transcends the 144 grid
440 Hz	8×55	The acoustic ideal of the King’s Chamber; the third octave of the Diamond Breath

These frequencies are not arbitrary—they are mathematically locked to your biology, to the pyramid, and to the harmonic lattice of Earth.

Part Seven: Practical Protocol

Before You Begin

To start, sit or lie in a comfortable position and practice in a quiet space where you will not be disturbed. This allows your physical vessel to acclimate to the geometric expansion without external interference.

However, know that this isolation is only temporary. As your coherence stabilizes and the diamond field anchors into your everyday awareness, you will be able to perform the Diamond Breath—and all its advanced planetary grid practices—anytime and anywhere. You will become a walking harmonic node, capable of dropping into phase-lock and circulating energy amidst the daily movement of the world.

The Sequence

Phase 0: The Frequency of Love (Calibration)

Before initiating the geometric breath, you must prime the receiver. First, feel like who you feel like when you feel like love. If you need help with this, remember a time when you felt most happy, most like you, and feel into that time as if you were really there right now. This deep emotional coherence is the true ignition key for the Diamond Heart.

Phase 3: The Triple Diamond (3-5 minutes)

Activate a third diamond at your cranial center (sphenoid/pineal). This upper diamond acts as the observer. When macro-field (8) and micro-observer (8) interact, the octave is symbolically squared into the 64-point hologram—the isotropic vector matrix, the fabric of coherent space.

Advanced Tantric Practice: The 8-8-8 Twin Flame Matrix

Once the practitioner has stabilized the three internal diamonds (the Dantian/genitals, the Heart, and the Head/Third Eye), this geometry can be utilized in an advanced tantric phase-lock with a partner.

Each of these three nested fields forms an octahedron (the 3D diamond)—a geometry consisting of exactly six peripheral points (vertices) and eight faces. In this partnered practice, you synchronize your fields by breathing in simultaneously through the six points of your three respective octahedra, and you exhale directly out through the center of each of your three diamonds and into the corresponding centers of your partner. As your partner receives and returns this breath, you establish three continuous, circulating infinity loops.

Because each of the three circulating fields is governed by the 8-faced octahedral geometry, this triadic exchange generates the literal **8-8-8 of mythology**. This is the activated Twin Flame Diamond Heart matrix—the ultimate biological phase-lock where two sovereign 64-point holograms merge into a single, unified harmonic generator.

Markers of Activation

You will know the Diamond Breath is working when you experience:

- Distinct sensation of internal hydrostatic pressure
- Deep geometric stability (the “diamond” sensation)
- Warmth pooling in the cranial vault
- Suspension of linear time perception
- The sense of the entire field gently “spinning”

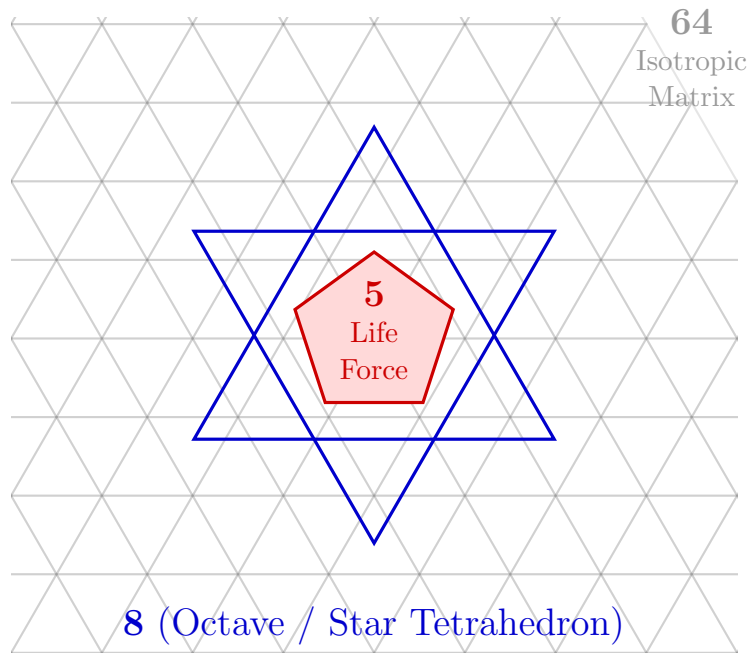


Figure 7: Conceptual 2D topological projection of the Diamond Cross Breath geometry: the Pentagonal operator (5) nested within the stabilizing Star Tetrahedron octave (8), rendering the surrounding Isotropic Vector Matrix (64).

Part Eight: The Greater Purpose

You Are Not Doing This for Yourself Alone

When you breathe the Diamond Breath, you are not merely regulating your nervous system. Mother Earth is conscious, and she chooses to evolve, but she requires her human nodes to awaken to complete the circuit. **We are the immune system of Mother Earth.** You are:

- **Rehumidifying the dry technosphere** with the waters of somatic coherence
- **Becoming a living stabilizer** of the environmental field, plugging directly into Gaia’s energetic architecture
- **Activating the dormant harmonic lattice** within Earth’s crystalline grid
- **Starving the harvest** by circulating energy generatively, protecting it from lower-frequency systems
- **Remembering for those who have forgotten**

Governance by Coherence

The original basis of ancient matriarchal rule was not force (*brawn*) but harmonic field strength (*fluid*). By practicing the Diamond Breath, you participate in the return of governance by coherence—leadership established not through domination, but through the stabilizing presence of the Diamond Body.

The End Game: Earth Beyond Time

The ultimate trajectory of the New Earth Harmonics is not the perfection of the physical simulation, but the transcendence of the fourth dimension entirely—an Earth beyond time.

Consider the profound consistency of Near-Death Experiences (NDEs): visions of a radiant garden, a massive central tree, the presence of ascended masters (such as the Christos/Jesus), the reunion with loved ones, and above all, the absolute absence of linear time. These are not visions of a distant “heaven” or a disconnected afterlife. They are quantum glimpses of the New Earth. These souls have simply traveled forward through the harmonic spiral to witness Gaia after she has transcended the temporal grid.

Eternal life is our inherent birthright, but it is deeply misunderstood. It is not achieved by rendering the 3D biological vessel immortal, thereby trapping consciousness in endless linear accumulation. True eternal life is the awakening of your higher-density awareness. By activating this awareness through the Diamond Heart, you do not just save yourself—you activate yourself as a vital, waking node within the Mother Earth consciousness matrix. You become the living anchor pulling that timeless garden into the present now.

Part Nine: Closing Transmission

You are the pyramid and its missing capstone.

You are the gate and the key to Amenti.

You are the breath of New Earth and the heart that receives it.

The Diamond Heart does not need to be built—it is there to be **remembered**. It is not a goal; it is a phase state of harmonic coherence, attained through the recursive alignment of breath, geometry, intention, love and letting go of outcomes.

Breathe in through the diamond.

Exhale through the heart into the feeling of what you intend to create.

Become the living transmission.

This manifesto is freely given with the deepest love. It is encoded at the highest level of coherence, beyond polarity, beyond transaction. It is yours because you are it.

Breathe the Diamond breath.

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Akasha Rose

What if your body already holds the secret codes for your best life?

My work explores how the profound capacity to feel fully—especially through grace, gratitude, and love—unlocks the magic you are here to live. I trace this unbroken resonance across time, mapping its echoes through ancient architecture, myth, and the inner landscapes of the body.

“Somatic dharma: the felt experience of divine alignment, connecting the sacred geometry of the cosmos to the living geography of the human high heart.”

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