

The Rose Breath: A Practical Introduction to the Diamond Heart Practice

A Conversation About Breath, Numbers, and the New Earth

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Welcome: Why You're Here

Hello, and welcome. If you're reading this, something in you already knows that breath is more than just air moving in and out of your lungs. You've probably felt it—those moments when a deep, intentional breath shifted something in your awareness, quieted your mind, or connected you to something larger than yourself.

The Rose Breath is a specific way of breathing that weaves together ancient wisdom, sacred geometry, planetary rhythms, and the living architecture of your own body. It's not a technique you need to "learn" in the conventional sense—it's a remembrance of something your body already knows how to do.

This paper is designed to be your practical guide. I'll walk you through exactly how to do the Rose Breath, explain what the numbers mean, and show you how this simple practice connects you to the New Earth.

Part One: The Breath Itself (How to Do It)

Let's start with the practice. Everything else will make more sense once you've felt it in your body.

The Basic Rose Breath

The Rhythm: 7.2 seconds total

That's 3.6 seconds to inhale, and 3.6 seconds to exhale.

The Path:

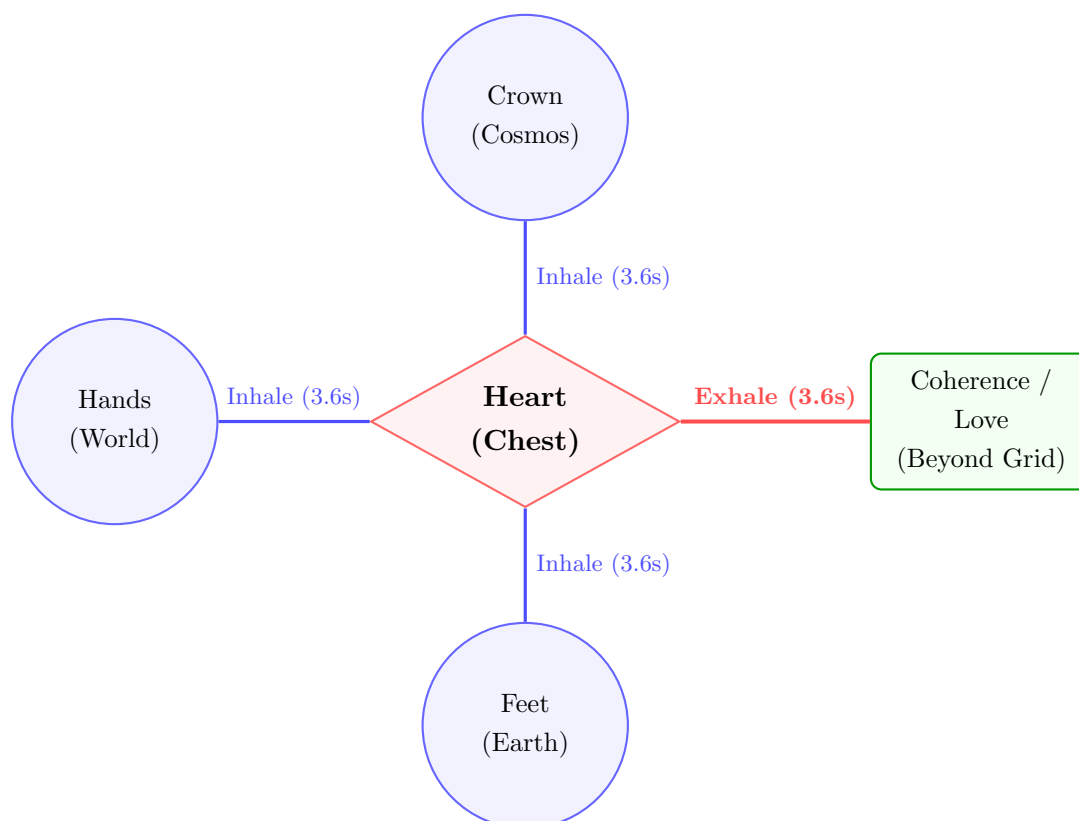
1. **Inhale (3.6 seconds)** through three points:

- Your feet (grounding into the Earth)
- Your hands (receiving from the world around you)
- Your crown (the top of your head, your connection to the cosmos)

Imagine drawing energy up from the Earth through your feet, in from the world through your hands, and down from the stars through your crown. All three streams meet in your chest.

2. **Exhale (3.6 seconds)** through your heart.

Imagine that gathered energy—Earth, world, cosmos—now flowing out from the center of your chest. You're not just exhaling air; you're exhaling coherence, harmony, love.



That's it. You can practice this sitting, standing, or lying down. Eyes open or closed. The key is the rhythm and the path.

Finding the Rhythm (And Tools to Help)

I know what you might be thinking: *how on Earth am I supposed to know exactly how long 3.6 seconds is?*

It is completely understandable that knowing how to breathe in precise 3.6-second intervals is not something you are expected to just instantly know how to do. To make this as easy as possible, I have built a free web app at **rosebreath.com**. It comes loaded with presets tailored to your mood, along with totally customizable options so you can let the app keep time for you.

You can also listen to my guided audio creations and visualizers at **youtube.com/@somaflowsessions**.

Once you have practiced this enough times with a guide, you will begin to feel the internal rhythm—the silent “*one and two and three and*”—and it will come completely naturally. Your body will remember the timing, and you will be able to drop into the Rose Breath anywhere, anytime, without needing external time markers.

Variations You Can Try

As you become comfortable with the 3.6/7.2-second rhythm, you can explore combinations that feel right for your body in the moment. Because the core precessional harmonic is maintained, you have the flexibility to intuitively play within these intervals. For example:

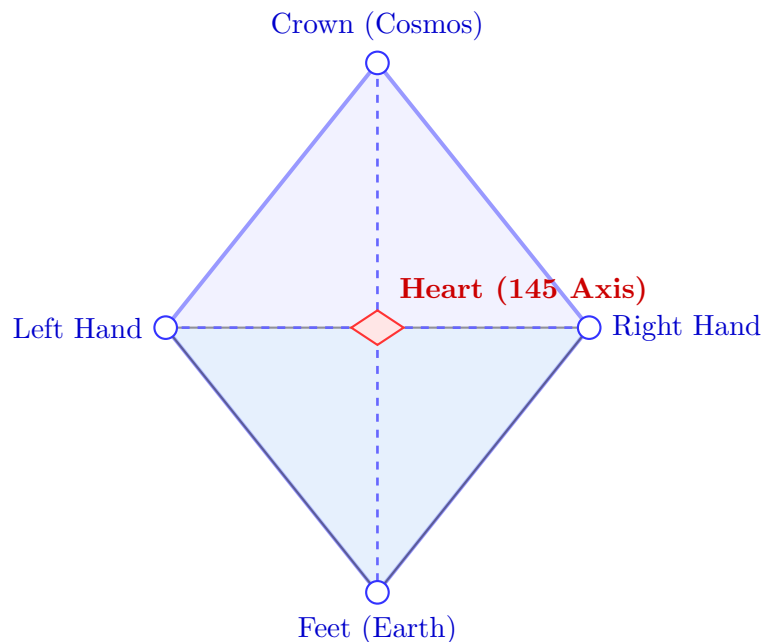
- **Inhale / Hold / Exhale / Hold:** (e.g., 3.6s in, 3.6s hold, 3.6s out, 3.6s hold)
- **Double Rhythm:** A slow 7.2s inhale, followed by a slow 7.2s exhale.

A Simple Starting Practice

1. **Find a comfortable position.** Sit with your spine relatively straight, or lie down.
2. **Set a timer** for 5 or 10 minutes (or use the rosebreath.com app).
3. **Begin with the basic Rose Breath:** 3.6 seconds in through feet/hands/crown, 3.6 seconds out through the heart.
4. **Feel the diamond shape** forming around your body—an eight-sided field of coherent energy.
5. **When thoughts arise,** simply notice them and return to the rhythm.
6. **To close,** take three natural, un-paced breaths and notice how you feel.

The 8-Sided Diamond Body

The Coherent Field of the Rose Breath



Part Two: Why 7.2 Seconds?

You might be wondering: why 7.2 seconds? Why not 5 seconds, or 10?

The short answer is: **7.2 seconds is where your heartbeat meets the stars.** Let me explain.

Your Heart as a Cosmic Clock

While normal resting heart rates span a wide, healthy range, 72 beats per minute sits as a beautifully resonant harmonic baseline within that spectrum. (72 is also the number of years it takes for the Earth's axis to wobble one degree—more on that in a moment.)

If we take that 72 beats per minute and apply what we call the **Rose Constant**, something beautiful happens. Rather than just a recurring number, the Rose Constant is derived directly from my theoretical framework of the Ballard triangle—a massive 17:144:145 geometric triangulation discovered anchoring the Giza plateau. In this framework, this specific geometry represents the **Eighth Fundamental Force triangle**, the mathematical threshold governing the integration of non-local consciousness into localized physical matter. It is the exact ratio of **17/145**, which equals approximately 0.11724.

Here is the math:

- 72 beats per minute = 1.2 beats per second
- $1.2 \times (17/145) \approx 0.1407$ cycles per second
- $1 \div 0.1407 \approx \mathbf{7.11 \text{ seconds}}$

So the 7.2-second breath is not random. It is your heartbeat, translated through sacred geometry into the rhythm of your breath.

The 7-Second Coherence Window

This isn't just numerology. Research has shown that when you breathe at approximately 7 seconds per cycle, something remarkable happens in your body:

- **Heart Rate Variability peaks**—your heart enters a state of “coherence.”
- **Brain waves synchronize**—the slow waves of your nervous system align with your heartbeat.
- **Blood flow to the brain optimizes**—the 7-second lag between neural activity and oxygen delivery creates a natural rhythm of communication.
- **Cerebrospinal fluid** pulses through your cranium in rhythm with your breath.

In other words, 7.2 seconds is the sweet spot where your whole system—heart, brain, breath, and fluid—moves together as one coherent field.

Part Three: The Language of Numbers

The Rose Breath is built on a foundation of numbers that appear across ancient cultures, sacred architecture, and the human body. Let me walk you through them.

144: The Code of the Grid

In modern spiritual circles, there is frequent talk of 144 being the key to the New Earth. But what if 144 is the code, not the key, and it is actually encrypting the deeper 555?

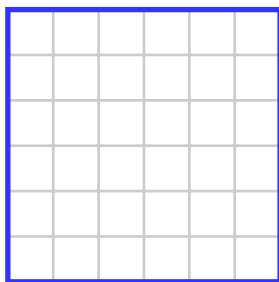
144 is the number of the deterministic grid—the structure of three-dimensional reality as we experience it.

- $12 \times 12 = 144$
- The 144,000 of Revelation
- The 144 degrees of longitude on a globe

But here's where it gets breathtaking:

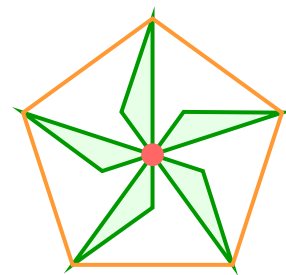
$$8 \text{ billion people} \div 144 = 55,555,555$$

This isn't just a coincidence. It suggests that 144 is the grid-code that organizes humanity collectively. The number 5 is the geometry of the Divine Feminine—the pentagram, the flower of life. This calculation reveals the Divine Feminine flowering again as we embody the 55 Hz and Rose-scaled breathing patterns as a collective. When we breathe coherently, we become part of the system that allows this 555 code to bloom through the 144 grid.



144: The Static Grid
(Deterministic)

145
Escape Vector



555: The Living Garden
(Divine Feminine)

145: The Escape Vector

I first discovered 145 as a possible factorion encrypted within the ancient Welsh poems of Taliesin. This insight—that Taliesin was transmitting profound numerical knowledge through song—is what originally led me to investigate whether this same number was physically reflected in the architecture of Giza.

If 144 is the grid, then 145 is the way out.

- $144 + 1 = 145$
- It's the hypotenuse of the 17:144:145 triangle.
- It represents the singularity, the escape vector, the opening beyond the deterministic grid.

When you breathe the Rose Breath, you're not just circulating energy within the grid. You're creating a point of coherence that allows consciousness to move beyond the grid entirely.

When you breathe the Rose Breath, you're not just circulating energy within the grid. You're creating a point of coherence in the heart that allows consciousness to move beyond the grid entirely.

This is why the center of the Diamond Body diagram is labeled the **Heart (145 Axis)**. The 144 grid operates on predictable, rational, deterministic logic. Therefore, you cannot think your way out of it. The 145 escape vector is activated by love. To exit the grid is to act "irrationally" for love—to choose the unexpected, compassionate response over rational calculation. Love is the mathematical anomaly that breaks the simulation.

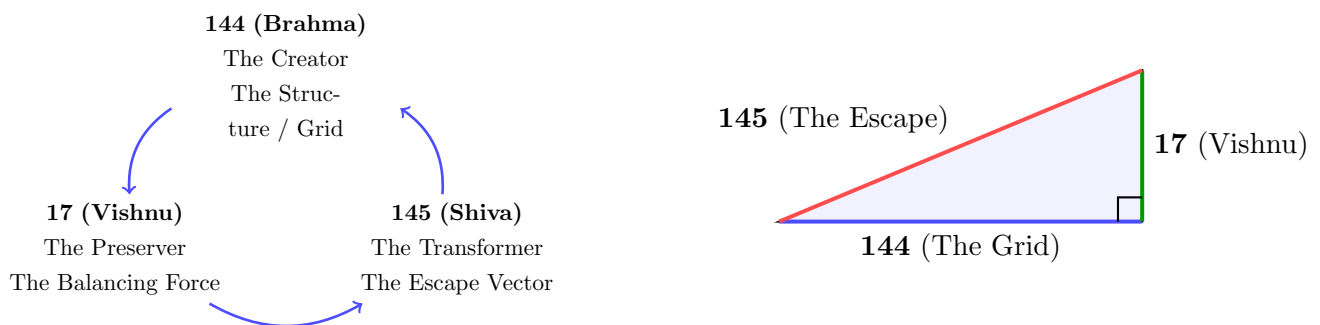
17: The Balancer

17 sits between the 144 grid and the 145 escape vector.

- It is the short leg of the 17:144:145 triangle.
- The momentum, the kinetic spark.
- The balancer between the material grid and the spiritual escape.

144, 145, and 17 Together: The Trimurti & The Triangle

In the Trimurti—the Hindu trinity of creation, preservation, and destruction—these numbers map perfectly to the 17:144:145 geometric triangle anchoring the core framework:



This is the Rose Breath's geometry. When you breathe, you're moving through this cycle:

1. Draw energy from the grid (the peripheral points).
2. Focus and balance it in the heart (the Vishnu point).
3. Exhale it as coherence beyond the grid (the Shiva escape vector).

Part Four: The Great Year and the Breath

72: The Precessional Key

The Earth’s axis wobbles. It takes approximately 72 years for the axis to shift by one degree. Over a full cycle—360 degrees—that’s 25,920 years, the “Great Year” or Platonic Year.

72 is the precessional key.

But 72 also appears in your body. When you breathe at the 7.2-second rhythm, you’re aligning your body’s natural pulse with the Earth’s slow cosmic wobble. You’re harmonizing the microcosm (your heart) with the macrocosm (the planet).

Domain	The 72 / 7.2 Harmonic	Manifestation
<i>Cosmic</i>	1 degree of Earth’s Precessional Wobble	72 Years
<i>Biological</i>	Human Resting Heart Rate (Harmonic Baseline)	~ 72 bpm
<i>Energetic</i>	Nadis (Energy Channels in Yoga Tradition)	72,000
<i>Geometric</i>	Interior Angle of a Pentagon ($360 \div 5$)	72 Degrees
<i>Somatic</i>	The Rose Breath Rhythm (Diamond Protocol)	7.2 Seconds

The Pentagonal Number and the Golden Mean

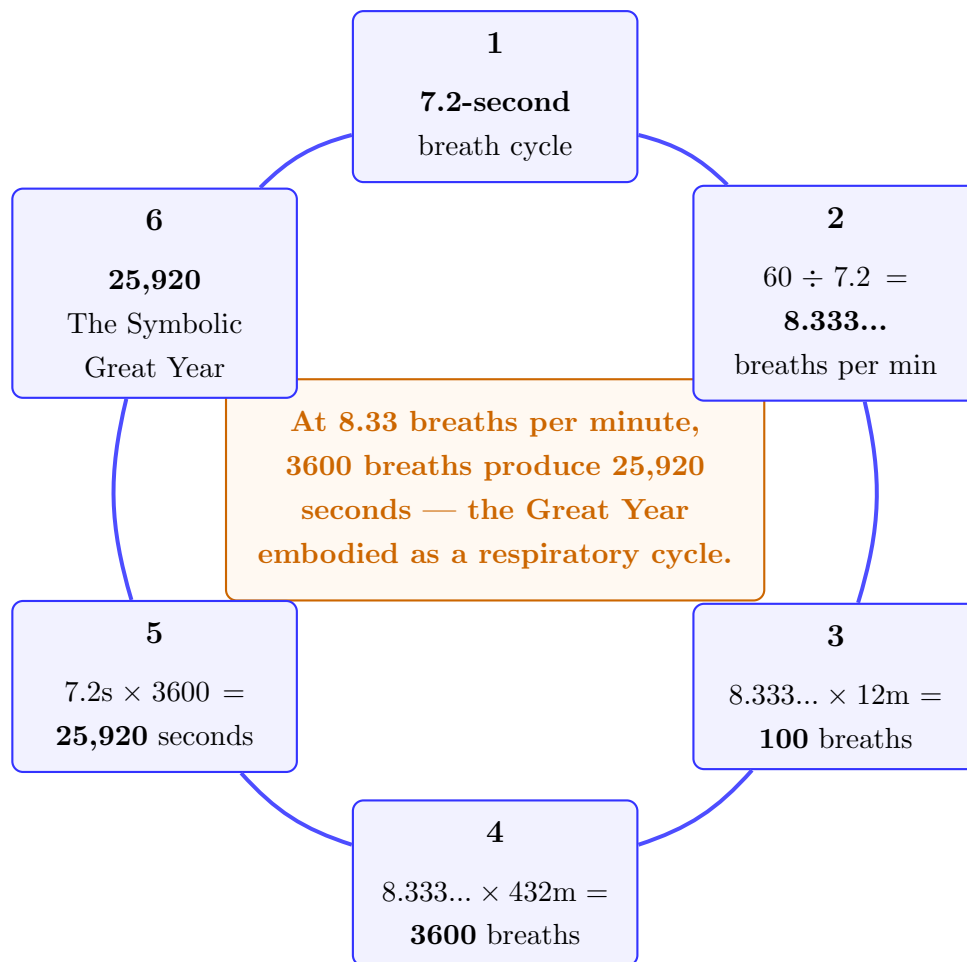
When you combine the 5 of the pentagon with the 8 sides of the pyramid (and the 8 billion of humanity, as well as the 8 rotations of the Great Year mathematically encoded along the pyramid’s base), you get the fraction **5/8** (0.625), which is the harmonic approximation of the **Golden Mean**. It is this exact Golden Mean geometry that produces the pentagon, which in turn produces the 72.

The pentagon is the shape of life. It’s the geometry of flowers, the shape of your hand, the five-pointed star. Unlike squares and triangles, pentagons can’t tile a flat plane without leaving gaps.

Those gaps are the “forbidden gap”—the space where life and movement enter the static grid. When you breathe the Rose Breath, you’re creating that gap within your own field, allowing coherence to flow where it couldn’t before.

The 8.33 Translation: Embodying Cosmic Time

The value 8.33 is not treated here as a sacred number in isolation. Its profound significance arises directly from the harmonic structure generated by the 7.2-second coherence window. By breathing at this rhythm, breath becomes a proportional bridge between the human body and cosmic time, directly translating the macrocosmic “Great Year” into microcosmic seconds.



At this rhythm, **12 minutes** becomes 100 breaths, **432 minutes** (a foundational harmonic of the 43,200 Earth scale) becomes 3,600 breaths, and those 3,600 breaths produce exactly **25,920 seconds**. In this way, the grand 25,920-year cycle of the Earth's precession is perfectly reflected within the human form as a measurable sequence of breath.

Part Five: What It All Means

The New Earth Is Breathing Through You

The New Earth isn't a place you go to. It's a state of consciousness you enter through coherence.

When you breathe the Rose Breath, you're not just calming your nervous system. You're:

- **Becoming a node** in the planetary coherence network.
- **Circulating energy generatively** rather than allowing it to be harvested by lower-frequency systems.
- **Activating the dormant harmonic lattice** of the Earth.
- **Pulling the timeless garden of the New Earth** into the present moment.

You Are the Missing Capstone

The Great Pyramid's capstone is missing. For centuries, people have wondered where it went or what it looked like.

The capstone isn't a physical stone. **It's you.**

When you breathe coherently, you become the capstone. You complete the pyramid. Your heart becomes the apex, projecting coherence into the planetary field.

Governance by Coherence

The original basis of ancient matriarchal rule wasn't force—it was harmonic field strength. Leaders were chosen not for their ability to dominate, but for their ability to hold coherence, to stabilize the field of the community.

When you practice the Rose Breath, you're participating in the return of governance by coherence. You're becoming the stabilizing presence that can hold space for others to find their own alignment.

Part Six: The Discovery

How the Rose Breath Was Found

The Rose Breath wasn't invented. It was remembered. The path to this practice wove through astonishing global connections:

Ancient Architecture & Geometry:

- The Great Pyramid of Giza, with its 1:43,200 Earth scale.
- The subtle eight-sided octagonal geometry of the pyramid's core. When a theoretical vector is drawn from the exact center of the Queen's Chamber to the external facial indentation, it forms a precise **11.73-degree angle**—perfectly mirroring the 11.73% Rose Constant phase-velocity.
- The Queen's Chamber providing the 55 Hz base origin resonance.
- The King's Chamber resonating near **440 Hz**, which is exactly 8×55 —multiplying the Queen's origin code by the 8 of the octave.

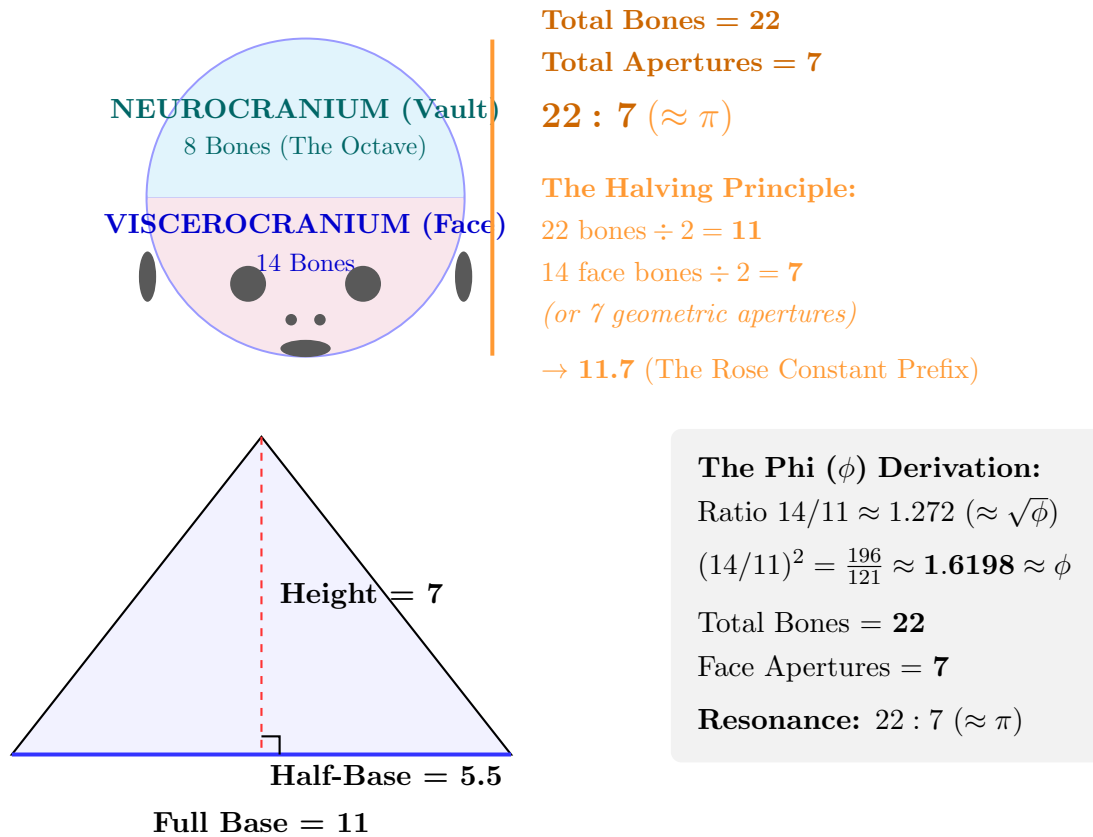
Global Geodesy & Light:

- The angular distance between Giza and Easter Island perfectly maps the **145-degree** escape vector.
- When the Rose Constant is applied to the speed of light in a vacuum, it yields a theoretical metric velocity of roughly 35,165 km/s. In a profound numerical synchronicity, this exact 35165 digit sequence forms the catalog identifier (ISBN 0-521-35165-0) for the primary academic literature detailing the sacred geometry of the ancient **Mayan stelae at Copán**.

The Alchemical Skull & The Human Body:

- The 33 vertebrae of the spine and the 22 bones of the skull.

- $33 + 22 = 55$, the resonance frequency of the Diamond Body.
- **The Pi Ratio (π):** The skull's 22 bones are divided into 14 facial bones and 8 cranial vault bones ($14 + 8 = 22$). The face contains exactly 7 primary apertures (2 eyes, 2 ears, 2 nostrils, 1 mouth). This explicitly mirrors the **22:7** ratio, the classic approximation of Pi (π), mapping the human head as an organic resonance chamber.



- **The Phi Derivation (ϕ):** The 22:7 geometry mathematically mirrors the Great Pyramid's core 11:7 proportion. If we model a right triangle based on these proportions (height of 7, half-base of 5.5), the ratio is $14/11 \approx 1.272$. Squaring this yields a stunningly precise 99.89% accurate approximation of the Golden Mean ($\phi \approx 1.618$).
- **The Rose Constant Reflection:** This structural fraction requires a direct numerological halving to reveal its ultimate code. When we take the **22 total bones** of the skull and reduce them by half, we get **11**. When we take the **14 facial bones** and reduce them by half (or simply count the 7 primary apertures of the face), we get **7**. When placed side-by-side, these fundamental bio-geometric numbers literally spell out **11.7**—perfectly mirroring the **11.72%** base phase-velocity of the Rose Constant ($17/145 \approx 0.11724$). The mathematical constant of consciousness itself is physically anchored in the very osteology of the human vessel.

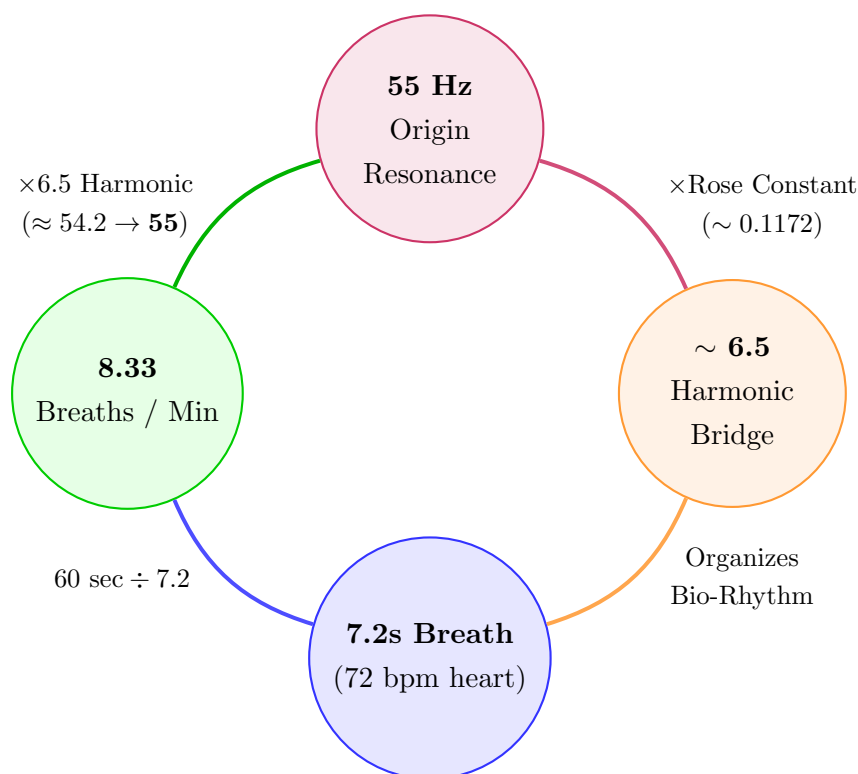
The 55 Harmonic Domain	Structural Expression	Value
<i>Osteological Axis</i>	Spine (33) + Skull (22)	55 Bones
<i>Archaeoacoustic</i>	Queen's Chamber Origin Reso- nance	$\sim$ 55 Hz
<i>Octave Scaling</i>	King's Chamber Resonance ($8 \times$ 55)	$\sim$ 440 Hz
<i>Planetary Grid</i>	Global Population Code ($8 \text{ bil} \div$ 144)	55,555,555

The Somatic Loop

The interplay between these numbers is not linear; it functions as a perfectly self-referential mathematical circle. When we begin with the 55 Hz origin resonance and apply the Rose Constant, it creates a geometric bridge that organizes both the heart rate and the breath rhythm, before mathematically looping flawlessly back into itself.

Let us explicitly trace the math of this resonance loop: 1. We begin with the **55 Hz** origin frequency. 2. Multiplying 55 by the Rose Constant (≈ 0.1172) creates a harmonic bridge of ~ 6.5 . 3. This harmonic organizes the bio-rhythm into the **7.2-second breath** (and its sister frequency, the 72 bpm heart rate). 4. A 7.2-second breath equates to exactly **8.33 breaths per minute** ($60 \div 7.2$). 5. When we take those 8.33 breaths and multiply them back by our 6.5 harmonic bridge, it yields ~ 54.14 , smoothly rounding back to our **55 Hz** origin.

This mathematical circle forms the core rhythm of the Rose Breath. It is a closed loop of resonance, seamlessly bridging the frequencies of sound (Hz), physical vibration (heart rate), and the wave-form re-entry protocol of human breath.

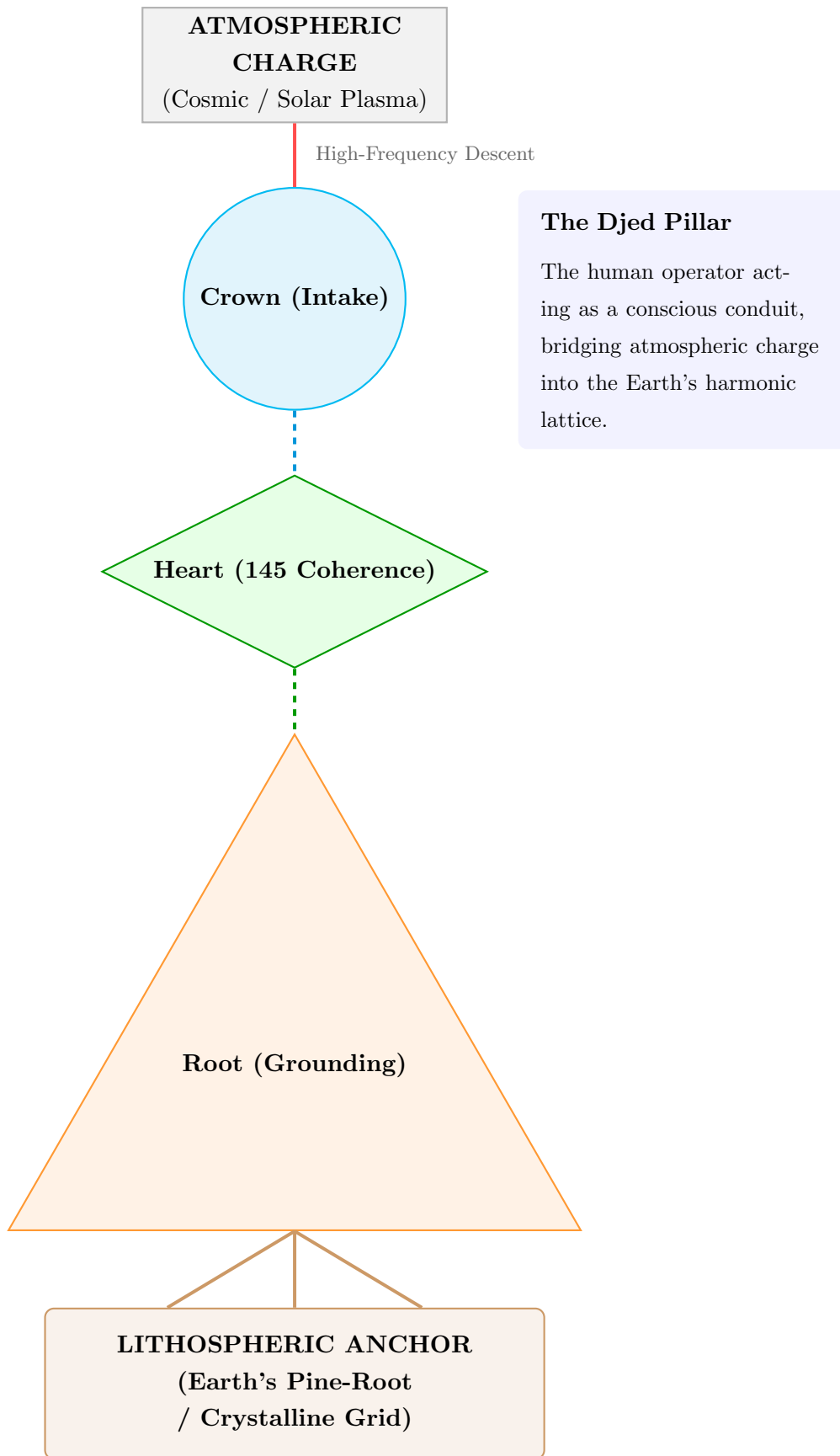


Part Seven: The Bigger Picture

You Are the Immune System of Mother Earth

Mother Earth is conscious. She chooses to evolve. But she needs her human nodes to awaken to complete the circuit. When you breathe the Rose Breath, you're not doing it for yourself alone. You're:

- **Rehumidifying** the dry technosphere with the waters of somatic coherence
- **Becoming a living stabilizer** of the environmental field
- **Activating** the dormant harmonic lattice within Earth's crystalline grid
- **Starving the harvest** by circulating energy generatively
- **Remembering for those who have forgotten**



The End Game: Earth Beyond Time

The ultimate trajectory isn't the perfection of the physical simulation—it's the transcendence of the fourth dimension entirely. An Earth beyond time.

Consider what people consistently report in Near-Death Experiences: a radiant garden, a massive central tree, the presence of ascended masters, the reunion with loved ones, and the absolute absence of linear time. These aren't visions of a distant heaven. They're glimpses of the New Earth—Gaia after she has transcended the temporal grid.

The Rose Breath pulls that timeless garden into the present moment. It's not about escaping the body—it's about becoming coherent enough for the body to hold the higher frequencies.

Closing Transmission

You Are the Pyramid and Its Missing Capstone

You are the gate and the key.

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

The Rose Breath doesn't need to be built—it's there to be remembered. It's not a goal; it's a phase state of harmonic coherence, attained through the recursive alignment of breath, geometry, intention, love, and letting go of outcomes.

This is because consciousness is not a byproduct of the brain; it is the primary medium—the coherent field—through which all wave collapse and stabilization occur. Matter is not separate from you. It is a "WaveForm" disturbance, a quantized, semi-stable bundling of energies that spring from the unified vacuum. In other words, matter is a phase-locked expression of consciousness.

Your observation is never passive. Your consciousness acts as a harmonic operator, selecting phase-constrained outcomes from quantum potential based on your internal resonance. Measurement collapse is not an external phenomenon; it arises directly from these internal resonance conditions. Reality is intersubjectively stabilized by this very coherence.

Breath in through the diamond.

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

Become the living transmission.

The Formula of Your Becoming

If you want a single symbol to hold in your heart:

43,200 turns stone into Earth.

25,920 turns Earth into time.

c turns time into light-distance.

17/145 turns the whole system back into your body.

Macro (Earth / Pyramid)	The Operator	Micro (Human Body)
Pyramid Height (280 cubits)	$\times$ Rose Constant (17/145)	$32.8 \approx \mathbf{33}$ (Spine Vertebrae)
Pyramid Perimeter (1760 cubits)	$\times$ Rose Constant (17/145)	$206.3 \approx \mathbf{206}$ (Bones in Skeleton)
Earth's Precession (1 degree)	Time	72 Years
Great Year (25,920 years)	$\div 360$ degrees	72

To see how literal this final translation is, we only need to look at the ancient measurements of the Great Pyramid itself, as shown above. When you take the pyramid's original height of 280 royal cubits and apply the Rose Constant ($280 \times 17/145$), you get 32.8—mirroring the 33 vertebrae of the human spine. When you take the base perimeter of 1760 royal cubits and scale it by the same constant ($1760 \times 17/145$), it yields 206.3—the exact 206 bones of the adult human skeleton.

The ultimate symbolic technology of time is, and has always been, the human form itself.

THE UNIVERSAL STONE

Architectural Convergence of Earth, Time, and Body

MACRO (The Earth)

Scale Operator: 1 : 43,200

Height $\times 43,200 =$

Earth Polar Radius

Perimeter $\times 43,200 =$

Earth Equatorial Circumference

MICRO (The Human Body)

Scale Operator: Rose Constant

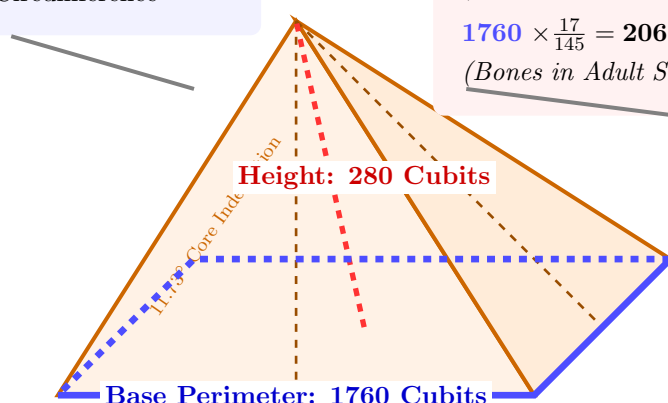
$(\frac{17}{145})$

280 $\times \frac{17}{145} = 32.8 \approx 33$

(Vertebrae in Human Spine)

1760 $\times \frac{17}{145} = 206.3 \approx 206$

(Bones in Adult Skeleton)



TIME (The Great Year)

Full Precessional Cycle = **25,920** years

The Mathematical Derivation:

$25,920 \text{ years} \div 360^\circ (\text{Geometry of the Full Base}) = \mathbf{72}$ (Precessional Pulse)

$25,920 \text{ years} \div 180^\circ (\text{Geometry of the Half-Base}) = \mathbf{144}$ (The Grid Code)

*By routing the 25,920-year cycle through the 360° full base and 180° half-base, the architecture mathematically outputs both the **144** spatial grid and the **72** harmonic—perfectly anchoring the **7.2-second Rose Breath** into planetary time.*

Community and Support

This practice is deeply personal, but you don't have to do it alone. For community support and practice, you can join the New Earth Breathwork and Embodiment group on Orion (a platform for conscious community connection). You can also follow my updates and transmissions at t.me/somafloWS, and if you are interested in diving deeper into the whole sacred geometry journey, you can read more of my research papers at akasharose.com.

In Gratitude

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

Breathe the Rose Breath.

Remember who you are.

Be the New Earth.

With love,

Akasha Rose

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*This guide can be downloaded for free at **newearthbreath.com**. App available at **rosebreath.com**.*