

# HARMONY WITHIN THE COSMOS

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GEP Cabinet Minister for Environment

"The Universe (Cosmos) is composed of Energy and Consciousness. Energy is the manifested Universe (Cosmos), composed of vibration. Consciousness is the non-vibrating, all-pervading, all-powerful, all-knowing Reality. Both are the same, simply in a state of vibration or no vibration. Consciousness is what we are all seeking – immeasurable light and bliss. It is also our fundamental nature," HH Jagadguru Swami Isa.

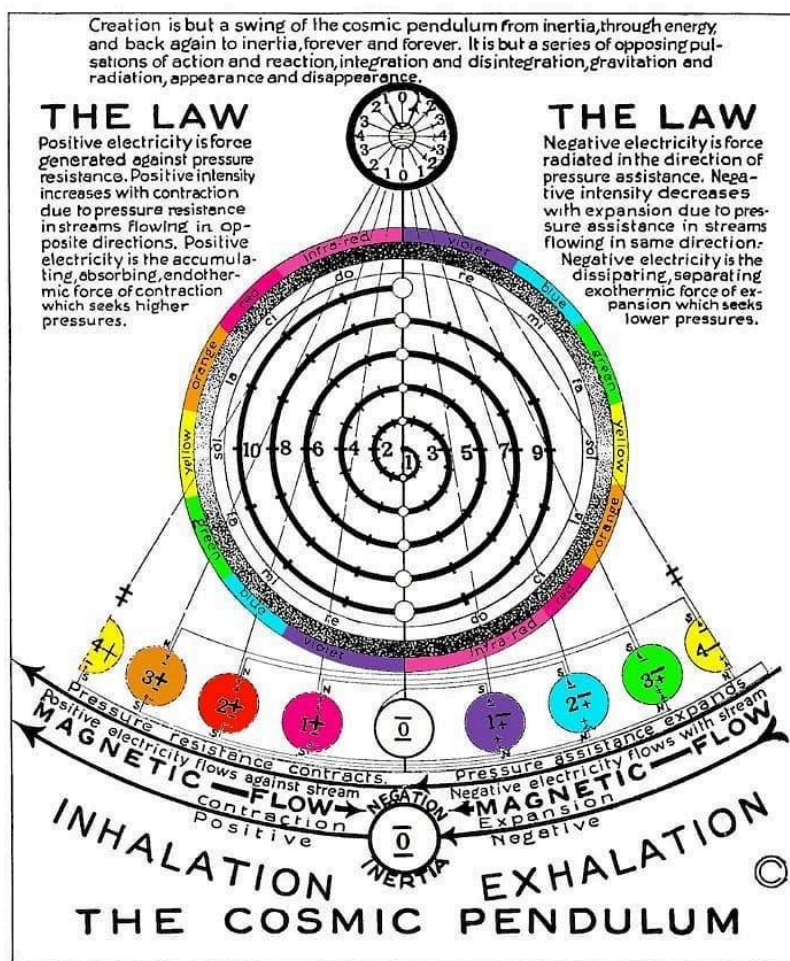
The I-Theory, by HH Jagadguru Swami Isa, postulates the existence of the only true elementary particle, the smallest unit of energy, and the building block of all matter. The I-particle is a vibration. The vibration creates frequency, wavelength, quality, time, and space. The duration between two fundamental vibrations is time. The distance between I-particles is space. Every vibration needs two forces to act upon it – positive and negative. The I-particle contains both negative and positive vibrations.

Jain 108 Academy,  
April 6, 2023

**"The universe exists solely of waves of motion ... There exists nothing other than vibration."** ~ Walter Russell

Both frequencies of male/positive and female/negative polarities are necessary to create all life. The attraction of male and female energies, be it through copulation or pollination, plays a vital role in the reproduction and survival of a species in harmony within the Cosmos. Without or beyond reproduction, exposure to harmonious frequencies contributes to longevity.

I believe the creation of the Cosmos occurred when male/positive and female/negative polarities of energy were attracted by a



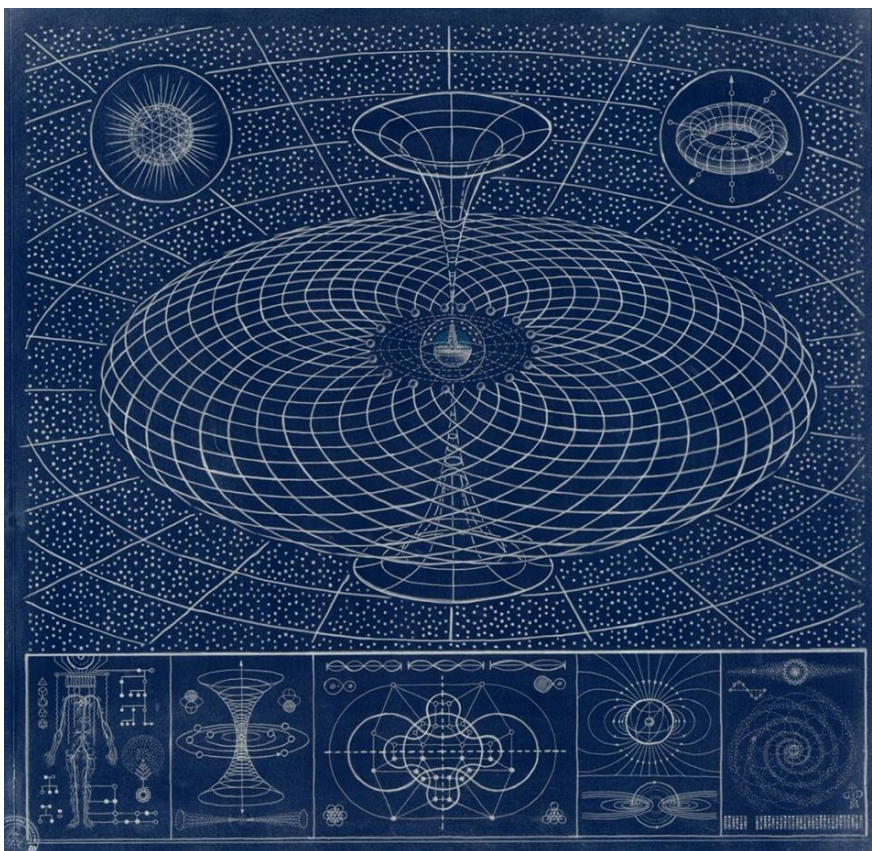
ALL EFFECTS OF MOTION ARE ORDERLY AND PERIODIC. THE COSMIC PENDULUM UNFAILINGLY RECORDS AND ADJUSTS ALL PERIODICITIES



symphony of planetary/star harmonic frequencies (sound) and united by radiated Sunlight (love) - Just like everything else reproduces. The creation of our solar system and all its life is far more magnificent than the meaningless big-bang theory claim.

Everything in the Cosmos has a positive or negative vibration that attracts or repels according to the Laws of Nature. Though different, male and female frequencies are equally vital to create a healthy balance to maintain harmony, reproduction, and long-term survival of all life in the Cosmos. From the Sun to the planets - from all life on Earth to tiny cells, everything is connected and **Nature Rules Supreme** to ensure harmony within the Cosmos.

***“Every unique thing in Nature is related to the whole and partakes of the perfection of the whole.”*** ~ Ralph Waldo Emerson



Jain 108 Academy,  
November 19, 2023

### **TORUS: Blueprint of Creation**

Human Beings are like the Earth. Man-Woman and the Earth-Grid are Toroidal, no different than the shape of an apple, a smoke ring, or the curved torus-lens of the Iris of your Eye. Even our red blood cell platelets are (flattened) Tori. The Sun is also a Torus. The Torus is the BluePrint for all intelligent forms.

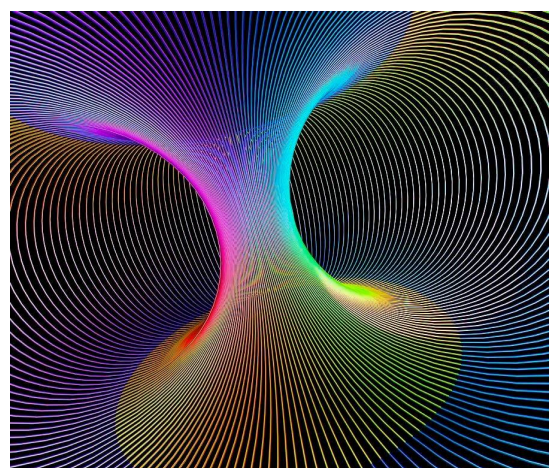
Art: @DanielMartinDiaz

**Jain 108 Academy**

October 29, 2022

The **TORUS** (Latin for Ring) is the perfected geometry of the human energy field. It is the shape of the human zygote after 512 cell divisions. Thus, it stores all the memory of who we are. It is essentially a sphere imploded to form a highly efficient doughnut-like shape, having maximum volume for minimum surface area. That is why smoke rings take this form, as it is a dynamic and intelligent way for atoms to move through space.

The eye iris is also a Torus, as this perfected





geometry captures light at the optimum level. In fact, everything is a Torus - a proton, an apple, and the planet Earth with its dimpled north and south poles are all Torii (plural).

This 4th-dimensional imploded sphere is the Language of Higher Dimensions. It must be taught to all children of all ages so that our future designs ring with these psycho-active hyper-geometries. It permits a connection between the atomic world and the galactic. Make good use of it!

Jain 108 Academy, February 12, 2023

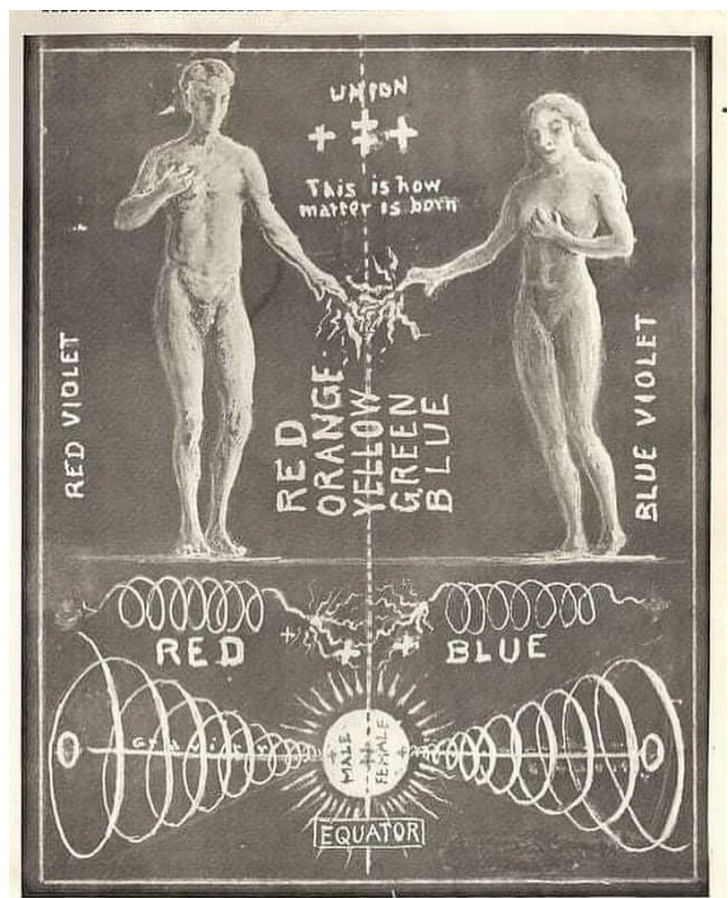
**The human body is a miniature solar system. Each of the glands connects to the different planets.**

Jain 108 Academy, May 3, 2023

***"The true measure of greatness of a human being is their ability to express love in a relationship."***

~ Dr. Walter Russell

#walterrussell #universallaw



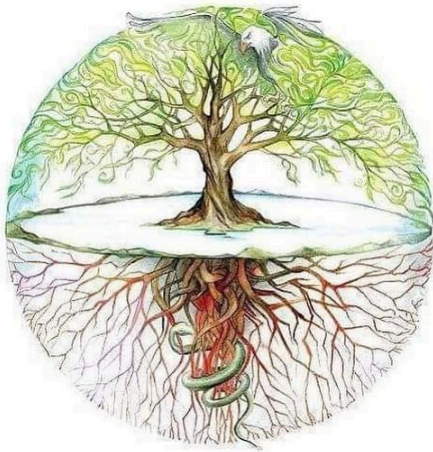
***"Look deep into Nature, and then you will understand everything better."***

~Albert Einstein.

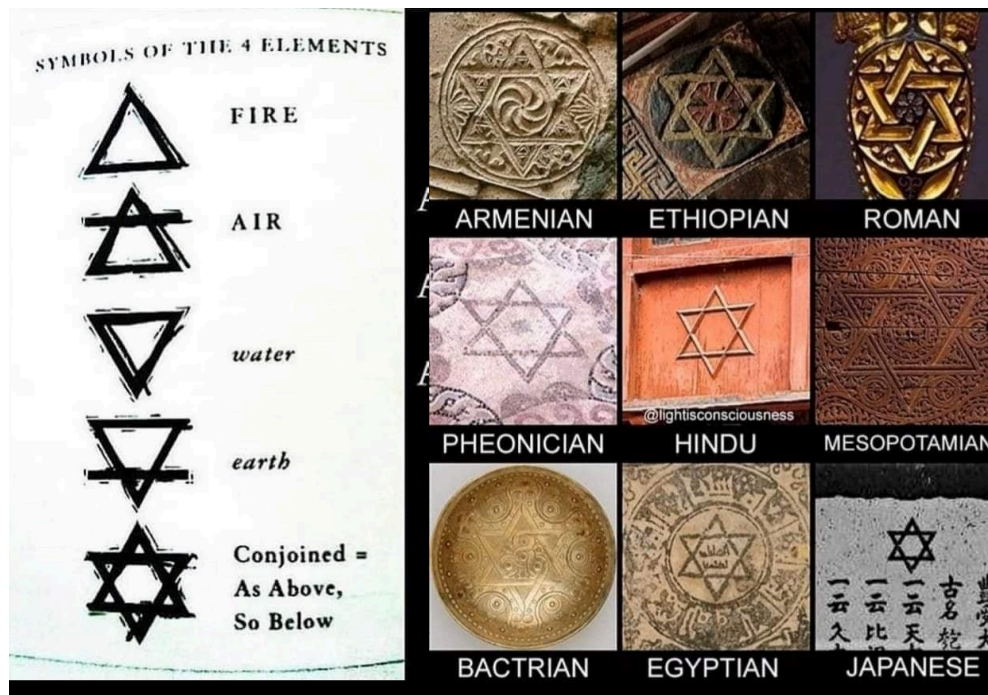
***"As above, so below, as within, so without, as the universe, so the soul."***

~ Hermes Trismegistus





Since the beginning of time, Nature has evolved over millions of years to perfection. Nature provides all the answers, knowledge, and wisdom. Scholars and wise men and women learn from and work with the power of Nature.



To think or claim that man knows better than Nature or can control it reveals the height of ignorance, stupidity, or corruption. In reality, everything claimed to be



invented by man is created by Nature. Man/woman only discovered what already existed in Nature. What man/woman does with this knowledge determines the outcome.

Exploring ancient knowledge enlightens and reveals the bigger picture. It also confirms that our inner and outer environments are inseparable.

***“The wisest and noblest teacher is Nature itself.”*** ~ Leonardo da Vinci

All the beautiful diagrams, photos, art, and quotes in this article are with permission from Jain 108 Academy. Jain, with his online courses, provides a wealth of knowledge. His pictures, photos, and art speak a thousand words! **Thank you, Jain!**



***“Nature is the source of all true knowledge which others apparently know nothing of and, for the most part, do not want to know.***

***Loneliness does not come from having no people about one, but from being unable to communicate the things that seem important to oneself, or from holding certain views which others find inadmissible.”*** ~ Carl Jung

***“Everything in the Universe speaks in frequencies, creating sacred geometry!”***

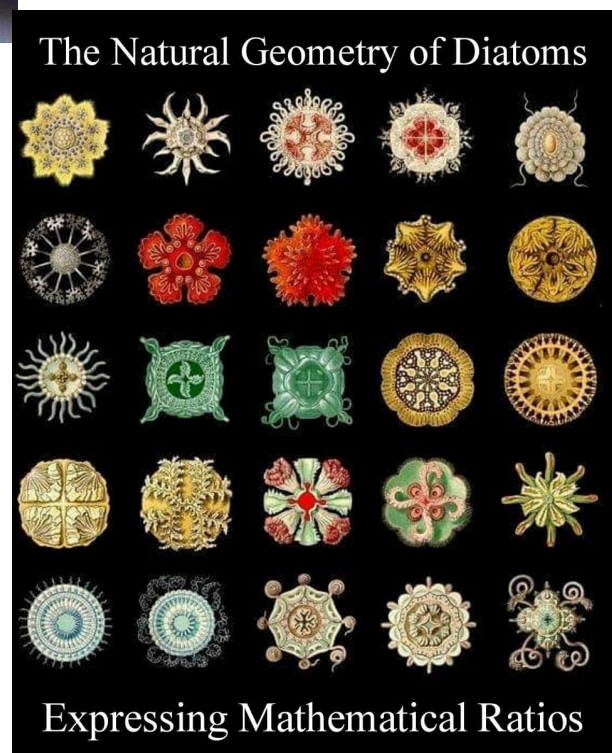
~ Lady Carla Davis

***“The book of nature is written in the language of mathematics.”*** ~Galileo Galilei

Jain 108 Academy, March 28, 2023

### **The Natural Geometry of Diatoms**

**Diatom:** A single-celled alga that has a silica cell wall. Many kinds are planktonic and extensive fossil deposits.





## Explore Sacred Geometry and the Intimate Connection to Nature with Jain 108



Image: by Dean Marston

Jain 108 Academy,  
July 25, 2023

***"The medicine of the future will be music and sound."*** ~ Edgar Cayce (1877-1945)

**DNA reacts to frequencies. Specific frequencies can repair damaged DNA. That is why music is good medicine.**

Jain 108 Academy,

September 23, 2023

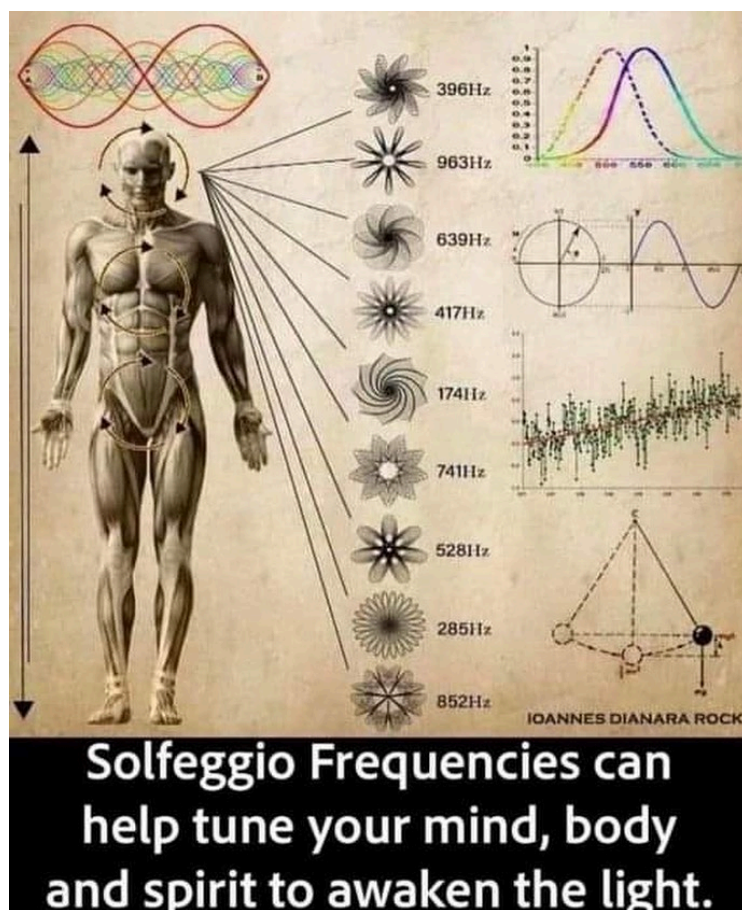
**Hypogeum In Malta:  
Underground Stone  
Chamber in the  
Gamma Range of 111  
Hertz. 111 Hz  
Attunement deepens  
our awareness and  
wisdom.**



The ancients used Sound frequencies to Heal. In Malta, at the oldest underground temple in the world, there is a room called the **Oracle Chamber** designed to vibrate sound at 111 hertz, which scientists now know kills cancer cells using the powers of the 11th harmonic.

Ancient scholars had a guarded secret regarding resonance. It is simply about the essence of harmonic resonance, where one body can vibrate in such a way that it can change the body of another. They hid this knowledge in stone temples, many of which are underground.

Linda Enix, an archaeology researcher and President of *The Old Temples Study Foundation*, commented, "Standing in the *Hypogeum* is like being inside a giant bell...you feel the sound in your bones as much as you hear it with your ears. It's really thrilling!"



She added that people who stood inside this temple became more Empathic, and their moods shifted due to this sonic impact.

Jain 108 Academy, May 1, 2023

***"One who knows the secret of sound knows the mystery of the whole universe."***

~ Hazrat Inayat Khan

Image: unknown

#cymatics #frequency #hz #sound  
#vibration #energy #music  
#cyclical #musical #soundwave  
#resonance #healingmusic  
#sacredmath #healingsound  
#overtones #harmonics  
#sacredgeometry

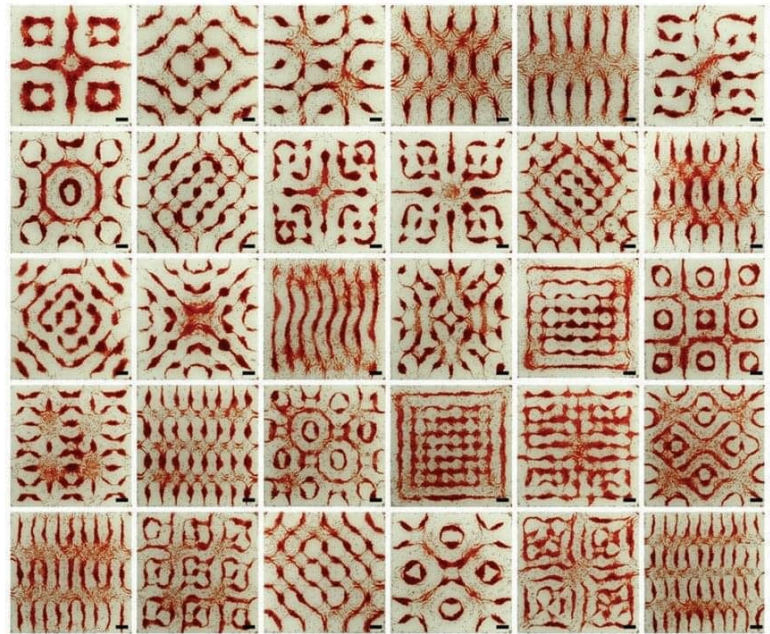
Jain 108 Academy, July 8, 2023

**Research at Stanford University is finding acoustics to create new heart tissue!**

This image shows the 'cymatics' or geometric patterns created in heart cells when applying various sounds. In bio-acoustic sound medicine, sounds imprint every cell and science continues to prove this ancient axiom.



Cardiologist Sean Wu, MD, PhD, and bio-acoustic engineer Utkan Demirci, PhD, use acoustics to manipulate heart cells into intricate patterns. [See more](#)



# the POWER of BREATH

@animamundiherbals

### ANTI-ANXIETY

Your breath is a physical reflection of your mental state. This slow, rhythmic breath stimulates the parasympathetic nervous system, which reduces the heart rate and relaxes the muscles and mind.

### IMMUNE BOOSTER

Diaphragmatic breathing expands the lungs, increasing efficiency in oxygen absorption, lowering cortisol levels, blood pressure, improving the autonomic nervous system, thereby enhancing our immune response.

### STRESS RELIEF

When stressed, we tend to take shallow breaths that limit the diaphragm's full range of motion. Next time you feel stress levels rising, place one hand on your belly, + take a deep breath in through the nose for a count of four, exhaling for the count of 6. Feel your belly rise and fall. Repeat for 1 min.

### SELF LOVE ACTIVATION

Breathwork allows us to shift out of our mind and into our body. When you are able to connect to your breath, you begin to feel a deeper connection to your self. This initiates the process of self-love.

### BEING HERE-NOW

Breathing exercises can aid in slowing down and being mindful, allowing you to reconnect with the 'now'.

### DIGESTIVE SUPPORT

Breathing properly increases blood flow, helping the digestive organs work more efficiently; speeds up the metabolism, + helps stabilize blood sugar levels.

### RESTORATIVE SLEEP AID

Breathing exercises directly signals our parasympathetic nervous system to calm the body down. Enabling deep, restorative sleep.

### INCREASED ENERGY

Breathwork improves oxygen capacity in the blood which improves energy level + stamina.

**Jain 108 Academy** April 27, 2023

*"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts."*

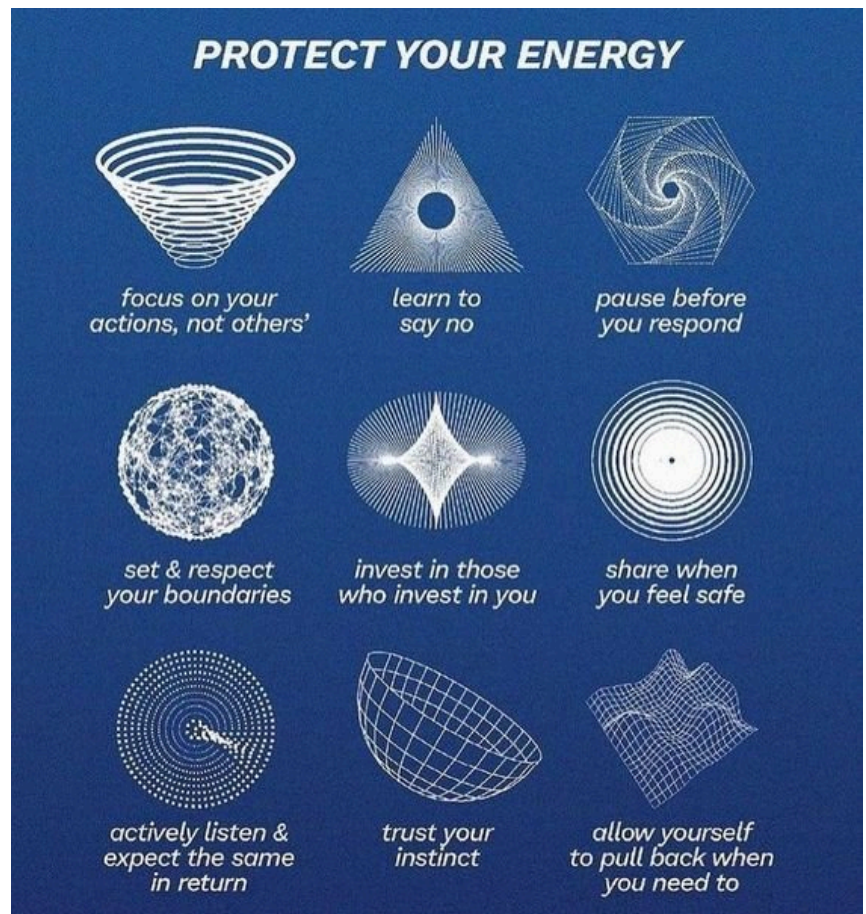
*"Whenever your mind becomes scattered, use your breath as a means to take hold of your mind again."*  
~ Thich Nhat Hanh



**Energy flows where attention goes!**

Jain 108 Academy, June 28,  
2023

Jain 108 Academy,  
September 20, 2023  
***“Educate the children and  
it won’t be necessary to  
punish the men.”  
~ Pythagoras***



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