

JLH INSTITUTE · WEDNESDAY DEVELOPMENT SERIES

THE PHYSICS OF
ATMOSPHERE

**How Energy Collects, Compounds,
and Creates Spiritual Environments**

Student Workbook · Spiritual Development Class

"Where humans speak, heaven listens.

Where spirits dwell, matter remembers."

— Jonathan L. Harris

Name: _____

Date: _____

Session: _____

Tier: _____

HOW TO USE THIS WORKBOOK

This workbook follows Jonathan's teaching *The Physics of Atmosphere*. Every section pairs the spiritual law with your real life. Read each teaching, then do the reflection or exercise before moving on. Don't just receive — apply.

- Read each section before writing — don't fill in blanks without thinking.
 - Be honest about your own atmosphere. This is a diagnostic, not a performance.
 - Come back to this after tonight. The integration happens through the week.
 - Bring what you discover back to the group next session.
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SECTION 1 — CLASS OVERVIEW

The Central Teaching

Atmosphere is not abstract or mystical — it is physics. Every environment you inhabit is shaped by the thoughts, emotions, words, and spiritual presences within it. You are not a passive recipient of atmosphere. You are a co-creator of it. Tonight's teaching gives you the language, the laws, and the tools to understand, diagnose, and intentionally build the spiritual environments around you.

The 12 Laws Covered Tonight

I	The Atmosphere Is Alive	Every environment has a pulse — a living, invisible field.
II	The Law of Accumulation	Atmosphere is built by repetition, not single moments.
III	The Human Role in Atmosphere	You are a co-creator of the energy around you.
IV	The Anatomy of Atmosphere	Four layers: physical, emotional, mental, spiritual.
V	Two Currents: Creation & Corruption	Atmosphere either builds or breaks.
VI	How Atmosphere Responds to Intention	Intent is the key that activates the invisible.
VII	Resetting & Recalibrating a Space	Polluted atmosphere must be actively reset.
VII I	The Leader's Responsibility	You are both the thermostat and thermometer.
IX	Environmental Residue & Law of Return	Every word spoken lingers until neutralized.
X	Energetics of Hope and Despair	Hope is a high-frequency substance. Despair collapses.
XI	Atmosphere Diagnostics	Signs and signals that tell you what the room holds.
XII	Final Reflection	Atmosphere is the silent testimony of the soul.

SECTION 2 — CORE TEACHINGS

Laws I & II: The Atmosphere Is Alive · The Law of Accumulation

Atmosphere is the invisible field created by everything that gathers in a space — thoughts, emotions, words, and spiritual presences. It is not imagination. **Energy has weight. Vibration has volume. Every thought leaves a trace.**

And it is not built in one moment — it is accumulated. Every emotion, word, and action either strengthens or weakens the vibration of a space over time. This is why you can clean a room physically and it still *feel off*. The spiritual residue remains until it is cleared through intention, sound, and prayer.

"What you do often becomes what you dwell in."

Research Note: Research in environmental psychology (Mehrabian & Russell, 1974) established that physical and emotional environments directly affect mood, cognition, and behavior — what researchers call 'ambient load.' More recently, studies in biofield science (McCraty, HeartMath Institute) have measured how emotional states generate measurable electromagnetic fields that extend beyond the body and influence those nearby. Jonathan's teaching that atmosphere is built by repetition aligns with neuroscience's concept of Hebbian learning: repeated patterns strengthen neural (and energetic) pathways.

Law III: The Human Role — You Are a Co-Creator

You are not a passive participant in atmosphere — you are actively creating it. The atmosphere of any room reflects the inner climate of its people, especially the strongest vibrational influence present.

- A peaceful leader can calm a chaotic room.
- A fearful leader can infect a peaceful one.
- A unified group amplifies light.
- A divided group multiplies distortion.

This is why emotional maturity and spiritual hygiene are not luxuries — they are leadership requirements. The group is only as strong as its most unstable member. The collective field is only as clear as the leader's vibration.

Research Note: Social baseline theory (Coan & Maresh, 2014) shows that the nervous system constantly monitors and responds to the emotional states of those nearby — we literally co-regulate each other's biology. Research on emotional contagion (Hatfield, Cacioppo & Rapson, 1993) demonstrates that emotions spread through groups like viruses — unconsciously, rapidly, and powerfully. Jonathan's teaching that the leader's vibration sets the room's tone is confirmed by organizational psychology: leaders' moods have a measurable 'trickle-down' effect on group performance (Sy, Côté & Saavedra, 2005).

Law IV: The Anatomy of Atmosphere — The Four Layers

Every atmosphere is layered like a living organism. Each layer interacts with and affects the others.

SPIRITUAL LAYER

Entities, ancestral energy, divine current

MENTAL LAYER

Shared thought-field: expectation, belief, doubt

EMOTIONAL LAYER

Feeling tone: safety, tension, joy, fear

PHYSICAL LAYER

Space, air, temperature, cleanliness, sound

Atmosphere is synergy: **matter + mind + spirit = manifestation.**

A cluttered room amplifies cluttered thought. Unspoken tension can open portals for confusion. Unified worship can ignite divine descent.

SECTION 2 — CORE TEACHINGS (CONTINUED)

Law V: The Two Primary Currents — Creation vs. Corruption

Atmosphere either builds or breaks. There are only two directions. Every gathering, every conversation, every thought you bring into a space is feeding one of these two currents.

■ CREATIVE CURRENT	■ CORRUPTIVE CURRENT
Feels light, flowing, clear, reverent	Feels dense, tight, distracted, confusing
Invites elevated spirits & divine presence	Attracts earthbound & chaotic energies
Births revelation, healing, miracles	Breeds gossip, fatigue, spiritual resistance
Created by: Unified prayer, truth, emotional honesty, pure motives	Created by: Deceit, complaint, resentment, ego, emotional chaos

"The same room can be a temple or a tomb. The difference is the vibration."

Law VIII: The Leader's Responsibility

"You are both the thermostat and the thermometer — you set and read the temperature of the spirit."

As the head or visionary, you are the regulator of the collective field. When your spirit is strong, your people rise. When your spirit is weary, their vibration dips. Rest, fasting, and prayer are not retreats — they are leadership tools.

Practical Leadership Habits from Tonight's Teaching:

- Arrive to every meeting already prayed up.
- Keep sacred music or psalms playing before gatherings.
- Have intercessors or healers cleanse the space regularly.
- End every session with thanksgiving to seal the work.

SECTION 3 — LAWS TO REMEMBER

These are the laws from tonight's teaching. Read them slowly. Circle the one that convicted you most. Write why below.

"Where humans speak, heaven listens. Where spirits dwell, matter remembers."

"What you do often becomes what you dwell in."

"The group is only as strong as its most unstable member."

"The same room can be a temple or a tomb. The difference is the vibration."

"Clean air invites angels. Polluted air attracts parasites."

"Where there is order, heaven descends. Where there is confusion, heaven waits."

"Atmosphere is the silent testimony of the soul."

"When you protect the vibration, you protect the miracle."

"Faith is atmospheric medicine. Where there is praise, God can breathe."

Which law hit you hardest — and why?

SECTION 4 — REFLECTION PROMPTS

Take your time. There are no right answers — only honest ones.

1. Your Current Atmosphere

Think about the primary environment you spend the most time in — your home, your workspace, your relationships. Using the four layers (physical, emotional, mental, spiritual) — honestly describe what the atmosphere is like right now.

2. What You're Accumulating

What emotions, words, and habits are you repeating most consistently right now? Based on the Law of Accumulation — what atmosphere are you building? Is it the one you want?

3. Your Vibrational Influence

When you walk into a room, what do you bring with you? Are you a creative current or a corruptive one in your relationships, your household, or your community right now? Be honest.

4. The Leader's Check

If you are in any position of leadership — parent, coach, teacher, partner, practitioner — what temperature are you setting? Is your spiritual frame strong enough right now to hold the people in your care?

5. What Needs to Be Reset

What environment in your life has become polluted — spiritually, emotionally, or physically? What is one specific action from tonight's teaching you will take this week to begin resetting it?

6. Hope or Despair

Jonathan teaches that hope is a high-frequency substance and despair collapses vibration. Where in your life have you allowed despair, doubt, or resignation to settle in? What would it take to restore hope

in that area?

SECTION 5 — ATMOSPHERE DIAGNOSTIC

Based on Law XI from tonight's teaching

Jonathan gave us a practical diagnostic in tonight's teaching. Use it to assess the environments in your life right now.

The Signs — What Is Your Room Telling You?

People keep yawning or losing focus	Energy is low — the current has dropped.
Technology glitches repeatedly	There is interference in the field.
Prayer feels heavy or forced	Unconfessed emotion or untruth is in the air.
Mood is joyful and clarity flows	The divine current is present — protect it.
Recurring conflict with no resolution	A corruptive current has become established.
The room feels different when certain people leave	They were the source of the distortion.
You feel drained every time you leave a specific place	Environmental residue is affecting you.

My Atmosphere Audit

Rate each environment below from 1 (low/polluted) to 5 (clear/elevated):

Environment	Rating (1–5)	Primary Issue	One Action to Shift It
My home			
My workplace			
My closest relationships			
My internal atmosphere (thoughts/emotions)			
My spiritual practice space			

SECTION 6 — EXERCISES & PRACTICES

Exercise 1: The Five-Step Space Reset (This Week)

From Law VII — choose one space in your life that needs resetting and work through all five steps this week. Journal what shifts.

- 1 Sound & Vibration**

Clap, sing, chant, ring bells, or pray aloud in the space. Sound breaks stagnation. Your voice is the first instrument of Spirit.

- 2 Fire & Light**

Light candles with prayer. Fire converts dense energy to higher frequency.

- 3 Water & Air**

Sprinkle water infused with prayer or Florida Water. Open windows. Air movement clears lingering vibrations.

- 4 Intention & Word**

Speak aloud: "I call this atmosphere to divine order. All energy not of love, light, and divine truth must leave now." Mean it.

- 5 Gratitude & Silence**

Thank the space for its service. Sit quietly. When peace returns, the field is reset.

What space did I reset? What shifted?

Exercise 2: Pre-Session Atmosphere Protocol

Before every class, coaching session, or gathering you lead — run this protocol. Train your team or clients to do the same.

- Check your emotions. What are you carrying in? Name it.
- Clear your mind. 2 minutes of silent breath before you begin.

- Declare a shared purpose. Say aloud why you are gathering.
- Open with gratitude. Thank the space, the people, and the Spirit.
- Set the tone intentionally — music, prayer, or a focused opening question.

What do I need to clear before I show up to lead tonight?

Exercise 3: The Hope Restoration Practice

Based on Law X: wherever despair has settled in your life or your community, do this practice daily for 7 days.

- Speak one vision statement aloud every morning (even if it feels far away).
- Celebrate one piece of progress — no matter how small — each day.
- Recall one past deliverance and speak it aloud as testimony.
- End each day with one thing you are genuinely grateful for.

My vision statement (write it here):

SECTION 7 — FILL IN THE BLANK

Complete each statement in your own words.

Atmosphere is not abstract — it is _____
_____.

The Law of Accumulation means that my atmosphere today is the result of _____
_____.

As a leader, the vibration I most need to strengthen right now is _____
_____.

The primary current in my home right now is a _____ current, because _____
_____.

The space in my life that most needs a reset is _____
_____ and I will begin
this week by _____.

Hope is atmospheric medicine, which means that when I speak vision I am actually _____
_____.

I know the divine current is present when _____
_____.

My responsibility to the atmosphere of my community is _____
_____.

SECTION 8 — ACTION STEPS FOR THE WEEK

Check each off as you complete it.

- Perform the Five-Step Space Reset on at least one environment this week
- Run the Pre-Session Protocol before every gathering, meeting, or coaching call
- Do the Hope Restoration Practice every morning for 7 days
- Complete your Atmosphere Audit (Section 5) and identify your lowest-rated space
- Notice this week when you are a creative vs. corruptive current — write it down
- Check your emotional state before entering shared spaces — what are you carrying in?
- End every day this week with thanksgiving to seal the atmosphere of your home
- Bring a report back next session: what shifted when you applied tonight's teaching?

My Commitment This Week

In my own words, the one thing I am committing to apply:

Signed: _____ Date: _____

CARRY THIS WITH YOU

*Where there is order, heaven descends.
Where there is confusion, heaven waits.
Keep your air clean, your words pure,
and your spirit light —
and every room you enter will remember
God walked in with you.*

— Jonathan L. Harris

Next session: bring a report. What shifted when you applied these laws?