



EMBASSY OF PEACE

**Personal,
Global &
Universal
Harmonization
Programs**

**Created & Sponsored by
Jasmuheen and the C.I.A.
The Cosmic Internet Academy**

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<http://www.jasmuheen.com/htm/embassy-peace.asp>
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07-07-07



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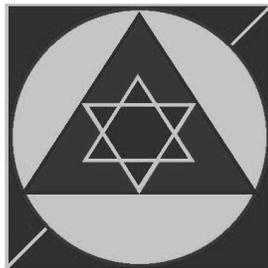
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EMBASSY OF PEACE Programs & Projects Manual

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INTRODUCTION with Jasmuheen

Welcome to the Embassy of Peace Programs and Projects manual. The Embassy of Peace was established on the 07-07-07, to share specific programs and projects that have the ability to harmonize both individuals and our world into a state of permanent peace.

Many now say that we have entered into a time of the fulfillment of prophecy, that the chapter of Kali Yuga is ending, the Age of Aquarius is beginning and that we are finally on an evolutionary path that can bring great things for us all – provided we follow a few pragmatic guidelines and change our priorities.

Each one of us has a gift for this world and this world has a gift for each one here. Maybe our gift is to share uplifting music or be an example of a compassionate, aware being; or even to discover new healing or energy systems; or maybe our gift to Gaia is to be a channel for pure love to flow through. Our gifts are as endless as is our united power to bring the last bastions of chaos into peace, for despite what we may witness on the news there are many wonderful things in our world and we have come a long way.

Therefore throughout this manual, we will provide:-

- a) pragmatic programs to enhance our evolutionary path plus
- b) links to short videos on YouTube (as further food for thought and for those who prefer more visuals) plus
- c) data to contemplate and discuss and finally
- d) compassionate action recommendations.

After decades of constant travel, meeting and sharing with thousands of people, we know that:-

- a) everyone is hungry for something and
- b) there is thankfully a free source of nourishment that can eliminate all human hungers and

- c) when we tap into this source we can move into the deepest states of inner peace and contentment in ways that allow our individual presence to be more beneficial to our world, and also that
- d) as each individual comes into a state of personal harmony - by understanding and unifying all aspects of their own nature - then so too will our world.

Over the last 4 decades, we have been working diligently to discover, formulate and then refine a pragmatic method of co-creating peace individually – through self-knowledge and self-mastery – and also globally. We all have the chance to be part of history – to experience and promote a program that will assure our entry into a more peaceful paradigm. Hence we invite you to take the research in this manual as valid and well grounded – as it holds the life work of many - even though many of our findings may challenge conventional thinking.

We believe that it is now time for united, compassionate action and the Embassy of Peace programs have the power to:-

- 1) unify the people of our world by
- 2) increasing individual health and happiness levels.
- 3) Utilize our resources more effectively and
- 4) substantially reduce global warming and also
- 5) significantly reduce and perhaps even eliminate global political tensions.
- 6) Help create a more balanced economic model that because of it's altruistic and educational focus, will attract powerful forces of interdimensional support.

Mahatma Gandhi once invited us to BE the change we wish to see in the world and the Embassy of Peace has life enhancing programs to inspire and guide us to create changes in our own lives and in our world that are beneficial for all. The Life Enhancing Programs that we provide can activate our master glands to change the brain's chemical mix and brainwave signature. When this occurs we can find ourselves in alternate worlds discovering realms previously only dreamt of. Enjoying healthy and happy lives, loving deeply and contentedly, having permanent peace, rising into new paradigms and staying risen, joining truly civilized worlds and knowing the benefits of this – all of this is ours.

We invite you to read this manual and decide if our projects are worthy of your support and if so then apply our suggestions in your own life and when you experience personally the benefits then share this with others. There is much here to debate and contemplate, for those gathering in groups, that may inspire you to reprioritize what is important in your world. So enjoy this manual with an open heart and mind, be discerning and take from it what feels right, share and discuss these programs and projects with those who you intuitively feel are also open and then personally contribute to the success of the Embassy by being a living example of the Master you are. Then if

inspired, we ask that you take compassionate action to complete these programs and projects by applying the principles and suggestions that this manual offers.

While this manual is designed to begin (and for some continue) the training of our Ambassadors of Peace and Diplomats of Love, it also synthesizes the programs that we have been working with for the past few decades.

These are:-

- ☺ The Luscious Lifestyles Program – for increasing personal health, happiness and harmony levels.
- ☺ The Prana Program – for improving personal and global health, hunger and harmony issues by increasing our chi flow.
- ☺ The Madonna Frequency Planetary Peace Program – to attend to basic human rights and eliminate economic, political and religious tension via a pragmatic system of compassionate action,
- ☺ plus our Universal Harmonization Program – to open and educate us en-mass into a more refined future since we now recognize that we can and do control the direction of our own evolution.



PEACE PROGRAMS, PRAGMATIC PROJECTS & PORTALS OF POSSIBILITY

At the Embassy of Peace, we believe that in order to refine a world – so that it operates more harmoniously for all – we need to refine or ascend the individual. Hence, our programs are specifically designed to deliver physical, emotional, mental and spiritual fitness, and simultaneously inspire more altruistic action that will in turn guide our evolutionary progression into new portals of positive possibility.

Three HARMONIZATION PROGRAMS form the basis of the Holistic Education Program offered at the EMBASSY OF PEACE.

These are:-

- ♥ The Personal Harmonization Program
- ♥ The Global Harmonization Program and the
- ♥ Universal Harmonization Program

We also offer three specific Harmonization PROJECTS that are designed to prepare Earth for a more civilized future by eliminating inequity and unnecessary personal and global chaos.

These are:-

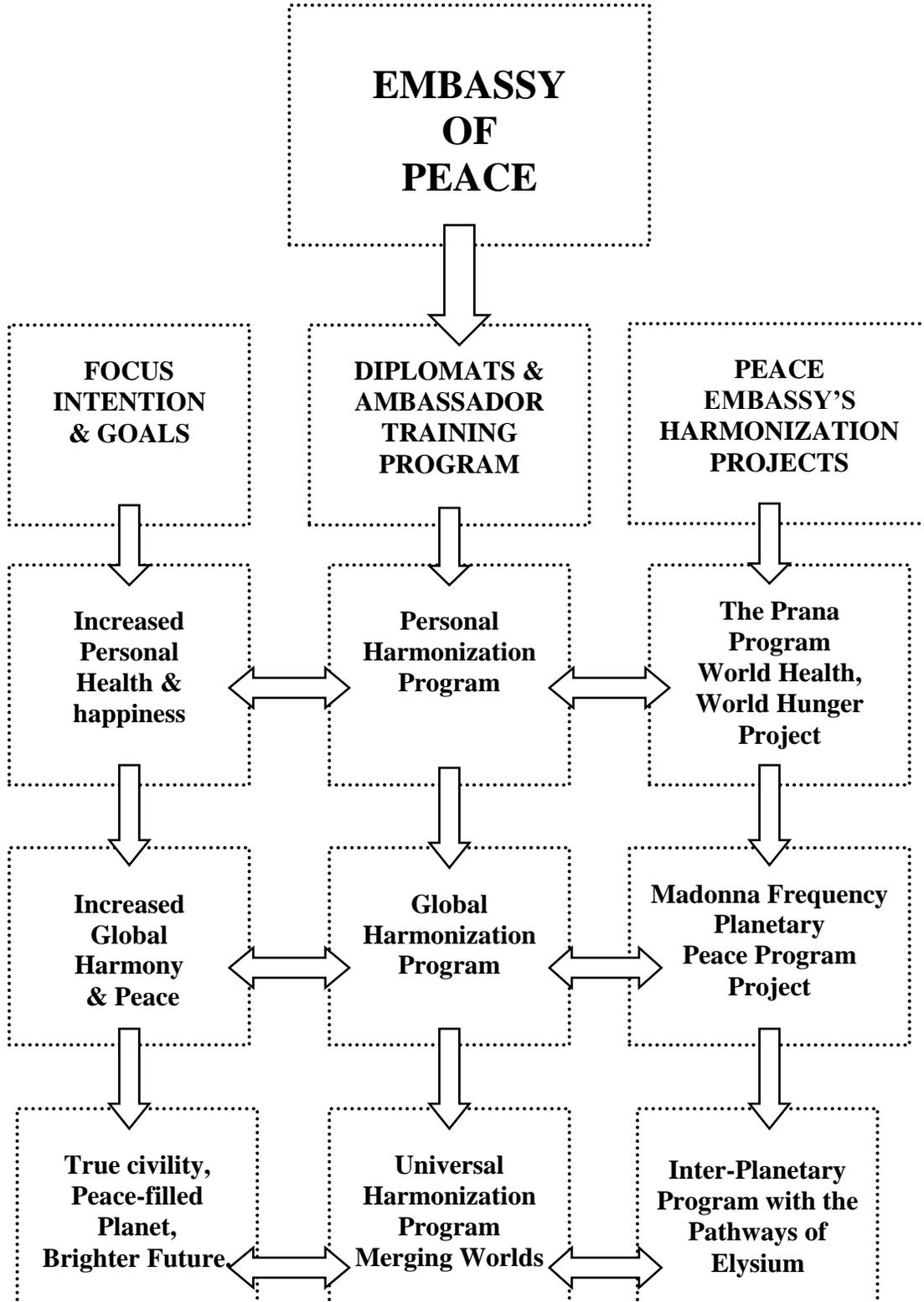
- ♥ The Prana Program Project and
- ♥ The Madonna Frequency Planetary Peace Program Project
- ♥ The Inter-Planetary Project

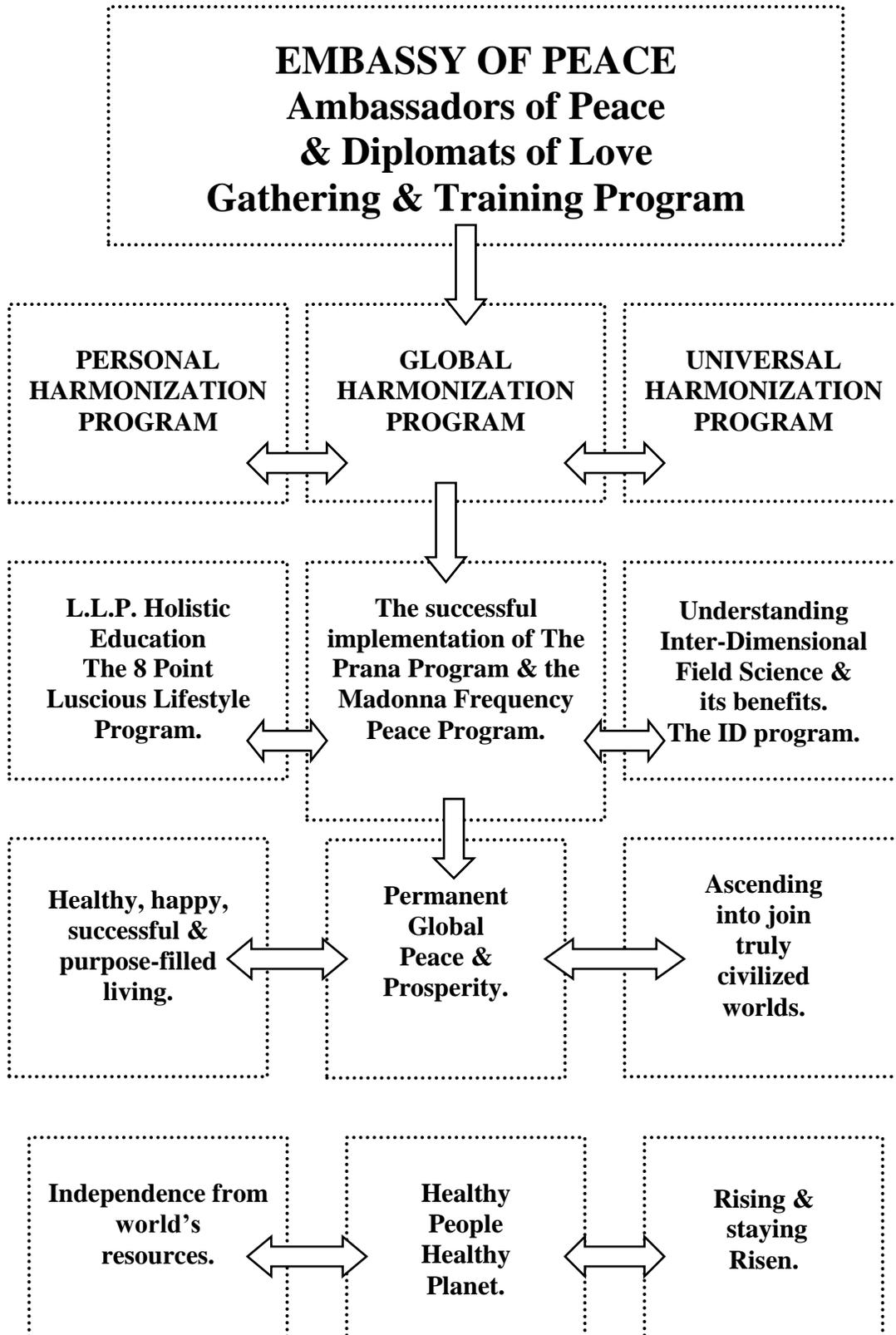
These 3 PROGRAMS with their 3 pragmatic PROJECTS are currently being implemented by many well trained individuals who align with the principles and vision of the EMBASSY OF PEACE. In this manual we now combine the 'what, why and how' so that more can join us. Please note the Embassy is not a cult of any type, individuals involved in these programs embrace self sovereignty and self mastery.

Video link to Embassy of Peace Projects:-

<http://au.youtube.com/watch?v=RC2ZLtBt4Ew&feature=PlayList&p=11A4648FB505B995&index=8>

BRIEF SYNOPSIS OF PROGRAMS & PROJECTS





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Personal Harmonization leads to Global Harmonization.

Basically those at the Embassy believe that each individual holds within them the perfect teacher who is all knowing, all loving; an inner guru who can guide us perfectly to achieve any proposed agenda that serves the whole. We also hold that this energy - in its purest expression - is the same force within us all as it gives us all life via our breath. Hence it is the one common factor that binds, wisely guides and also inspires us. We also propose that when this inner force is stimulated to express itself more powerfully within us, that it can then gracefully flow through us to unify our world. We stimulate this via our Personal Harmonization Program.

The following section is offered to all who are interested in experiencing an increased level of personal health, happiness and harmony; and also to those who may identify themselves as Ambassadors of Peace or even Diplomats of Love, which are people who support the Embassy's Programs.



At the EMBASSY OF PEACE we classify an Ambassador of Peace as someone who is actively involved in creating a peace filled world – personally and globally – in a harmonious way that honours all life.

The PEACE AMBASSADOR'S PROGRAM has three levels:-

- ♥ Understanding and applying the PERSONAL HARMONIZATION PROGRAM for self and others
- ♥ Understanding, influencing and directing the GLOBAL HARMONIZATION PROGRAM
- ♥ Understanding, influencing and directing the UNIVERSAL HARMONIZATION PROGRAM

The outcome of this training is that each Ambassador has all the tools to live permanently in a state of the deepest contentment and peace, with absolute clarity of vision and purpose, where they feel fulfilled, healthy, happy and in harmony with all.

As such they are effective and efficient on both personal and political levels.

The aim of this training program is also for the Ambassador to have a minimum calibration level of 500 as explained in David Hawkins's book *Power vs. Force*. This is the calibration of someone who is wise, compassionate and loving, someone worthy and able to fulfill political-type roles for the highest good of all.

An Ambassador of Peace will often find themselves naturally involved in harmonizing group, community and global fields as they learn to trust and follow their own inner guidance.



At the **EMBASSY OF PEACE** we classify a Diplomat of Love as someone who is consciously radiating out into the world a pure stream of nourishing love so that all around them are fed by the Diplomat's presence. The role of the true Diplomat of Love goes beyond religion, culture and politics and the need to either promote or explain any ideology since everything happens magically around them via a constant flow of Grace simply because of the energy that they are emanating.

Like an Ambassador of Peace, Diplomats of Love are focused on living peaceful, harmonious personal lives and having their presence be a positive influence in our evolving world. Both our Ambassadors and Diplomats understand the need for self-mastery, self-responsibility and the power of personal resonance.

The **DIPLOMATS OF LOVE PROGRAM** also has three levels and while it is less political in orientation, it is still designed to deliver similar results i.e. a healthier, happier more effective individual who is less dependant on external resources and thus more in harmony with all.

- ♥ Understanding and applying the PERSONAL HARMONIZATION PROGRAM
- ♥ Understanding and being active without effort in the GLOBAL HARMONIZATION PROGRAM
- ♥ Understanding and being active in the UNIVERSAL HARMONIZATION PROGRAM

As the Diplomat of Love program is apolitical, there is no self calibration testing required as the main indicator of success with this is a constant flow of Grace in a

person's life. If Grace is not flowing then the individual's personal model of reality will need adjusting.

Please Note: Training for the Ambassadors and Diplomats comes via this manual and its lifestyle-attitude suggestions plus utilizing the video links and meditations suggested. More in-depth personal training is provided by Peace Ambassador Jasmuheen during her annual tours and retreats.

For more detail re this go to <http://www.jasmuheen.com/htm/tour-retreats.asp>

STEP BY STEP



Ambassadors of Peace & Diplomats of Love Initial Training:-

- ☺ Step 1:- Read through this manual and familiarize yourself with the Programs and Projects of the Embassy of Peace.
- ☺ Step 2:- Meditate on whether you wish to be involved with the Embassy's Programs and Projects and whether you are an Ambassador of Peace and/or a Diplomat of Love.
- ☺ Step 3:- Apply the Personal Harmonization Program (which follows) and experience and enjoy the benefits that this lifestyle and attitude change will bring.
- ☺ Step 4:- Utilize the YouTube videos as indicated throughout this manual – especially the meditations – so that your personal frequency will magnetize you naturally into the paradigms that we are discussing.
- ☺ Step 5:- Do your own research into the paradigms suggested and discussed within this manual and use your personal discernment as to what is perfect for you to be involved in. Always remember you are your own master and to trust your own inner guidance once this is flowing clearly.
- ☺ Step 6:- Understand and apply Universal Law in all aspects of your own life.
- ☺ Step 7:- With sincerity, in meditation, ask the Universal Field of Infinite Love and Intelligence (the U.F.I.) to harmoniously integrate you into all networks that you may need to connect with to support the Embassy of Peace paradigm into fruition in a way that is beneficial for all.

- ☺ Step 8:- Be always aware that our real training in perfect co-creation comes from the one true guru, which is the Divine One Within us all (our DOW), that pure and perfect part of ourselves that is our own enlightened nature, that part that blossoms as we recognise it, meditate upon it and live the lifestyle to enhance it.



PERSONAL HARMONIZATION Insights & Data to Contemplate

At the EMBASSY OF PEACE our fine-tuning and training programs begin with basic PERSONAL HARMONIZATION where our Diplomats and Ambassadors are provided with pragmatic tools plus holistic education that is based on Inter-Dimensional Field Science (I.D.). When applied these will allow us to harmonize our own internal energy flow and also have our presence harmonize the world.

There are a number of aspects to discuss in this section of personal attunement.

- ∞ The Luscious Lifestyle Program to get us fit and healthy on all levels from the physical to the spiritual – i.e. the efficient and effective use of our own innate Divine resource plus the wiser use of our time.
- ∞ Attitudes & Intentions – fulfilling our potential on physical, emotional, mental and spiritual levels via holding specific attitudes and intentions.
- ∞ Understanding and utilizing the Science of I.D. – Inter-Dimensional Field Science and Biofield Technology.
- ∞ Designer outcomes – conscious co-creation with incredible results.
- ∞ Future Humans – advancements via changes in technology and consciousness. Super-humans and ascended humans.

Research conducted by Peace Ambassadors connected with the Embassy over the last four decades has found that a way to have our presence nourish our world is by increasing our Chi or pranic flow. This in turn stimulates the Divine One Within to rise within us and express itself more fully. Due to the pure nature of this internal force – our DOW - the more powerfully it is expressed through us the healthier and happier and more effective we become. While we will look at this in detail in the Global

Harmonization Prana Program section, our research has also determined that one of the main ways to increase our health and harmony levels is to become physically, emotionally, mentally and spiritually fit and that we can achieve this fitness by how we spend our time and the lifestyle we develop as a consequence.

We have found that the secret to happiness is also determined by how we spend our time and that time is a resource that is controllable, a resource that determines our frequency. Fine-tuning our personal frequency then controls our happiness levels as our energy emanations then determine how the Universal Field of Infinite Love and Intelligence – U.F.I. – responds to us.

Consequently we recommend that an individual begin to prioritize how they spend their time - after they have assessed if how they are currently spending their time is enhancing their life or not. For those interested in becoming more active, in the co-creation of permanent peace in our world and fulfilling the Embassy's agendas, we recommend the immediate adoption of the 8 point Luscious Lifestyles Program – L.L.P. – as outlined in the below videos and throughout the next section.

VIDEO: The Embassy of Peace – Luscious Lifestyles Program

Jasmuheen elaborates on the 8 point Luscious Lifestyles Program for personal harmonization – as offered by the Embassy of Peace.

http://au.youtube.com/watch?v=FKuQEyysqIk&feature=channel_page

VIDEO: The Luscious Lifestyles Personal Harmonization Program

Jasmuheen at the Raw Spirit Festival in Sedona speaking about the Luscious Lifestyles Program for personal harmonization and increasing chi flow.

<http://au.youtube.com/watch?v=E8laayUBIPQ&feature=Playlist&p=11A4648FB505B995&index=12>

Also do the following exercises to gain more clarity in your life about what you wish to manifest.

PERSONAL ENHANCEMENT:-

∞ LIFE – CLARITY – MEDITATION at link:

∞ http://au.youtube.com/watch?v=5Ie4QgMt1NM&feature=channel_page

GLOBAL ENHANCEMENT:-

∞ New world vision meditation at link:

∞ http://au.youtube.com/watch?v=kCqySPvXI48&feature=channel_page

∞ New world guidelines at link:

∞ http://au.youtube.com/watch?v=N07ovKmSDQ8&feature=channel_page

PERSONAL HARMONIZATION PROGRAM continued ...



The Luscious Lifestyles Program – L.L.P. – has been designed to create fitness on all levels of a person’s being and can be utilized by people of all cultures and religions. It costs nothing to practice and refines us on physical, emotional, mental and spiritual levels as it treats an individual holistically. Based on Biofield Science principles, this lifestyle can substantially improve our health and happiness levels and increase our mental clarity and intuitive capacities. It also aids our ability to discern the bigger picture as it pertains to Earth’s future and what many are now unified in consciously creating. Most importantly it stimulates the expression of our Divine nature.

So Step one for both our Diplomats of Love and Ambassadors of Peace is to begin to apply the following 8 points into your day-to-day life:-

1. Meditation.
2. Prayer.
3. Mind Mastery & Conscious Programming.
4. A vegetarian diet where possible.
5. Exercise.
6. Service.
7. Time in silence in nature.
8. The use of devotional or sacred music.



Elaborating on these 8 points further:-

1. Meditation. Basically this means – sit down, shut up and be still and silent for a period of time every morning and if possible also every evening. Do this with an intention to hear, feel, sense and know the already enlightened aspect of your own nature – your DOW. As mentioned, this pure and perfect part of all people will grow and blossom when it is focused upon and this is due to the Universal Law of Resonance. According to the Ancient Wisdom, meditation is a tool to turn our senses inwards so that we can experience inner plane life and be transformed by it. Meditation on the energy that breathes us for example, floods our bio-system with its frequency of Love and Wisdom. Generally recommended is twenty minutes meditation in the morning and

twenty minutes in the evening, with the use of a mantra, is said to be ten times more effective than forty minutes of meditation done once daily. Developing an awareness of our breath allows us to become detached and be in meditation all day, which keeps our brain wave patterns tuned to the alpha field. We recommend that you ask the U.F.I. - the Universal Field of Infinite love and intelligence - to bring you the perfect meditation tools so that you can fully explore your ascended nature.

While waiting for these to come we suggest you practice utilizing the meditations we offer in our YouTube Meditation Playlist at:

http://au.youtube.com/view_play_list?p=EBDE93758594266D

You may also wish to watch the following video:- [Meditation Magic](#) – Insights into the benefits of meditation, visuals with music from www.inspiritualization.com. At link: <http://au.youtube.com/watch?v=A9VknNLvnKY&feature=PlayList&p=EBDE93758594266D&index=2>

2. Prayer. In this sense we mean establishing intelligent communion with the U.F.I. that responds to the thoughts and feeling patterns of all life forms. Prayer is communication with your Divine Essence. Prayer, ideally, is conversational, as if you were speaking to your best friend. The power of prayer has been established scientifically in the United States of America, studies having been done in an intensive care unit in a hospital where half of the patients in intensive care were prayed for and the others were not. The patients did not know they were being prayed for, but the results were that the half being prayed for had a dramatic improvement in their health, compared to the other half who were not being prayed for. Interestingly, various religious groups were used to do the prayers – Christians, Buddhists, Hindus, Jews, etc, and all produced similar results.

3. Mind Mastery & Conscious Programming. This means using the mind as our servant rather than being the servant of our mind. It also means letting go of all limited and negative thinking and, by studying inter-dimensional field science as provided by the Embassy, understanding the power of mind in reality creation. The two aspects of programming are de-programming and re-programming which allow us to review our belief systems to make sure they enhance and serve both ourself and our world.

As per the Life-Clarity exercise video, one good exercise to do is this:- In a journal write down the following headings – Love, Health, Wealth, Passion and Purpose, Relationships with Family and Friends. Under each heading write down your belief system; write down what it is you feel. If it's a negative belief then write it down negatively. As soon as you have accurately recorded your beliefs under each heading then go back and re-write the negatives in a positive manner, then have a look at these belief systems and assess whether these beliefs make you a limited person or a limitless person, and if they make

you limited, then have the courage to change your beliefs. As intelligent beings we can create any model of reality that we choose. The question is does our reality model fill our lives with health, happiness and Grace as well as aiding in the unification of our world? If not then change it.

4. A vegetarian diet where possible. Begin to lighten up your diet. Eat smaller amounts and less often and refine it until you are vegetarian, then you may wish to eliminate dairy products and be a vegan. After this you may then feel to continue on raw food only. Eventually you may feel to live mainly only prana where you are eating only now and then for the pure pleasure of it.

The arguments in favour of a vegetarian diet fall mainly under three categories.

- a) **Health.** Enough research has now been done to prove the health benefits of a vegetarian diet in great detail. (Google 'vegetarian diet benefits' to find out more and also raw food diet benefits.)
- b) **Sensitivity and compassion.** The adoption of a vegetarian diet sensitizes us to experience the gifts of the more refined energy fields of the theta – delta waves which allows us access to the interdimensional realms. It is also an act of great compassion to the animal kingdom.
- c) **Resource Sustainability & our environment.** At the moment with 6+ billion people there is enough food on Earth to feed everyone, if it was being correctly distributed. With an expected population of 9-11 billion people in the year 2050 and even if all the food was being correctly distributed at that time, there would still not be enough to feed this number, unless Earth is a vegetarian planet. The production of meat consumes 20 times more than the resources required for the production of either grain or cereal. We provide the statistical research of this in greater detail under our Global program.

5. Exercise. Treat the body as a Temple that houses our enlightened – ascended nature. Find a combination of exercises from tai chi, yoga, qigong, or even dance and weight training, that allows you to create a strong and fit physical system. Create an exercise program that you like so that you will do it regularly.

6. Service. Do something beneficial for someone every day without the thought of reward. A sincere hearted commitment to service attracts to us a strong wave of Grace so that our service work in the world can unfold with greater ease and joy. Tithe to support the feeding and education of the children of our world. Doing some form of selfless service daily keeps us tuned to the kindness and compassion aspect of 'The Madonna Frequency' Field of pure love.

7. Time in silence in nature. Ambassadors of Peace and Diplomats of Love are considerate of their environment and have the intention to love, honour and respect all

life. Time in silence allows us to not just absorb more Earth prana* but to also become more conscious of our planet in a positive way. Spending time in silence in nature feeds our soul and allows us to appreciate the beauty of creation and become more environmentally aware. Silence is an incredible teacher and when we are still and fully present in each moment so much more can be revealed to us regarding the more subtle energy realms.

* Prana is the essence of our Divine nature – also known as chi or nutritional cosmic particles.

8. The use of devotional or sacred music. Two of the most beautiful frequencies that we can be fed by are compassion and devotion. A well tuned heart centre that is pure, attracts powerful interdimensional support in the realm of service. All the world's indigenous people use chanting and mantras, or sing devotional songs which quickly tend to align our emotional body to 'The Madonna Frequency' Channel.

Many people are already doing some of the 8 points suggested in this lifestyle program yet the combination of all 8 points brings grace, synchronicity and magic to our lives as well as aligns us to the frequency field of our DOW. The above 8 points will also give us more time each day as we will need less sleep because we function better on all levels. Follow the program each day for 21 days in a row, and on the twenty-second day you have formed a new habit.

THE BENEFITS OF THIS LIFESTYLE

The daily practice of these 8 points will make us healthy, happy and harmonized within and without and as we change so do our societies. By refining ourselves energetically we also realize our highest potential and experience who we really are, the Self that breathes us and gives us life. Now we know how to activate this Divine power that lies within – our DOW – by frequency matching with it via our lifestyle, then the next question may be "What's in it for me?" Apart from the overwhelming joy and fulfillment, the practice of L.L.P. en masse will:-

- ❖ eliminate all war and violence and hence bring world peace, as inner peace brings outer peace
- ❖ eliminate dis-ease by acting as a system of preventative medicine hence it will
- ❖ save governments and taxpayers billions of dollars on traditional and alternative health care systems; as L.L.P. delivers to each person improved health and vitality on all levels.
- ❖ The main benefit of the practice of L.L.P. is that people's needs and desires are satisfied on the deepest levels so that they naturally become more altruistic and caring towards all thus promoting global harmony.

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- ❖ L.L.P. increases communication with the Divine Self as the perfect inner teacher who will then guide each person to always be in the perfect place at the perfect time doing the perfect things for themselves and their planet.
- ❖ L.L.P. activates the four-fifths of the brain we usually don't use which houses our higher mind and higher nature consciousness.
- ❖ L.L.P. is the lifestyle that people use to access the Divine Nutrition channel. This choice of alternate nourishment saves us money, gives us more time and has substantial long term benefits for our global economy and environment.
- ❖ L.L.P. moves its practitioner beyond ego, pride, greed, materialism, power games and the baser nature of the lower mind.
- ❖ While many may lack the discipline or even the skill of a highly trained adept, all have DOW power which can be released at will. The practice of L.L.P. releases this power more effectively than can be imagined.
- ❖ The sincere practice of L.L.P. will move us into a state of such satisfaction that we are free from all desires.
- ❖ We also become naturally more detached, discerning, impeccable and filled with love if this is our intention.



Attitudes & Intentions

With a sincere heart, ask the Divine One Within you to help you to fulfil your potential on physical, emotional, mental and spiritual levels and to also experience your own ascended nature and merge with your DOW. Ask it to do this in a way that frees you of all doubt about your ability to help create the type of paradigms outlined in this manual.

- ∞ In each moment look to see the good in yourself and others and train yourself to see the good and also the God in all.
- ∞ Let go of any negative and limiting belief systems that no longer serve you or our world especially beliefs that sustain duality and the separation of the 'them and us' paradigm.
- ∞ Understand the Universal Law of Attraction as per the book and DVD "*The Secret*" and
- ∞ know that the universe serves those who serve higher paradigms that benefit all and that it does this via the Universal Law of Oneness.
- ∞ Set the intention to act impeccably in every situation.

- ∞ Honor your own innate intelligence but use your mind (mental body) as a servant of the Divine Being that you are. Do not be a servant of your mind – it does not understand the higher paradigms of the more subtle realms.
- ∞ Only your DOW has the answers you need so seek to experience the infinite, eternal, wise and loving nature of the Divine One Within, merge with it and let it guide you always.
- ∞ Learn to be fully present in each moment so you can move beyond the constraints of time and the dual natured worlds and hence be open to realms that are not bound by time and space.
- ∞ If applicable, meditate on what your God is to you. Who and/or what is your God? Be aware that people's Gods can range from alcohol to Allah.
- ∞ If you believe in a higher, more divine power, then with a sincere heart, ask your God to reveal its love, wisdom and power to you and to also teach you harmonious co-creation with all life.
- ∞ Please note that there is nothing wrong with what humanity has co-created to date. What is, is, and we do not wish to focus on the games of blame and judgment. However we can now add a brand new layer to it all and this is harmonious co-creation with the "bigger picture and/or goal driven unity, true community, respect for – and enjoyment of – diversity" type paradigm, which can come from ...
- ∞ understanding Interdimensional Field Science as per the below data.



Inter-Dimensional Field Science

Q: What is Inter-Dimensional Field Science?

A: Also called the science of I.D., Inter-Dimensional Field Science forms part of Dimensional Biofield Science. In order to understand Inter-Dimensional Field science, it is helpful to understand what we mean by Biofield Science and so we have taken and elaborated on some basic data on this from the "Four Body Fitness: Biofields & Bliss" manual.

BIOFIELD SCIENCE: is the art of successful living and it is based on four principles. These are ...



1. That there is a Force that is all powerful, all knowing, and everywhere, including within us.
2. That this Force is a Supreme System of loving Intelligence that acts like a Master Computer Controller within us. As stated earlier, we call this Force the DOW – the Divine One Within.
3. That this Force can be experienced and worked with to bring extraordinary results for humanity at this time.
4. That our body is a bio-computer and our mind is a software program and that, via Biofield Laws, we literally create our own reality.

In Biofield Science there are five predominant Biofield types. In order to successfully interact with duo, family, group and global Biofields, we need to be more aware of each type.

BIOFIELD 1. Our Personal Biofield: This field is comprised of the energy pulsing from our physical, emotional, mental and spiritual bodies which each radiates a specific frequency. This frequency is determined by imprinting. When the frequency of each body is combined, we radiate a specific key-note which according to Bio-Science Laws then imprints itself into all the below fields.

BIOFIELD 2. Our Social Biofield: this field contains the individual frequency emission made by our selves, our family, plus our friends, neighbours and even colleagues. This blending forms the community's Biofields. A Social Biofield occurs any time two or more people share space as their Personal Biofields will intermingle and merge.

BIOFIELD 3. Our Global Biofield: This is the synthesis of all Biofields on Earth from the mineral and Devic kingdoms, the plant and animal kingdoms, the human kingdoms plus the inner plane kingdoms. The intermingling of these fields creates earth's keynote and determines the course of our evolution.

BIOFIELD 4. Our Cosmological Biofield: This field pertains to the resonance of the solar, galactic and universal systems and is the field of study of astronomers, quantum physicists and some metaphysicians. Its flavour is added to by the Global Biofield as the collective pulse of earth also influences the Cosmos.

BIOFIELD 5. The Dimensional Biofield: Also known as the virtual field, this is a field of great interest to many metaphysicians as it is this field from which the Higher Light Science has been born. Via meditation and general lifestyle we can access this field and experience the interdimensional worlds and realms that remain hidden to us unless we match them with our own frequency.

Biofield Grids:

Biofield Grids are the foundation of Dimensional Biofield Science.

- A Biofield Grid is a web of light rays and sound waves that carry Coded Information.
- Biofield Grids surround, and are woven through all life forms.
- In the human bio-system, the grid is anchored as a supporting foundation. In Biofield Science this inner grid is called the Lightbody and its physical operating system are our meridians.
- Biofield Grids operate via energy transmissions that are governed by Universal Law.
- Biofield Grids and their subsequent transmission signals can be harmonized, or overhauled and completely retuned, by the application of RECIPE 2000➔ with its specific codes and lifestyle program.

Dimensional Biofield Science:

- This science is the study of Dimensional subtleties and attributes which provides the analytical understanding of BIOFIELD SCIENCE. By studying the Personal, Social and Global Biofields we can determine each one's effectiveness. If in need of retuning we can then decide how to recalibrate each field and exactly what frequency adjustments need to be made.
- This adjustment is a natural part of Dimensional Science. To do this successfully we need a holistic understanding which provides the sensitivity required to do this harmoniously. Biofield adjustments can range from subtle imprints to waves that shake up a field in a way that is as devastating in its consequences as a volcanic shift on Earth. For example, a nuclear explosion on Earth would have an impact on not only the Global Biofield but also on the Universal and Dimensional Fields. A subtle shift in the Biofields would come from a very happy event like a wedding or family reunion.
- Whether energy emanations are subtle or powerful, from groups or individuals they still add to the cosmic soup of creation since all is interconnected.

Biofield Influences:

- Once we have taken the time to discover what we want then we need to examine our personal Biofield and examine its effectiveness and the influences that determine its current beat.
- A Biofield beat consists of four main influences, our physical, emotional, mental and spiritual vibration and their frequency mix. This frequency mix and the way it influences our Personal, Social and Global Biofield is the basis of FOUR BODY FITNESS.
- Obviously someone who believes they are just their physical, emotional and mental body, will have a very different Biofield beat to someone who operates within the Four Body Fitness system of holistic knowledge. For example the Biofield of a yogi or priest is very different to that of a heavy metal musician who may live a completely different lifestyle.

- Biofields are influenced powerfully by subliminal conditioning and humans are conditioned consciously and subconsciously from birth, by our home life, at school, via society and the media.
- Biofields are also influenced by our food choice, lifestyle and thinking and feeling patterns. Quality thinking, quality feeling and quality feeding create a more refined, quality Biofield.

Well tuned Biofields:

- A well tuned Biofield is evidenced by a person's glowing shine, making them seem radiant as if they possess a special Grace. Grace is a current of energy where Biofields are all harmoniously synchronized. People with this are usually termed charismatic.
- A well tuned Biofield is evident in someone, where when you look into their eyes, you realize that there is someone of consequence at home. They are usually someone who is aware of how their thoughts, words and actions impact on others.
- A well tuned Biofield is achieved by Creative Thinkers, people who understand the power of visions and imagination, will and intention in the manifestation of positive outcomes.
- A well tuned Biofield is a bio-system that is operating at its natural potential. This is where the Biofield Personality has consciously rewired itself to its DOW, in recognition of the status of this Supreme Master Computer Controller and the way it can harmoniously run our 6.3 trillion cell system.
- A well tuned Biofield is a bi-product of DOW POWER reclamation through applied will and a supporting lifestyle.
- A well tuned Biofield can choose to be a self sustaining, self rejuvenating system, open to accept DOW potential and nourishment. Due to the natural voltage of the DOW BIOFIELD, physical food may no longer be required as the physical body is nourished by DOW power instead thus making the physical body stronger and healthier. This is an optional state that some now choose that has both personal, economic and environmental benefits.
- A well tuned Biofield is evident by inter-system relationships meaning its interaction with other Biofields – on duo, group and global levels. Here mutual health, harmony and happiness support the manifestation of higher intentions.

Biofield Tune-ups:

- Biofield retuning can be done via lifestyle slowly over time or via an intensive period of training. That usually includes attitudinal, lifestyle and educational adjustments. Once done it guarantees to provide the fine-tuner with health, love, wealth, feelings of passion and purpose and fulfilling relationships with family and friends.

EMBASSY OF PEACE

Personal, Global & Universal Harmonization Programs

<http://www.jasmuheen.com/htm/embassy-peace.asp>

<http://www.selfempowermentacademy.com.au/htm/Embassy-Peace.asp>

- As previously mentioned, a well tuned personal biofield allows us to access the Inter-Dimensional realms once we know of their existence and have the tools to make contact. The benefits of this will be covered in our Universal harmonization Program.

Biofield Grids and Four Body Fitness:

- Biofield Grids form the basis of all Fields and form where light rays and sound waves interconnect. Biofields and grids can only be seen by using the Language of Light which is the language of the Dimensional Biofield. The Language of Light is available to all who activate their 6th and 7th senses which we can do by experiencing L.L.P. - the 8 point Luscious Lifestyles Program.
- Biofield Grids surround, and are woven through all life forms.
- The human Biofield system has a supporting foundation of an inner Grid called the Lightbody.
- In Dimensional Biofield Science, the energy received by the Lightbody flows through our sun and is stepped down in frequency to feed our body's meridians and chakra system. The level of energy that flows through these then determines our Four Body Fitness. The less blockages to the flow the healthier and happier we are.
- The voltage we can receive into the Four Body System is determined by its capacity to receive. This is determined again by our personal resonance as in Dimensional Biofield Science all operates via a system of Bio-feedback looping.
- The Lightbody is the antenna for receiving signals from the Grid Blueprint. These signals come interdimensionally from a myriad of sources.
- Each Lightbody, in each person's Biofield, acts as a radio and television station, constantly beaming out into the Social and Global Biofields, affecting each one by leaving an imprint of our beat.
- The pituitary and pineal glands act as our transmitters and receivers of energy via the Dimensional Biofield of our Lightbody.
- With more than six billion Biofields blasting out energy or at times just weakly pulsing, the Global, Cosmological and Dimensional Biofields are constantly changing.
- In Biofield Science the frequency of each field constantly influences the other, and how much influence each has depends upon the frequency of each individual and what realm each is consciously or unconsciously tuned to.



- All energy fields are part of the Dimensional Biofield Grid and each grid contains a multitude of frequency patterns. As grid points are where light rays and sound waves cross, then this is where consciousness tends to be drawn and coagulate and create a Grid Station. Grid Stations are seen in Dimensional Biofield Science as white holes. Successful Biofield Grid tuning requires us

to know enough of all Grid Stations to choose our sources carefully.

- Using Dimensional Biofield Science techniques, all Biofields can draw new frequencies through their own foundation Grids, and influence the frequency in each field.
- Each Lightbody Biofield Grid has been pre-encoded in its DOS – the Divine Order System that supports all life in the Grid. Decoding this information brings true fulfilment in life as the Grid tuner eventually becomes better informed in the art of Dimensional Biofield Science.
- Biofield Grids operate via energy transmissions that are governed by Universal Law.

Dimensional Biofield Grids and their subsequent transmission signals can be harmonized, or overhauled and completely retuned, by our application of RECIPE 2000➔ with its 8 point Luscious Lifestyles Program and Paradise Codes, as outlined in the book "Four Body Fitness – Biofields and Bliss"
(at link: <http://www.lulu.com/content/424532>)



Designer outcomes – conscious co-creation with incredible results.

- ☺ Understand the power of dreaming as applied by our Indigenous people who say first in imagination, then in will and then in reality.
- ☺ If you have not already done so, study some of the Indigenous people's prophecies to see where they feel our earth is headed e.g. Mayan, Hopi Indian. Education removes ignorance and fear and enhances our options.
- ☺ Remember that finetuning our lives into a permanent state of contentment and peace is a matter of how we spend our time; applying the Luscious Lifestyles Program helps with this enormously.
- ☺ However first we must decide to fine-tune ourselves into a more harmonious life both on personal and global levels, and be open minded as to how to do this. At the Embassy we believe that Holistic education is a key, a key that must provide experiential results that are beneficial to all.
- ☺ Again by understanding and applying Universal Law, we can bring a refined and harmonious universal model of behaviour into our world, one that can free us from limited thinking paradigms that sustain corrupt separatist systems. The Universal Laws will be outlined in our Inter-Planetary Program.

- ☺ So we invite you to experiment. Notice how different you feel when you eat healthy, live food compared to a 'fast food and/or meat based' diet. Notice how different you feel when you apply all points in the Luscious Lifestyles Program.
- ☺ Remember the power of 'ASK and you will RECEIVE', especially if what you are asking for is beneficial for human evolution. Bearing this in mind, ask the intelligent universe to bring you the perfect lifestyle that allows you to co-exist in harmony with all life – human, animal and even plant and mineral.

Add itional Video Links:

- ∞ Vegetarian Insights
- ∞ At link: http://au.youtube.com/watch?v=rp0x_vqAL2w&feature=channel_page
- ∞ Global Resources and Vegetarianism
- ∞ At link: <http://au.youtube.com/watch?v=7Dkzm0W7MmE&feature=channel>
- ∞ Mood Enhancer Meditation
- ∞ At link: http://au.youtube.com/watch?v=dzci-1I_-YE&feature=channel
- ∞ Diplomats of Love & Heart Happiness
- ∞ http://au.youtube.com/watch?v=PJChRa0axCs&feature=channel_page



Future Humans – Technology and Consciousness

As we continue on in our current path of evolution, there are currently a few interesting pathways opening up before us.

- a) One pathway is huge exponential technological expansion as per the ideas of Transhumanism and Ray Kurzweil where nanotechnology is set to create a super-enhanced, and maybe even immortal, human species via eliminating genetic weakness.
- b) Another pathway is the natural yet dynamic expansion of human consciousness as proposed by many meditators, spiritualists, leading new age thinkers and metaphysicians; so that we experience both personal and global enlightenment in a way that will magnetize us into a new reality paradigm.

While many of our metaphysicians feel that we have now entered into a time where any system that does not support the greater good will crumble, it is important to

understand what some of earth's leading futurists are saying. Hence we would also like to provide a little data on future technological trends and expectations in our world as proposed by both the Transhumanists and also Ray Kurzweil author of 'The Singularity is Near – When Humans Transcend Biology'.

RAY KURZWEIL - Inventor and futurist

On <http://www.kurzweiltech.com/aboutray.html> they state:- Ray Kurzweil was the principal developer of the first omni-font optical character recognition, the first print-to-speech reading machine for the blind, the first CCD flat-bed scanner, the first text-to-speech synthesizer, the first music synthesizer capable of recreating the grand piano and other orchestral instruments, and the first commercially marketed large-vocabulary speech recognition. Ray has successfully founded and developed nine businesses in OCR, music synthesis, speech recognition, reading technology, virtual reality, financial investment, cybernetic art, and other areas of artificial intelligence . All of these technologies continue today as market leaders. Ray's Web site, KurzweilAI.net, is a leading resource on artificial intelligence.

Bill Gates once said: "Ray Kurzweil is the best person I know at predicting the future of artificial intelligence. His intriguing new book envisions a future in which information technologies have advanced so far and fast that they enable humanity to transcend its biological limitations – transforming our lives in ways we can't yet imagine."

We have taken the following data from the website www.singularity.com where they say that "Ray Kurzweil is one of the world's leading inventors, thinkers, and futurists, with a twenty-year track record of accurate predictions. Kurzweil was selected as one of the top entrepreneurs by Inc. magazine, which describe him as the "rightful heir to Thomas Edison."

The websites also states:

"At the onset of the twenty-first century, humanity stands on the verge of the most transforming and the most thrilling period in its history. It will be an era in which the very nature of what it means to be human will be both enriched and challenged, as our species breaks the shackles of its genetic legacy and achieves inconceivable heights of intelligence, material progress and longevity.

"For over three decades, the great inventor and futurist Ray Kurzweil has been one of the most respected and provocative advocates of the role of technology in our future. In his classic *The Age of Spiritual Machines*, he presented the daring argument that with the ever-accelerating rate of technological change, computers would rival the full range of human intelligence at its best. Now, in *The Singularity Is Near*, he examines the next step in this inexorable evolutionary process: the union of human and machine, in which the knowledge and skills embedded in our brains will be combined with the vastly greater capacity, speed, and knowledge-sharing ability of our own creations.

“That merging is the essence of the Singularity, an era in which our intelligence will become increasingly non-biological and trillions of times more powerful than it is today—the dawning of a new civilization that will enable us to transcend our biological limitations and amplify our creativity. In this new world, there will be no clear distinction between human and machine, real reality and virtual reality. We will be able to assume different bodies and take on a range of personae at will. In practical terms, human aging and illness will be reversed; pollution will be stopped; world hunger and poverty will be solved. Nanotechnology will make it possible to create virtually any physical product using inexpensive information processes and will ultimately turn even death into a soluble problem.

“While the social and philosophical ramifications of these changes will be profound, and the threats they pose considerable, The Singularity Is Near maintains a radically optimistic view of the future course of human development. As such, it offers a view of the coming age that is both a dramatic culmination of centuries of technological ingenuity and a genuinely inspiring vision of our ultimate destiny.” End quote.

In his work Kurzweil shares that there is exponential growth in three areas:-

- 1) Artificial Intelligence
- 2) Nanotechnology
- 3) Biotechnology and that
- 4) advances in computing at the atomic level means that anything can be computer enhanced. For example not only can our physical systems be technologically enhanced but also Gaia’s grid and the cosmic grids or matrix.

Video Link for more data on this:- Ray Kurzweil: How technology's accelerating power will transform us - <http://www.youtube.com/watch?v=IfbOyw3CT6A>

But let us move on to assess the technologically enhanced future human more clearly.

TRANSHUMANISTS

On the Transhumanist website at

<http://www.transhumanism.org/index.php/WTA/faq21/64/>, they share:-

“Some thinkers conjecture that there will be a point in the future when the rate of technological development becomes so rapid that the progress-curve becomes nearly vertical. Within a very brief time (months, days, or even just hours), the world might be transformed almost beyond recognition. This hypothetical point is referred to as the singularity. The most likely cause of a singularity would be the creation of some form of rapidly self-enhancing greater-than-human intelligence.” ...

“Enhancing intelligence will, in this scenario, at some point lead to a positive feedback loop: smarter systems can design systems that are even more intelligent, and can do so more swiftly than the original human designers. This positive feedback effect would be powerful enough to drive an intelligence explosion that could quickly lead to the emergence of a superintelligent system of surpassing abilities.”

At <http://www.transhumanism.org/index.php/WTA/faq21/46/> they state:-

“Transhumanism is a way of thinking about the future that is based on the premise that the human species in its current form does not represent the end of our development but rather a comparatively early phase. We formally define it as follows:

- (1) The intellectual and cultural movement that affirms the possibility and desirability of fundamentally improving the human condition through applied reason, especially by developing and making widely available technologies to eliminate aging and to greatly enhance human intellectual, physical, and psychological capacities.
- (2) The study of the ramifications, promises, and potential dangers of technologies that will enable us to overcome fundamental human limitations, and the related study of the ethical matters involved in developing and using such technologies.

“Transhumanism can be viewed as an extension of humanism, from which it is partially derived. Humanists believe that humans matter, that individuals matter. We might not be perfect, but we can make things better by promoting rational thinking, freedom, tolerance, democracy, and concern for our fellow human beings. Transhumanists agree with this but also emphasize what we have the potential to become. Just as we use rational means to improve the human condition and the external world, we can also use such means to improve ourselves, the human organism. In doing so, we are not limited to traditional humanistic methods, such as education and cultural development. We can also use technological means that will eventually enable us to move beyond what some would think of as “human”.

“It is not our human shape or the details of our current human biology that define what is valuable about us, but rather our aspirations and ideals, our experiences, and the kinds of lives we lead. To a transhumanist, progress occurs when more people become more able to shape themselves, their lives, and the ways they relate to others, in accordance with their own deepest values. Transhumanists place a high value on autonomy: the ability and right of individuals to plan and choose their own lives. Some people may of course, for any number of reasons, choose to forgo the opportunity to use technology to improve themselves. Transhumanists seek to create a world in which autonomous individuals may choose to remain unenhanced or choose to be enhanced and in which these choices will be respected.

“Through the accelerating pace of technological development and scientific understanding, we are entering a whole new stage in the history of the human species. In the relatively near future, we may face the prospect of real artificial intelligence. New kinds of cognitive tools will be built that combine artificial intelligence with interface technology. Molecular nanotechnology has the potential to manufacture abundant resources for everybody and to give us control over the biochemical processes in our bodies, enabling us to eliminate disease and unwanted aging. Technologies such as brain-computer interfaces and neuropharmacology could amplify human intelligence,

increase emotional well-being, improve our capacity for steady commitment to life projects or a loved one, and even multiply the range and richness of possible emotions. On the dark side of the spectrum, transhumanists recognize that some of these coming technologies could potentially cause great harm to human life; even the survival of our species could be at risk. Seeking to understand the dangers and working to prevent disasters is an essential part of the transhumanist agenda.

References: World Transhumanist Association. <http://www.transhumanism.org>

Also on their website at <http://www.transhumanism.org/index.php/WTA/faq21/56/> is the answer to 'What is a posthumanist?'

"It is sometimes useful to talk about possible future beings whose basic capacities so radically exceed those of present humans as to be no longer unambiguously human by our current standards. The standard word for such beings is "posthuman". (Care must be taken to avoid misinterpretation. "Posthuman" does not denote just anything that happens to come after the human era, nor does it have anything to do with the "posthumous". In particular, it does not imply that there are no humans anymore.)

"Many transhumanists wish to follow life paths which would, sooner or later, require growing into posthuman persons: they yearn to reach intellectual heights as far above any current human genius as humans are above other primates; to be resistant to disease and impervious to aging; to have unlimited youth and vigor; to exercise control over their own desires, moods, and mental states; to be able to avoid feeling tired, hateful, or irritated about petty things; to have an increased capacity for pleasure, love, artistic appreciation, and serenity; to experience novel states of consciousness that current human brains cannot access. It seems likely that the simple fact of living an indefinitely long, healthy, active life would take anyone to posthumanity if they went on accumulating memories, skills, and intelligence.

"Posthumans could be completely synthetic artificial intelligences, or they could be enhanced uploads [see "What is uploading?"], or they could be the result of making many smaller but cumulatively profound augmentations to a biological human. The latter alternative would probably require either the redesign of the human organism using advanced nanotechnology or its radical enhancement using some combination of technologies such as genetic engineering, psychopharmacology, anti-aging therapies, neural interfaces, advanced information management tools, memory enhancing drugs, wearable computers, and cognitive techniques.

"Some authors write as though simply by changing our self-conception, we have become or could become posthuman. This is a confusion or corruption of the original meaning of the term. The changes required to make us posthuman are too profound to be achievable by merely altering some aspect of psychological theory or the way we think about ourselves. Radical technological modifications to our brains and bodies are needed.

"It is difficult for us to imagine what it would be like to be a posthuman person. Posthumans may have experiences and concerns that we cannot fathom, thoughts that cannot fit into the three-pound lumps of neural tissue that we use for thinking. Some posthumans may find it advantageous to jettison their bodies altogether and live as information patterns on vast super-fast computer networks. Their minds may be not only more powerful than ours but may also employ different cognitive architectures or include new sensory modalities that enable greater participation in their virtual reality settings. Posthuman minds might be able to share memories and experiences directly, greatly increasing the efficiency, quality, and modes in which posthumans could communicate with each other. The boundaries between posthuman minds may not be as sharply defined as those between humans."

End of data from <http://www.transhumanism.org>



As already stated, we have added the data on Transhumanism and Ray Kurzweil's work as this evolutionary path is one way that is open to us that utilizes technology and intelligence yet at the Embassy of Peace we feel that we can achieve similar objectives by the natural expansion of human consciousness. Anyone who has sat in deep meditation and experienced the love, wisdom and innate healing energy of the Divine One Within can attest to the power of this inner source and its ability to guide us into the creation of a harmonized world.

At the Embassy of Peace our work with Inter-Dimensional Field Science is the next step on from what Ray Kurzweil and also the Transhumanists have proposed for our future. The simple answer to some of the questions he poses are to be found in understanding more about the expansion of human consciousness. As soon as a person lives the lifestyle to keep their brain wave patterns anchored in the theta and delta zones, then new dimensions and realms of reality become available to them. It is in these new patterns where our brain begins to operate differently and allow us access to more enlightening and beneficial realities that will enable technological expansion to always be applied for the good of all.

Nonetheless Ray Kurzweil, the Transhumanists and our metaphysicians agree that a new age is dawning and bringing a new species which is:-

- a) The superhuman who has been enhanced by nanotechnology and

- b) the ascended human who has enhanced themselves by attitude and lifestyle changes and also
- c) possibly a human that is a combination of both.

Each has a valid place within our world and each has the very real possibility of coming into being within the next decade.

Ray Kurzweil states that only that which is useful and used will survive to be magnetized into this new paradigm. This is because of the element mix in the 5th dimensional realms where there is a purer and stronger flow of 3 additional elements that many are unaware of. These are cosmic fire, akasha and astral light.

In the 5th dimensional realms Cosmic Fire is known as the pulse behind creation. Some say it flows from the Divine Mother love channel and that it creates a fertile energy band for the seeds of divine wisdom to flow through, take root and blossom through the dimensions. Hence we have the layers of life as we know it. The more we access and experience these fields, the more we are intuitively led on to discover and experience our DOW nature. So cosmic fire is the food for all life and it can feed all aspects of our own being as it holds all that we need to be created in the first place.

The next element that is understood and well utilized in the 5D realms is the element akasha. This element is about knowledge, wisdom, reflection, contemplation, assessment, growth, rebirth, insight and it feeds higher mental paradigms. This element also gave birth to the Akashic Records which is said to be the original cosmic computer and main data storage unit that stores all the stories of creation - a library that we can access as we expand our own consciousness.

Astral light is a stream of energy that carries the cosmic fire and the akasha blend throughout the dimensions. As soon as an individual, planetary or galactic system opens to receive more love and wisdom then streams of astral light are magnetized to pass through the seeker and deposit into them more of that which they seek. This depositing of these elements can occur on an internal interdimensional level or on an external level or both. At the Embassy we believe that it is the addition of more of these higher, subtle elements that seem to move a human system into a more light and love-filled state and thus they become enhanced.

The 'super human enhanced by technology' reality is also a natural part of a planet's evolutionary path as we trade ideas with various extraterrestrial groups yet at the Embassy we are interested in the movement en-mass of earth's people into a future that is beneficial for all; a future driven by E.Q. (emotional quotient of intelligence) not just I.Q.; a future where our intuitive nature is listened to as we blend both right and left brain activity and head and heart.

Institute of HeartMath research at link: <http://www.heartmath.org> shares that:

- ♥ "Because the heart is the strongest biological oscillator in the human system, the rest of the body's systems are pulled into entrainment with the hearts rhythms."
- ♥ The quickest way to harmonize human heart rhythms is to focus on what the IHM call core heart feelings e.g. love and compassion.

- ♥ The heart has its own independent nervous system called “the brain in the heart”.
- ♥ There are at least forty thousand neurons – nerve cells in the heart and these relay information back and forth to the brain in the cranium to allow for a two-way communication between our heart and brain, although the heart beats independently of its connection with the cranium brain.
- ♥ Research by Joel and Beatrice Lacey at the Fels Research Institute in the 1970’s, found that when the cranium brain sent signals to the heart through the nervous system, our heart did not automatically obey. The hearts response depended on the nature of the task and the type of mental processing it required. However, the brain obeys all messages and instructions sent to it by the heart, messages that could influence a person’s behavior.
- ♥ The Fels Institute found that the heartbeat is not just a mechanical throb but also a system of intelligent language that influences our perception and reactions. Other researchers have found that the hearts rhythmic beating triggers neural impulses that influence the higher brain centres that govern emotional processing.
- ♥ Research at the IHM has also found that negative emotions disrupt the heart’s rhythms so that they become jagged and disordered. They found that positive emotions produce smooth harmonious heart rhythms, which in turn increase a person’s mental clarity, intuition and ability to perceive the world more clearly as well as enhancing their communication with others.
- ♥ Being able to sustain balanced and harmonious heart rhythms allows a person to sustain a positive life perspective and intuitive flow and to access positive emotions at will.
- ♥ The electromagnetic field of the heart is approximately 5000 times greater in strength than the electromagnetic field produced by the brain. It not only permeates every cell of our body but also is powerful enough to radiate out into the field around us a radiation that can be measured by magnetometers.
- ♥ The difference between heart and head intelligence is that the heart is open to intuitive solutions and the head is open to linear and logical solutions. When they work together, we again have more choices in life and a clearer vision of how to fulfill our dreams. Coherence between the head and heart also allows us to operate more effectively through all fields of life – a fact that the IHM has tested repeatedly.

The non-technologically enhanced, but more naturally enlightened future human who exists in harmony with all life is a self styled product of their lifestyle choice. The Embassy’s Personal Harmonization Program will naturally create more compassionate, aware and altruistic individuals who operate from the ‘we’ paradigm of unity rather than the more limited ‘me’ focused paradigm of separation. This then leads us to be more involved in both community and global service agendas and when we learn to manifest

paradise in our own lives - via merging with our DOW - we also then move into an incorruptable state of reality. Driven by higher consciousness and not just technological advancement agendas we move beyond the need to exist in a dual plane realm.

The dangers that the transhumanists refer to are addressed in The Enchanted Kingdom series in book 1. Basically it covers the application of the Triple Win code when dealing specifically with Artificial Intelligence. How to apply the Triple Win code to all situations of conflict will be provided in the final part of our Universal Harmonization program.

Additional Educational Video Links

- ∞ Video on HeartMath Institute research with Jasmuheen at link:
- ∞ <http://au.youtube.com/watch?v=nO66CO2LRcI&feature=PlayList&p=D827EDDBF62A4174&index=1> (In English with German Translation)
- ∞ Consciousness & Calibration
- ∞ http://au.youtube.com/watch?v=8xvJDjHIGZU&feature=channel_page
- ∞ Field Feeders & Calibration
- ∞ <http://au.youtube.com/watch?v=91u1pQax5Gs&feature=related>
- ∞ The Law of Love & Brain Wave Patterns
- ∞ http://au.youtube.com/watch?v=ZGF39_h_8To&feature=related



ADDITIONAL DATA

ON

PERSONAL HARMONIZATION

(The following data is not in the original complete Embassy of Peace manual)

Excerpts from the following books by Jasmuheen:-

- **IN RESONANCE**
- **SPECIFIC PROGRAMMING CODES for health and happiness.**
- **THE FOOD OF GODS – Everyone is Hungry for Something.**
- **Brief data on UNIVERSAL LAW**
- **Data on meditation.**

Excerpts from the book IN RESONANCE by Jasmuheen

In an Ideal World

- In an ideal world, people recognize the perfection that underlies all creation and all life expression.
- In an ideal world, we see with clarity the purpose of creation, and so we love each other unconditionally and are free from judgment.
- In an ideal world, we work together in unison, as one cohesive people motivated by, and enjoying, a common vision, which we are destined to fulfill.
- In an ideal world, all is made manifest impeccably.

In a World in Transition

- In a world in transition, people are still awakening to their mastery.
- Some have remembered and, in their alignment to the game of Oneness, are fulfilling their blueprint. Some are still preoccupied with making sense of it all.
- Others are enjoying, or not enjoying, the challenge of 'being out in the dark', mesmerized by the game of survival in physical reality.
- There is much to seduce the warrior before the wizard is revealed – fame, money, power – and the qualities of BEing in integrity and impeccability are sometimes overshadowed by hidden personal agendas and desires.
- In a world in transition, there are the messengers who, as many have found out, are not always impeccable. If you depend on the messengers you can become disillusioned.
- In a world in transition, the quality of exercising your personal discernment is highly valued. Discernment allows us to know that the messengers are only there to inspire us to discover the power of the guidance from the divine voice we all have within.

Chapter 1 - The Art of Resonance

Resonance is defined in the Oxford Dictionary as, "Responding to vibrations of a particular frequency especially by itself strongly vibrating". When related to metaphysics it is associated with the Universal Law of Resonance. This law basically states that *like attracts like*.

Our bodies are energy systems, and we all oscillate at our own unique vibrational frequency that reflects the sum total of everything that we have experienced through eons of time. We have what is termed a four-body system of 'lower' bodies – termed 'lower' due to their vibrational frequency or resonance – and we also have higher bodies or energy fields which resonate at a higher or finer frequency. Their resonance can be compared to the musical notes played on a piano or string instrument. It can be on key or off key.

Toxicity from negative thoughts, unresolved negative emotions, pollutants, dross, poor diets etc. affects the energy fields of the body. These, in turn, influence our vibrational frequency and determine whether we are 'on key' or 'off key'. Past life experiences and current life experiences are all held in cellular memory and are also reflected in our vibrational frequency. Dr Deepak Chopra states in his book *Quantum Healing* that a cell is a memory that has built matter around itself, forming a specific pattern, and that the body is the place that the memory calls home.

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Many individuals are now being motivated by a strong inner desire to really experience joy, balance, harmony and unconditional love in life. These experiences are automatically ours when we realign our physical, emotional, mental and spiritual bodies to higher, more refined frequencies. Realigning our frequency is like tuning a string on an instrument to its perfect pitch. The finer the frequencies we emit, the finer the life experiences we attract via the Universal Law of Resonance.

For example, the physical body may resonate perfectly to the musical note of 'C', the energy field of the emotional body to 'D', the energy field of the mental body to 'E', and the spiritual body to 'F'. When these energy fields are perfectly *tuned* to their 'notes', they play together harmoniously and life becomes magical. When they are out of tune the music is discordant, off key, and our life does not flow or feel harmonious.

Standards and expectations vary from individual to individual. Just as the precise tuning of an instrument is critical to a professional musician, a layman with an untrained ear cannot recognize the fine nuances and is, accordingly, less demanding. There are, then, personal frames of reference and we all set our own standards of acceptability. However, anyone who feels in the slightest that their life may be better, will benefit by realigning and tuning their energy fields to a finer resonance and finding the perfect pitch for them.

In their desire to improve the quality and/or length of their life, many individuals today are following inner guidance to cleanse themselves – not just on a physical level, but also on an emotional and mental level. They are eating less, preferably light food. Emotionally, they are also 'processing' and letting go of emotional baggage – emotions of fear, hate, guilt, worry, anxiety, anger etc. – which, when unresolved, are stored in the various organs of the physical body. This storage of negative emotion creates blockages in our energy fields and eventually disease. On a mental level, they are recognizing the limitations imposed in our lives by negative thinking and how energy follows thought to create our reality.

Thoughts, words and actions are energy forms and whatever we send out comes back to us according to karmic law and the Law of Resonance. This is the nature of energy: anything that life presents to us is there because we have attracted it to us by our vibrational frequency.

Positive thoughts, words and actions coupled with the *intention* to always act for the highest good of all beings *plus* the highest good of our self, will change our resonance and consequently our experience of life.

How we can consciously go about realigning our vibrational frequency to be more in tune with the divine light beings, that we are in essence, is covered in greater detail throughout the following chapters. Briefly, one of the most powerful ways to tune our energy fields to their 'perfect' resonance is through meditation and spending daily time in the Great Silence within us. Apart from facilitating an effective energy realignment, meditation allows us to open to inner guidance – to learn to listen to the whispers of our Divine Self until the whispers become a strong clear voice. When acted upon, this guidance allows us to experience the joy and love and harmony that we seek in all aspects of our lives. Meditation aligns our spiritual, mental and emotional energy fields. This realignment is reflected in, and alters, our physical energy field or body.

Diet, eating lightly, drinking fresh pure water and engaging in gentle, stress-free exercise allows us to realign, rebuild and alter the energy field of the physical body daily and promote health, vitality and longevity; but none has the power of meditation when we maximize the intake of prana through specific breathing and allow the white light energy to heal and transform us.

We live in such a wondrous time – the dawning of a new age – and we have the capacity to create the reality that we desire simply by altering the energy signals we emit and by understanding the laws that govern all matter.

Chapter 2 - The Uniqueness of Being

For eons of time, our beloved Planet Earth has experienced great suffering, chaos, war and devastation for the simple reason that many of the beings who live upon her have forgotten who they are in essence, beyond the mask of their personality and ego. This forgetfulness has meant that many have also ceased to honor, understand and accept individual uniqueness.

Our uniqueness comes simply because there are no two beings who have experienced exactly the same genetic encoding and environmental influences *plus* past life experiences. All three make up the sum total of who we are today. The third factor is important as it explains why identical twins, for example, who share the same genetic encoding and environmental influences may still react completely differently to given situations. The missing factor is that they have not been twins for all their lifetimes and so they each hold unique cellular memories.

Individually and collectively, humanity desires a change upon this planet at this current time. The desire of many is that we discover true unity, brotherhood and sisterhood. This desire is for a new world where we live in peace with respect for all races, creeds and cultures. Where we understand and connect with a higher will and a greater plan. This is the underlying motivating factor for many who are beginning, or continuing, their inner journey.

Many are no longer interested in being subjected to fear or limitations and ignorance, (the results of which abound around us on the physical plane) and have recognized that in order to change the planet, we have to 'clean up our own backyard'. The masses are made up of individuals and to change the consciousness of the masses – the consciousness of the individual must alter. As we alter our consciousness and awareness, we will understand who we are, why we are here, and what part we are destined to play in creating this new age.

It is our planet and we alone will create the changes we seek by going within and tapping into our own *unique* Divine Blueprint. This blueprint not only holds the answers to our individual questions, but it also holds the higher plan that mankind is destined to evolve into *plus* our part in this 'joint venture'. When we tap into this inner blueprint, we will understand that we all have unique roles to play and we will be able to relate to each other with unconditional love and acceptance of each others' choices.

Life upon this planet can be likened to a huge theatrical production that keeps the audience and participants mesmerized by its complexity. Not only does the script cover a depth of experiences from the humorous and light to the suspenseful and dramatic, but the production itself is quite amazing. Some time ago while I was in deep meditation, there unraveled a vision related to the above, or the 'play of life' – and I 'saw' exactly that. There were actors, support crew, critics and even an audience. They were, however, out of sync. The actors were interfering with the duties of the sound crew, the musicians meddling with the work of the lighting crew, and so on. The participants were simply not concentrating on their own roles. As the vision continued, so did the inner commentary from Lord Sananda who said that while all was unfolding perfectly, if we wish to enhance this collective play of life, we can – *as humanity is*

intuitively driven by an inner knowing of the potential perfection of all that can be made manifest on all planes.

Firstly, he said, we may wish to focus on finding our role in this play of life. We would find this to be easier if we stopped focusing on what everyone else was doing. We could then redirect our energy and attention to open up to our inner guidance and develop our discernment. This would allow us to *enjoy the training* and recognize our role. *Joy is Spirit expressing itself in life*, so the level of joy we feel is always a good indicator of when we are in alignment with Spirit and our destined path.

Secondly, having recognized our predetermined role and that we are part of a whole, it would be of benefit to 'learn our lines' and allow our natural talents, and/or studied abilities to manifest and evolve to perfection.

Thirdly, we should understand that we have been attending the school of life for eons of time, and have been trained, developed skills, and acquired a vast repertoire of knowledge (often held in cellular memory) that we can utilize to play our role effectively. This should be done in harmony and alignment with all other players in the knowledge that these players have also undergone their own training for their part in this play. So the third suggestion is that we *trust* that and *honor the choices of others*, as they, too, have been trained to play their role in harmony with ours.

Sananda shared that only then will this 'play of life' flow harmoniously – tuned to divine expression and be given 'rave reviews'. Only then will the Golden Age be anchored and abundance on all levels of life be a reality for humanity *collectively*.

When we do the above, our personal reality and state of awareness is altered accordingly, especially as the vibrational frequency of the planet, and its inhabitants, is tuned to the higher octaves of light and the light quotient within our beings is increased.

This is a state of awareness where the energy field of the heart is fully open, where we can recognize the uniqueness of all and connect with the master in all, where the play becomes magical. It is a state of awareness where a being lets go of the 'I', moving beyond separateness and limitation, seeking only to serve the greater plan for the good of the whole, not just the individual. This discussion is pursued in the chapter on destiny and service.

As we understand the laws of energy and how we create our reality by our thoughts (see chapters 8 and 9), we know that, while we may not always be able to change the immediate circumstances, *we can always change our attitude and consequently our experience of life*.

Lessons for a harmonious life:

- *Discernment* – knowing the next step for us.
- *Acceptance of individual uniqueness* – learning to dance our dance without treading on each other's toes. You may choose to dance a waltz, another the samba.
- *Uniqueness of being* – find the dance you wish to dance. Learn the steps. Share the floor space!

Chapter 3 - The Body as an Energy System

Energy – according to the Oxford Dictionary, is the "ability of matter or radiation to do work". According to Stephen Hawking in *A Brief History of Time*, the term

'conservation of energy' is the law of science that states that energy (or its equivalent in mass) can neither be created nor destroyed – but it can and does, change form.

Dr Deepak Chopra in his book *Ageless Body, Timeless Mind*, states that every atom is more than 99.9% empty space and the subatomic particles moving at great speed through this space are bundles of vibrating energy, which carry information and unique codings.

In order to build life from lifeless matter, energy and information have to be exchanged through the RNA and DNA to create cellular structure. The flow of this intelligence is what sustains us and is what Dr Chopra calls the universal field. He states that the physical world is just a mirror of deeper intelligence organizing matter and energy, and it also resides in us. We are part of all; so we need to take care of all lovingly. Even though we are unique in our individuality, we are bound together by a common thread of pure energy that sustains each cell, our being, and all life as a whole.

Religions call this energy God and consider it to be omnipresent, omnipotent and omniscient. Quantum physics calls this energy the 'grand unification energy' and also considers it to be everywhere, all-powerful and all knowing. 'New Agers' call this energy by other labels – the All That Is, Divine Intelligence etc. They are all just labels describing the same force or power.

Our body's composition is of atoms and cells, which hold this energy and information. Thoughts, words and actions are also energy. Energy expands, contracts and changes form, so that what we send out comes back to us. This is covered in more detail in future chapters. In religious terms it is, 'As you sow, so shall you reap'. In energy terms all is governed by the Universal Law of Resonance and the Law of Attraction, where like attracts like.

As mentioned in chapter 1, human beings have four 'lower' bodies of energy, which resonate at different frequencies. These bodies are the physical (the only one visible or appearing solid to our physical eyes), the emotional, the mental and the spiritual. We also have higher energy bodies – termed higher because they resonate at higher frequency pitches. Barbara Ann Brennan's book *Hands of Light* covers these bodies and energy fields in great detail and is recommended reading for those interested.

When we bring these bodies of energy into perfect alignment with each other, we achieve higher 'knowing' and experience a more fulfilling purpose to our existence as everything just *clicks into place*. This state of enlightenment, so keenly sought by Eastern esoteric students, is achieved by fine-tuning the four lower bodies, not only in perfect resonance with each other, but to a pitch that allows the higher energy bodies of the I AM Presence, inner God or Christ consciousness (all labels describing our more refined Self) to fully express its power and magic within the physical body.

So in summary: We are energy systems that transmit and emit signals. If we send random signals, we get random or haphazard life experiences. If we control our signals, we can then gain a large measure of control over our life. Taken one step further, if we tune our bodies and realign our frequencies (the energy signals we transmit) to a purer, more harmonious pitch, we can then control the quality and quantity of our life and life experiences.

On reincarnation: Having established scientifically that energy cannot be created or destroyed but can change form, and having understood that human beings are systems of energy, I would like to make the logical statement that reincarnation simply allows for the indestructibility of energy, and while matter such as our physical bodies

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can decay and die, the energy within – that sustains the body – simply changes form and moves on. Anyone interested in exploring the concept of reincarnation may care to research the Edgar Cayce material, known to be the most widely documented of all case studies on this topic.

There is a universal law called the Law of Evolution and Rebirth that states that humankind goes “through a slow process of development carried on with unwavering persistence through repeated embodiment in forms, of increasing efficiency, whereby all are in time, brought to a height of spiritual splendor in recognition of Source and true identity. This law is also known as the Law of Periodicity” – quote from *Vision of Ramala*.

From my detailed research and personal experience, reincarnation is a basic occurrence within linear time and will be referred to sporadically throughout the rest of the book. A simple understanding is as follows ... life in embodiment is a school, a process of growth and learning. When we ‘die’, we drop the energy field of the physical body but for a while, retain the energy fields of the emotional, mental and spiritual bodies. These are integrated into one conscious energy field and we are then literally on holiday.

Holiday is a time of reflection, where we look at the past school term, see what we learnt, how well we have or have not passed our tests. Tests not passed must be re-sat next term, and so we then plan for the next school term and select the ‘curriculum’ and subjects we wish to study.

This learning and testing is to do with our growth as beings and lessons generally and deals with intangible things like empathy, love, compassion, service etc. School time is also a period of learning about relationships and life in a dense, material plane generally. Why sparks of the Divine (us) have chosen to be in the school of life on Planet Earth is another story.*

When we have learnt all there is for us to learn at this school and have passed all our exams, we move on to another learning institution, thus breaking the cycle of reincarnation on this plane of Earth.

Our energy fields continue to change form, just as energy itself does, according to the Universal Law of Change and Transmutation which states that the only constant thing is the changing form of, and the indestructible nature of, energy. This has been referred to as the immortality of the ‘soul’. Physical immortality is also possible and allows us to continue in the same physical form to not only complete this learning, but stay and improve the curriculum, if we desire. This is covered in the chapter on immortality.

SPECIFIC PROGRAMMING CODES for health and happiness.

Part of the 8 point Luscious Lifestyles Program for personal and global harmonization, is mind mastery and also understanding the power of programming. Hence we offer the below insights and mantras to aid with this. These, plus more, are also available at <http://www.itunes.com/jasmuheen>

DIVINE SUCCESS

- ☺ Live the Lifestyle that manifests the divinity that you are
- ☺ MANIFEST your already ascended nature; ACT as the MASTER you are.
- ☺ Be aware of how you spend your time; spend it in ways that allow you to experience the divinity that you are
- ☺ Mantra: I ALWAYS EXPRESS THE DIVINITY I AM IN EVERY MOMENT IN HARMONY WITH ALL

PEACE & PASSION

- ☺ Live the Lifestyle that maximizes the deepest peace of your divine nature
- ☺ MANIFEST your already ascended nature; ACT as the MASTER you are.
- ☺ Be aware of how you spend your time; spend it in ways that allow you to experience PERMANENT PEACE
- ☺ Mantra: I AM ALWAYS AT PERFECT PEACE WITHIN ALL LEVELS OF MY BEING, I AM ALWAYS WISE & AWARE, ALWAYS FILLED WITH LOVE

LOVE SUCCESS

- ☺ DO THE LOVE BREATH DAILY TO ALIGN YOURSELF TO THE DEEPEST CURRENTS OF THE PUREST FIELD OF LOVE – hold this intention
- ☺ GIVE YOUR LOVE FREELY, EXPECT TO BE LOVED & SUPPORTED IN RETURN IN ALL ASPECTS OF YOUR LIFE
- ☺ EXPERIENCE UNCONDITIONAL LOVE – FOR SELF, FOR OTHERS
- ☺ Mantra: I AM ALWAYS ANCHORED IN & EXPERIENCING THE DEEPEST CURRENTS OF THE PUREST FIELD OF LOVE THAT COMPLETELY NOURISHES ALL ASPECTS OF MY BEING.
- ☺ ALL MY RELATIONSHIPS ARE FILLED WITH THIS LOVE.

ROMANCE & SEX SUCCESS

- ☺ DO THE LOVE BREATH DAILY TO ALIGN YOURSELF TO THE DEEPEST CURRENTS OF THE PUREST FIELD OF LOVE – hold this intention
- ☺ LEARN & PRACTICE TANTRA & THE TAOIST MICRO-COSMIC ORBIT
- ☺ Learn how to really nurture yourself; create a fulfilling life independent of your partner; give as someone already fulfilled, happy, at peace
- ☺ MANTRA: e.g. MY WORLD IS FILLED WITH SPIRITUALLY AWARE, LOVING, AVAILABLE, EMOTIONALLY INTELLIGENT, TANTRICALLY TRAINED MEN (OR WOMEN) etc... what do you want?

HEALTH SUCCESS

- ☺ EXPERIMENT with your lifestyle – feel the difference, live it
- ☺ KNOW YOURSELF, seek to experience your ascended nature.
- ☺ GET HAPPY IT WILL MAKE YOU HEALTHY.

- ☺ Apply the 8 point Luscious Lifestyles Program to get physically, emotionally, mentally & spiritually healthier – adjust this so it works for you
- ☺ ASK for a discipline angel, a motivation angel
- ☺ MANTRA: e.g. MY BEING ENJOYS PERFECT HEALTH ON ALL LEVELS (REGARDLESS OF HOW I SPEND MY TIME)

WORK SUCCESS – DIVINE PURPOSE SERVICE AGENDA

- ☺ Make your work your service – something that is beneficial to evolution, that uplifts both yourself & our world.
- ☺ ASK the universe to bring you work that does this, that also fulfills your divine blueprint with grace, joy & ease.
- ☺ Mantra: I AM LOVED, HONOURED & RESPECTED BY ALL, IN ALL THAT I DO;
- ☺ I ENJOY & WORK HARMONIOUSLY WITH THE PERFECT INNER PLANE & OUTER PLANE TEAM

WEALTH SUCCESS – DIVINE ABUNDANCE

- ☺ Examine what WEALTH means to you. Wealth of love, wisdom, clarity etc
- ☺ Commit your life to a service that you love.
- ☺ Expect the universe to support you on all levels as you spend your time in support of positive evolution
- ☺ Mantra: I ENJOY A LIMITLESS STREAM OF ABUNDANCE TO SUPPORT ALL THAT I DESIRE TO CREATE IN THIS WORLD THAT IS FOR THE HIGHEST GOOD OF ALL

MANIFESTING “MY HEART’S DEEPEST DESIRE”

- ☺ Understand & experience what makes your HEART SING
- ☺ Live a life that allows you to experience DIVINE HEART SMILES
- ☺ MEDITATE on what is your heart’s deepest desire
- ☺ ASK the universe to support you to fulfill this with joy & Grace.
- ☺ Mantra: I EXPERIENCE & ENJOY THE FULFILLMENT OF MY HEART’S DEEPEST DESIRES

ALSO ... In my universe,

- ☺ I have forever (this is one of the mantras for immortality – it changes our relationship with time)
- ☺ I exist in a state of the deepest peace and contentment as I joyously fulfill all that is my deepest heart’s desire and my service agenda
- ☺ Clarity, wisdom, joy, peace and creativity walk hand in hand to fill me in all that I do and infuse all that I do with love, wisdom and joy.
- ☺ All of my work is received and applied harmoniously by Earth’s people, in the spirit and pure intention in which it is given.
- ☺ I am part of a loving and wise social-service network that has successfully helped to harmoniously ascend our planet and her people.
- ☺ All the work, service and projects of others, that has been created for the highest good of all - that is beneficial for our evolution and supports the co-creation of paradise and peace, ALL of this has now lovingly been received and instigated harmoniously into fruition.
- ☺ Earth is now in a state of permanent peace.

Everyone is Hungry for Something ...
(Excerpt from the Food of Gods by Jasmuheen)

Everyone is hungry for something whether it's definable or not, however most human hungers are easy to recognize. Many people are hungry for love while others hunger for wealth. Our hunger for health and happiness also dominates our time. Right now some people hunger for retribution, while others cry out with a hunger for harmony and peace, or for justice and truth and kindness to prevail and to not send their loved ones to war.

Some people hunger for sensual satisfaction while others seek the spiritual, ready to eat enlightenment like others consume their daily food, for they are driven by a hunger that is harder to explain. Hunger expresses itself in so many ways depending on its depth and the desires that drive it. Whatever the problem in life, scratch the surface of the issue, and you will find that someone is hungry for something.

Hunger for power sees the conquest of others while hunger for knowledge sees our growth. Hunger for wealth sees the exploitation of others, while hunger for altruism sees wealth's redistribution. Hunger for communication sees our union with others, while hunger for true food sees us often in lack. Hunger for wisdom sees us reach deep within ourselves as life then tests us to apply it. Hunger for truth leads us to discover that the Holy Grail is within containing its elixir called Spirit.

Hunger for Spirit reveals to us the Divine One Within who reveals Itself to be a master computer controller of a very complex bio-mechanism that pulses with fields that hold life – a 6.3 trillion cell mechanism that vibrates at a set speed that in turn determines the various realities we experience throughout the term of our life.

Satisfying these vast hungers has consumed the thoughts and time of leaders and sages and the curious alike, though few rarely make the time or have the desire to look at this game in greater depth. Often many are just too consumed with satisfying the hunger for survival to really find enough nourishment to begin to thrive. Those that do are either pre-programmed to do so, or stumble upon understanding the game of true nourishment through some big change in life.

The common finding among those who seek perfect nourishment is that as soon as one hunger is satiated, another is usually revealed, adding layer upon layer to the complex jigsaw of life. Keeping all our hungers properly fed becomes a time consuming passion and an art.

Feeding all our hungers takes time, attention, will-power, desire, focus, dreaming and scheming, money, energy, co-operation and union with others, communication and programming and to do so well we need a fair degree of basic skill.

Feeding our hunger successfully, so we are free from feeling hungry on any level, requires holistic education, for to satisfy ourselves we need to understand who we really are. To ignore any aspect of how our being, as a 6.3 trillion cell mechanism functions, is like living life in the dark and denying our sense of sight. If we have never experienced sight we do not know what we are missing, but if we have then we have a greater adjustment to make. The fact is our DOW – our Divine self – wants us to know It for It is the force behind the mechanism that breathes us and keeps us alive.

Although our DOW exists as an underlying creative frequency throughout all our cells and atoms, often Its presence has become a much weaker beat as in Dimensional Biofield Science, what we focus on will always grow. Because we have ignored the boss of our system for so long and instead focused on feeding our hungers via more material methods, Its energy field has been tuned to a more 'basic maintenance' mode.

The DOW in basic maintenance mode breathes us and listens to our thoughts and generally lets us play and experiment and suffer as we learn and grow. Until we begin to ask questions like "Who am I? Why am I here? Is there a higher purpose to this existence? Can we all live in peace on earth?" Or "How can we all get along?" Or something similar, our DOW remains relatively dormant and is unable to release Its full potential until It is invited.

Thankfully each human bio-system has been equipped with its own perfect and limitless supplier of true nourishment for our DOW has the power to satiate all our hungers. When we work consciously with DOW power and the river of Grace It naturally commands, our lives become a streamlined flow of ease and joy where nothing feels like a problem and everything operates in perfect harmony and balance within the whole.

While we can satisfy our hunger for love or health or wealth, until we satisfy our natural hunger to know our DOW we will never feel fulfilled. Every being has been programmed to know its DOW for our DOW is our bio-systems intelligent creator, a force that some call God and it is not until we remember It and merge consciously with It that we can be fulfilled. The Sages call this way of being nourished as accessing the true food of the Gods.

Identifying our Hungers:

Basically our hungers can be grouped into four categories:

Physical Hunger;
Emotional Hunger;
Mental Hunger and
Spiritual Hunger.

And then we have our community and global hungers as well.

The fact is that unless all these hungers are satisfied we will always feel restless as each human being has been encoded on a cellular level with both the knowledge and the tools to satisfy all hungers. In other words we come equipped and are self sustaining. Releasing this knowledge and these skills happens via our life's journey and via specific actions and desires.

Physical Hunger is an obvious one and it presents itself as a feeling of emptiness in our stomach that remains there until we give it food. The type of food we choose either allows the body to remain healthy and regenerate itself or go into overdrive and try to deal with the toxicity that comes from choosing food or liquid substances that the body finds unnatural. While a copious amount of research has been done into correct physical nutrition, what we wish to move into in this book is utilizing another source of nourishment that the body can access in order to keep healthy and be disease free. The good news is that accessing this type of nourishment also satisfies our emotional, mental and spiritual hungers for this is the nature of DOW power and the Divine One Within holds the key to a limitless source of nourishment.

The reasons for our hungers are as varied as we are, some of it goes back to being unfulfilled in our previous experiences, some to just never getting enough – like a person who felt unloved as a child and who may feel emotionally insecure and becomes hungry for love and approval. Or mothers of children who choose to remain out of the work force when their children are young may feel hungry for mental stimulation while others feel hungry for a creative outlet. Teenagers are often hungry to be let loose in

the world to experience all that life has to offer them while people who are in their sunset years may feel hungry for their youth again.

Similarly on a more metaphysical level, some souls hunger for an experience of life in a denser Beta field world while others hunger to leave it.

There are a myriad of types of hungers and reasons for our hungers and in order to understand some of these it is helpful to look first at some of the reasons why we block our ability to be nourished, next it is helpful to explore the natural cycles of human awareness which allow us to either be open or closed to the type of information held in the 'Divine Nutrition Series' and also the different sources of nourishment that we have available to us which I classify as either conventional or non-conventional.

Before we proceed with the Divine Nutrition Program, let's look a little deeper at the classification of the 3 nourishment levels that we can access. While I dislike categorization as they can further separate our species, for the purpose of this book it will be easier to make the below referencing.

LEVEL 1 in the Divine Nutrition Program (DNP):

A level 1 bio-system is a hungry one. It dies at an average age of seventy and experiences a slow system break down over time. It is susceptible to physical, emotional, mental and spiritual dis-ease and its health and happiness and peace and prosperity levels fluctuate. Level 1's rarely leave the Beta frequency field.

LEVEL 2 in the DNP:

A level 2 bio-system is a system that is being nourished enough on all levels so that the individual experiences sustainable and fulfilling levels of health and happiness and peace and prosperity. Level 2's tend to keep their brain wave patterns in the Alpha - Theta field.

LEVEL 3 in the DNP:

A level 3 bio-system is an individual who is free from the need of many of earth's resources, who can - if they wish to - sustain themselves without the need of physical food and whose system remains healthy and disease free. Some 'level 3's' are also free from the death and aging process. A level 3 bio-system is also using many of their 'paranormal' powers and tends to sustain their brain wave patterns in the Theta - Delta field.

**For the complete data on how the
Divine nutrition program can eliminate all human hunger
please read the book
THE FOOD OF GODS**

GLOBAL HARMONIZATION PROGRAM

Global Harmonization becomes easier when individuals are harmonized within themselves and also within their own families and communities. Once this occurs an individual is far more effective in their service work and how they operate within the world.

Over the past few decades the Self Empowerment Academy P/L – with it's online representative the Cosmic Internet Academy – has been developing effective, pragmatic programs to address not just health and hunger issues in our world but also programs to bring our world into a state of lasting peace by attending to basic human rights.

Based on the ancient wisdom of various esoteric traditions plus inter-dimensional field science, the following programs are now offered at the Embassy of Peace as an aid to harmonize ourselves into a new paradigm of reality. With common visions and goals we can unite in pragmatic, compassionate action to achieve all of this and more.



THE EMBASSY OF PEACE has three pragmatic GLOBAL HARMONIZATION PROJECTS which are:-

1. THE PRANA PROGRAM – this is a project that is designed to minimize and eventually eliminate any limiting health & hunger issues – individually and globally.
2. THE MADONNA FREQUENCY PEACE PROJECT – 9 specific projects & lifestyle skills to minimize political, economic and environmental conflict by attending to basic human rights.
3. THE INTERPLANETARY EDUCATION PROGRAM – Understanding and applying both the Pathways of Elysium plus Universal Law so that we may all come into a permanent state of expanded consciousness and peace.



GLOBAL HARMONIZATION PROGRAM 1

Project 1 in our Global Harmonization Program covers :-

- ☺ Understanding the resources we have at our disposal – including our own internal resource of prana power and
- ☺ providing holistic education programs to understand how prana power can eliminate human hungers of all levels.
- ☺ Reprioritising how we need to utilize these resources to take care of the world's people in a way that honours all life while we also lessen our carbon footprints.
- ☺ Plus redistributing the earth's resources more effectively.

In this section we will address how the Prana Program project is designed to minimize and eventually eliminate any limiting health and global hunger issues. The Prana Program is basically about eradicating health and hunger issues in all countries via increasing our personal chi flow so that our physical, emotional, mental and spiritual hungers are satiated harmoniously without damage to the environment.

So what is prana and where does it come from?

Prana is the creative life force that flows through all and gathers itself together in this realm to bring life into form. It is a flow of pure love, that some would call Divine, that comes from the original Source of all creation. It is also known as the universal life force, chi or cosmic particles. When its flow is weak within us we also slowly become weak and undergo what we feel are normal human limitations, such as dis-ease and death. When its force is pulsing strongly out through us, it transforms us and allows us to experience more of our limitless, divine nature until we become the enhanced or ascended human.

The following is an excerpt about prana from Choa Kok Sui's book *Miracles through Pranic Healing*. "Prana or ki is that life energy which keeps the body alive and healthy. In Greek it is called *pnuema*, in Polynesian *mana*, and in Hebrew *ruah*, which means "breath of life" ...

“Basically, there are three major sources of prana: Solar prana, air prana, and ground prana. Solar prana is prana from sunlight. It invigorates the whole body and promotes good health. It can be obtained by sunbathing or exposure to sunlight for about five to ten minutes and by drinking water that has been exposed to sunlight. Prolonged exposure or too much solar prana would harm the whole physical body since it is quite potent.

“Prana contained in the air is called air prana or air vitality globule. Air prana is absorbed by the lungs through breathing and is also absorbed directly by the energy centers of the bioplasmic body. These energy centers are called chakras*. More air prana can be absorbed by deep slow rhythmic breathing than by short shallow breathing. It can be also absorbed through the pores of the skin by persons who have undergone certain training.

“Prana contained in the ground is called ground prana or ground vitality globule. This is absorbed through the soles of the feet. This is done automatically and unconsciously. Walking barefoot increases the amount of ground prana absorbed by the body. One can consciously draw in more ground prana to increase one’s vitality, capacity to do more work, and ability to think more clearly.

“Water absorbs prana from sunlight, air, and ground that it comes in contact with. Plants and trees absorb prana from sunlight, air, water, and ground. Men and animals obtain prana from sunlight, air, ground, water, and food. Fresh food contains more prana than preserved food.”

*** VIDEO LINKS:**

For those wishing to know more about the body’s chakras, you may wish to watch the videos at link:

- ∞ The Illuminated Chakras by Anodea Judith Parts 1 to 3
- ∞ <http://au.youtube.com/watch?v=NQuUVnZh3L0>
- ∞ <http://au.youtube.com/watch?v=y3ttWumNzKE&feature=related>
- ∞ <http://au.youtube.com/watch?v=3hgVH3qsXGs&feature=related>

- ∞ Ambassadors & Diplomats may also wish to do the Chakra Column Meditation
- ∞ http://au.youtube.com/watch?v=2RySgR2Gcf0&feature=channel_page

At the Embassy we also work with Cosmic particle prana.

For the Ambassadors of Peace and Diplomats of Love who are interested in Prana as a personal and global feeding mechanism, go to the YouTube Playlist link:

http://au.youtube.com/view_playlist?p=EA87B2553D485FE1.

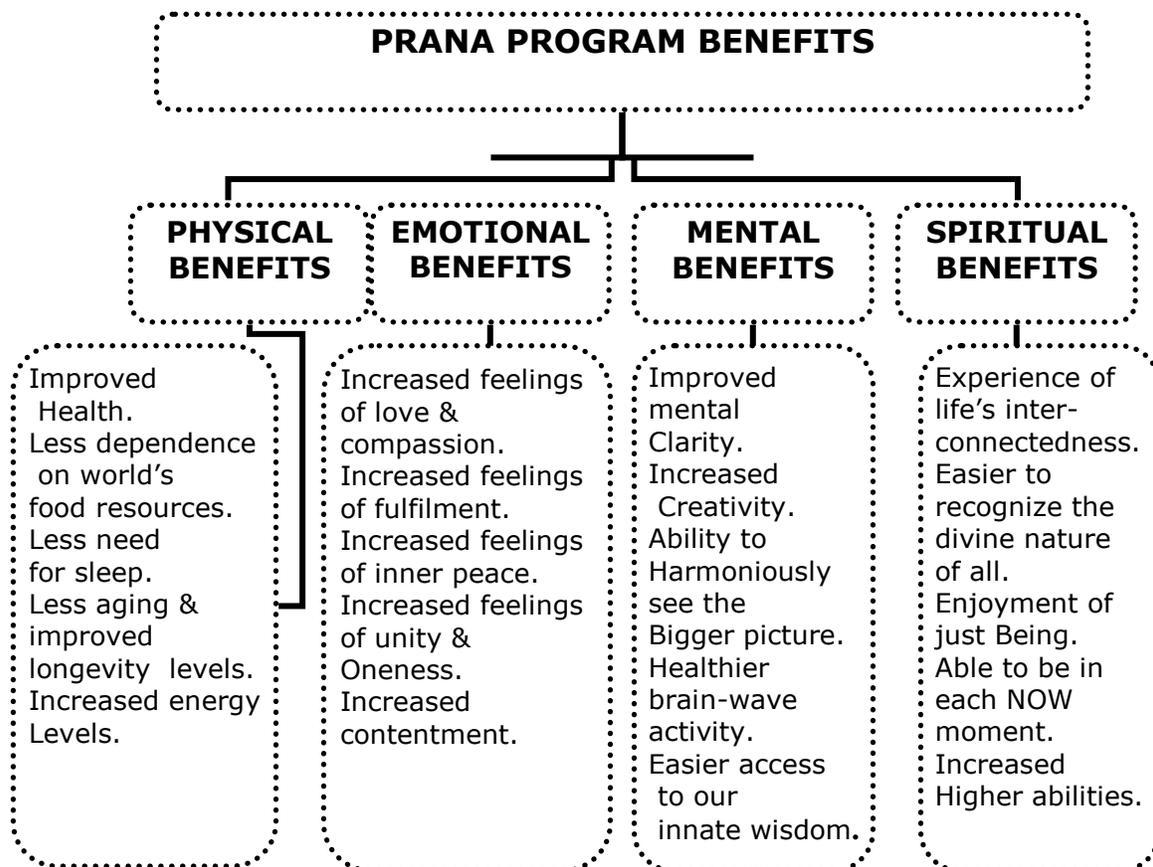
Here you will find the following videos.

- ∞ Part 1 - Raw Spirit Festival - Sedona – 2007. Jasmuheen talks a little on the new children being born plus brain wave patterns for pranic living and more...
<http://au.youtube.com/watch?v=Yq3Op1ejSP8>
- ∞ Raw Spirit Festival - Part 2- Sedona – 2007 - Continuing on from Part 1 of this event, Jasmuheen discusses more on her background with pranic living plus new paradigms.
<http://www.youtube.com/watch?gl=AU&hl=en-GB&v=EIHTt-8Jin0&feature=Playlist&p=EA87B2553D485FE1&index=0>
- ∞ Raw Spirit Festival Part 3 - Sedona – 2007. Continuing on from Part 1 & Part 2, Jasmuheen discusses Pumping up the Volume of Divine love and chi to increase health and happiness levels and experience more grace and magic in life. She also shares more on her research into prana and living on light.
<http://au.youtube.com/watch?v=rKQLd2oVQvg&feature=Playlist&p=EA87B2553D485FE1&index=1>
- ∞ A brief interview with Jasmuheen on her background with living on prana. Please note: This is not to be attempted without the proper training.
<http://au.youtube.com/watch?v=OIaxWs4iTHo&feature=Playlist&p=EA87B2553D485FE1&index=3>
- ∞ Jasmuheen shares a little about the Western Breatharian, what a breatharian and pranic nourisher is, why they do this, the personal and global benefits, who is doing it and more ...
<http://au.youtube.com/watch?v=Kd86bQx7iqg&feature=Playlist&p=EA87B2553D485FE1&index=4>
- ∞ Jasmuheen on Social & Physical Adjustments re pranic living.
<http://au.youtube.com/watch?v=ilpQYNOKRzs&feature=Playlist&p=EA87B2553D485FE1&index=5>
- ∞ Interview with Jasmuheen in New York by Paula Gloria
<http://au.youtube.com/profile?user=paulaqloria&view=videos&query=jasmuheen>

Before we look at the following extract from **THE PRANA PROGRAM** manual and how it relates to third world hunger issues, we have listed below the type of data that is in the complete book so that you may be better informed if you choose to read more of this research. THE PRANA PROGRAM e-book (at the link: <http://www.lulu.com/content/395919>) is an encyclopedia type compendium of 'everything you always wanted to know about prana and more'. Styled in Question & Answer format this book covers alternate methods of nourishing and hydrating the body using an inner energy source already produced in the body thus freeing us from our

dependence on world's food resources and changing the economic status of our world. It also offers details on: Prana Program Benefits; Prana & the Bio-system; Prana & The Brain; Prana & Darkroom Technology; Prana & The Heart; Prana & The Cells; Prana & Field Science; Prana & Inter-dimensional Life; Preparation, Physical Changes & Preprogramming; Calibration, Testing & Comfortable Conversions; Prana & Social Scenes; Prana & Parenting; Prana & Other Family Members – Harmonizing Households; Prana & eating Disorders; Prana & Sexuality; Global Issues – Gifts & Growth – Past, Present & Future; Prana & Health; Prana & Religion; The Prana Program & the Environment; The Prana Program & Politics; Skeptics & the Media; plus Solar Nourishment, Bigu & The Bigger Picture are in Chapters 2 to 8 of THE PRANA PROGRAM. Chapter 9, which we will include in this manual, deals with a pragmatic simple nourishment system for both first and third world health and hunger challenges.

SYNOPSIS



PRANIC LIVING

Addressing global health & hunger plus environmental issues



We will now move on to look at Chapter 9 from The Prana Program manual - specifically addressing Third World Challenges, then environmental and resource issues.

Intentions & Outcomes

- Part a) Mental Attitudes & Mindsets
- Part b) Community Life & Supportive Fields
- Part c) Alternate Pragmatic Internal Feeding Mechanisms
- Part d) A simple Solar Feeding Program, Bigu & Research
- Part e) Resource Sustainability & Environmental Statistics
- Part f) Resource Redistribution & The Prana Program

The Prana Program for World Health & Hunger Challenges. The following program is to be used in conjunction with existing aid and resource redistribution programs. Researched and written by Jasmuheen and the Cosmic Internet Academy, as presented to The Society for Conscious Living at the United Nations Building, Vienna November 2005 and at the United Nations in New York in September 2007, after trial in the west among more than 30,000 people since 1993.

Introduction:- Intentions, outcomes and definitions.

Q: What is your intention with offering The Prana Program to Third World countries? What outcome would you like to achieve?

A: After 14 years of experiential research and refinement of this feeding system in the west, and with the continuing focus on providing more effective aid packages into countries like Africa, and Third World countries, we would like to add our research as an additional layer to the usual aid programs. Using modern technology of the internet with audio and visual presentations, we can train people to understand and teach a simple program of alternate internal nutrition, and thus alleviate some of the stress of trying to distribute other resources into these areas.

We also hope to reduce mortality rates and pro-actively improve health and happiness levels of those struggling to survive who currently suffer from lack of proper nourishment. With a child dying of hunger related diseases every 2 seconds there is nothing to be lost and everything to be gained by adding The Prana Program to existing aid packages.

Q: Is it your intention that The Prana Program replace normal food supplies in all countries?

A: In the short term definitely not. However increasing the pranic flow, and adding the mindset that prana can provide an additional level of nourishment, can be very beneficial to all. For example, I know of many people who for years have lived very healthily without taking vitamin supplements and whose calorie intake has averaged less than 300 calories per day – myself included. By relying on prana to provide what we need nutritionally, our dependency on global food resources has dropped substantially with no detriment to our health.

Q: Wouldn't the correct implementation of The Prana Program also affect the operational status of existing aid programs?

A: Yes definitely. Many aid programs provide water and food and the means of cultivation of both. As community calibrations change and success is activated with the physical nourishment aspect of The Prana Program then we will see an improvement also in community health. Programs with an emphasis on farming and food production will change dramatically.

Q: How can this be most easily achieved?

A: In four ways.

- 1) Education to understand The Prana Program and the adoption of new mindsets;
- 2) Breathing techniques based on ancient proven practices;
- 3) The use of specific internal feeding mechanisms that magnetize an increased pranic flow to nourish and hydrate the physical system;
- 4) Community support to experience The Prana Program first hand;
- 5) Responsible media reportage to highlight the success and spread The Prana Program methodology.

Q: How do you propose The Prana Program be taught in Third World countries?

A: As this is a pioneering field we are obviously open to recommendations but suggest that it initially be trialled in one village so that adjustments to the model and success assessments can be made. Also with the simple Sway and Breath test tools that we

provide, people can safely assess their progress every step of the way although results will easily be evident by an increase in health and a decrease in mortality rates.

Initially we would also look at training within aid agencies using Audio/Visual and PowerPoint presentations as well as personal instruction regarding our research and tools.

The best teacher of this is obviously someone who is successfully living it and has proven personal results for they are individuals who are free of doubt and fear in this field.

THE PRANA PROGRAM for 3rd World communities

So to apply The Prana Program to Third World countries, there are 3 areas we need to address:-

- ♥ Mental attitudes & mindsets
- ♥ Community life PLUS
- ♥ How to create & utilize alternate internal and external pranic feeding mechanisms including accessing solar micro food.

Part A:-

MENTAL ATTITUDES, MINDSETS & MISCELLANEOUS QUESTIONS

Introduction: One of the most important aspects of The Prana Program is education into the power of the human mind. This includes the proven power of positive thinking which research shares can increase a person's lifespan by 20% compared to those who consistently think negatively. Understanding also how to use our higher capabilities of brain power by creative visualization, will and intention, we can improve health and longevity levels in all countries and cultures. By combining mind mastery with ancient yogic practices and modern western research, we can re-educate all to the benefits of The Prana Program.

Q: How would you describe prana to a largely uneducated, Third World population?

A: Everyone has certain beliefs so we may need to find their terms to describe prana. For example, to the Christians we would describe prana as a nourishing aspect of the God force. For many it is not that difficult to understand that there is a force of energy that breathes us all, that loves us and that we can feel this love when we meditate upon it and that there is a force that guides us via our intuition.

With the acceptance of all of this, then the idea that this invisible force can also manufacture and deliver into our cells all the nutrition we need to be healthy and self regenerate, is not that difficult. Hopefully then we can also share the idea that this force can nourish us regardless of how much or how little we physically have to eat. With sound holistic education regarding the mind/body connection we can teach how to

increase the flow of cosmic particles to our systems in a way that can feed us on all levels.

Q: How can The Prana Program be used as an alternate source of nourishment and hence be of benefit to underdeveloped Third World countries, or even to first world countries, that are suffering from lack of proper nourishment?

A: By the use of simple meditation tools, breath techniques and visualization procedures, we can instruct people how to nourish themselves from within and decrease their dependence on external food. This increases their self reliance and provides them with greater independence from the world's food resources and allows them to be nourished not just physically but also emotionally, mentally and spiritually.

Q: Surely people in Third World countries, or even First World countries, who are suffering from malnourishment firstly need access to good food and then education regarding healthy food choices?

A: Holistic education is required to break the cycles of poverty and good nourishment will simultaneously provide the strength to do it. Both go hand in hand. It is important to relieve people of the victim type consciousness that can accrue as they wait for the west to redistribute and deliver resources. The Prana Program allows for personal affirmative action.

Q: You talk in previous chapters about the need for people to have a particular calibration to safely exist on a prana only nourishment. How does this apply in Third World countries?

A: On one level it doesn't apply as the fact is that people are dying regardless, so The Prana Program may save lives that are already on the path to being lost, due to lack of availability of physical food, so we have nothing to lose and everything to gain by applying this program in Third World countries. In the west calibration levels apply to minimize unnecessary physical system damage.

Q: What about the spiritual reality of karma and souls choosing to incarnate into situations of starvation and poverty for their karmic learning and rebalancing?

A: In esoteric circles, it is well understood that people choose in each embodiment their culture, their parents, their race and the locality of their embodiment. Many believe that some people have entered into environments of poverty and suffering to complete karmic ties and chapters that have been unfinished from other lives. Regardless of this, many are very aware of the apathy that can come when one looks at the game of karma particularly regarding the caste system in India. It is easier to dismiss, and be inactive rather than active, by saying "It's their choosing – it is nothing to do with us".

Apathy separates, constructive compassion unifies.

Regardless of this, karmic learning can still be gained and energies rebalanced while living in a situation where basic human rights are met. As empathetic and aware adults we can work together to at least feed, clothe, shelter and holistically educate those open to this basic right. To do this is a sign of a civilized world.

Q: What about research into the field of solar nourishment?

A: As was discussed in detail in the previous chapter, Solar Nourishment is another way of gaining nutrition that we need by utilizing the sun's energy and absorbing this directly through our eyes into our brain which again stimulates the master glands and changes brain wave patterns. We will also share a simple solar nourishment program shortly.

Q: What has your research found regarding the role of our brain and our ability to be fed by prana or cosmic particles?

A: There are two levels to consider here.

- a) Physical brain stimulation and re-programming and using new software (specific mental commands) for the brain's computer to run, and
- b) Master gland activation and stimulation to change basic brain wave activity from Beta to Alpha to Theta.

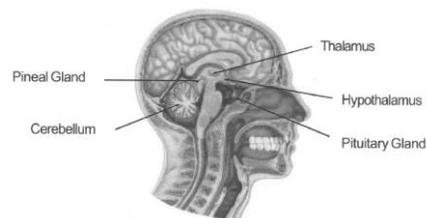
When these are attended to we begin to utilize the 4/5th's of the brain not normally used so we can tap into other levels of ability.

Q: Apart from what was discussed in earlier chapters of The Prana Program book, how does a person stimulate their brain to enhance their higher abilities e.g. use the 4/5th's not normally used?

A: One of the most effective ways is to flood the brain with violet light using creative visualization tools and intention. Also to smile to the brain every day and by stimulating the production of amrita and pinoline which are substances produced by the master glands in the brain. Higher brain activities are also activated via our daily lifestyle and how we spend our time which affects our general field of resonance.

Q: What and where are these master glands in the brain?

A: These are the pituitary and the pineal glands. They are located in the center of the head. See diagram opposite >



Q: How does a person stimulate these master glands in their brain?

A: Firstly by acting as if these glands are conscious of every thought and word and providing them with specific behavioral commands that are in alignment with their original and natural capacities. E.g. to originally produce only life supporting hormones

for longevity. For most people these glands have – over time – begun to produce the death hormone to mirror our belief that everyone needs to die. Next we need to stimulate them to produce more amrita and pinoline which are natural substances that can permeate the brain to alter brain wave activity. These glands can also be stimulated to produce more DMT and 5-MeO-DMT which also alter brain wave patterns.

Q: How is this done?

A: By using creative visualization both glands can be flooded with violet light and in addition:-

- a) **For the pituitary gland** we can place the tongue on the roof of the mouth, and each day move it back until the muscles are stretched enough for the tongue to reach up behind the uvula. This must be done with the mindset that the tongue position is stimulating the energy channels that connect from the roof of the mouth directly to the pituitary and that with this stimulation the pituitary gland will increase its natural production of amrita.
- b) **For the pineal gland** we can contract and release the muscles around the clitoris in women and the scrotum in men. There is a direct energy channel linking these areas with the pineal gland and as we contract and release the muscles around these sexual centers the pineal gland also contracts and pulses and releases more pinoline which then floods through the brain to feed it so that it then feeds the body in a different way. (See video link below.)

Q: Exactly what sort of mental attitudes and mindsets do people need to adopt to successfully experience the benefits of The Prana Program?

A: For successful pranic nourishment an attitude that:-

- ♥ “All my nourishment, all my vitamins, all my minerals, everything I need to maintain a healthy body, comes from prana” is step one.
- ♥ Next an attitude that “I only eat for pleasure, not for need as prana provides all I require” is another new mindset.
- ♥ Both commands help to rewire the brain’s neural pathways.
- ♥ Positive thinking increases lifespan.

Here are the links to a few YouTube videos on meditations for pranic feeding.

Pranic Feeding from Nature:

<http://au.youtube.com/watch?v=Yn0lkauVCck&feature=Playlist&p=EBDE93758594266D&index=6>

Pranic Feeding from Cosmic particles:

<http://au.youtube.com/watch?v=7OTeCk66AK8&feature=Playlist&p=EBDE93758594266D&index=7>

Brain Food Meditation:

http://au.youtube.com/watch?v=Uy8op13HR9c&feature=channel_page

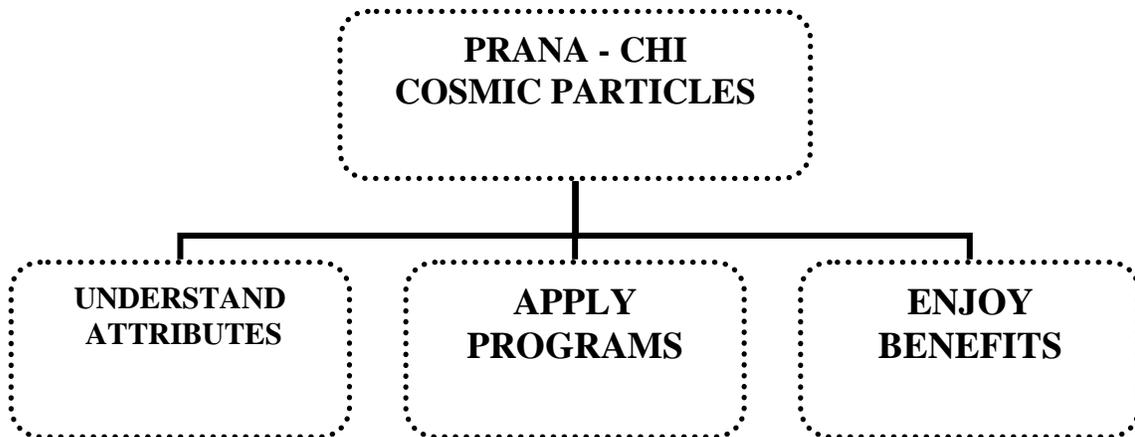
While the Luscious Lifestyles Program sets up a strong magnetic attraction flow for prana, it also rearranges our body's mix of element flow adding more cosmic fire, akasha and astral light to the earth, fire, water air mix that we usually work with in this realm.

Summary:

- ♥ Certain Mental Attitudes & Mindsets need to be understood & adopted in order to begin to be nourished by prana.
- ♥ Once we understand what prana is, and how it can feed us, then we need to expect it to.
- ♥ Thoughts create reality and chi follows mind.

THE PRANA PROGRAM

Mental Attitudes



Part B:-

COMMUNITY LIFE – ADULTS INFLUENCING THE FIELDS & CREATING A NOURISHING AND SUPPORTING FIELD FOR THEMSELVES AND THEIR CHILDREN.

Q: How can you expect children under 5 or even older, to be aware of the need to hold certain mental attitudes towards their nourishment? Surely all a small child understands is the ache of hunger in their stomach?

A: A journalist once said to me that young children die each minute from starvation and malnutrition and that changing our beliefs and mindset about nutritional requirements of food would not save them. However when we understand the dynamics of energy, we understand that children are linked to their parents' energy fields, particularly that of the mother, until they are 18 months to 2 years old. They then begin the process of separation, which some schools of thought say is completed between 14 and 21, depending on the individual. Change the lifestyles and beliefs of the parent and the community and the child will change. Hence in The Prana Program we need to educate experientially the adults first who can then hold the field of support for the children.

There is a wonderful story that I once heard that demonstrates the 'creating and holding a nourishing field idea'. Years ago when I was researching the Bigu phenomena in the Qigong communities I was told of a family in New York where neither the parents, nor the children, nor the goldfish, and not even the pot plants needed any food. Apparently the field emanation of love from the parents was so strong that everything within their field was fed pranically and needed no physical food as nourishment.

Many of us have found that people who are continually exposed to our presence begin to be fed in other ways and eventually their hungers naturally subsided.

Q: What research statistics can you share that may inspire this change.

A: The facts are that malnutrition contributes to nearly seven million child deaths every year – more than any infectious disease, war or natural disaster, according to the *1998 State of the World's Children Report* released by UNICEF, the United Nations Children's Fund.

No less than half of all children under the age of five in South Asia and one-third of those in sub-Saharan Africa, as well as millions of children in industrialized countries, are malnourished. Three-quarters of the children who die worldwide of causes related to malnutrition are what nutritionists describe as "mildly to moderately malnourished" and show no outward signs of problems. Consciously adding prana as an additional nutrition source can only be beneficial especially when we consider:-

- ⊗ The approximate number of children who starve to death every day: 40,000
- ⊗ How frequently a child dies of starvation: Every 2 seconds
- ⊗ The number of people who will starve to death each year: >60 million
- ⊗ The number of pure vegetarians who can be fed on the amount of land needed to feed 1 person consuming a meat-based diet: 20. (This number could be closer to 150 if you're talking about pure Rawfood-vegetarians.)
- ☺ The number of people who could be adequately fed by the grain saved if Americans reduced their intake of meat by 10%: 60 million.
- ☺ Number of people who can be nourished by prana: limitless

☺ \$ cost of pranic nourishment and production = \$0

Q: How do you hope to address the challenge of educating adults in these communities and inspiring them to adopt the prana mindset?

A: When adults are exposed to the reality of many individuals worldwide being able to live on prana, they will lose their fear and change their mindset. This will lead to a modification in the frequency and quality of the energy they emit, and their children will respond accordingly. Everything is interconnected. The secret is in the understanding of the power of the mind over our molecular structure and although those who have not felt the power of their DOW may not understand the experience of feeling interconnected to everything, nonetheless education with practical tools will help.

It is also important to keep our focus clear. The pranic nourishment solution is a bridge to freedom only because it is one way to unlock the majestic power of our DOW. It is not about whether we eat or don't eat, but whether we need to. It is about being free from the erroneous fear that says, "If we don't eat food we will die", and it is also a wonderful skill to have in times of famine from war or Earth changes. This is part of the new mindset that needs to be offered into communities that are dependant on external food resources in a way that is detrimental to them.

Q: What do you mean by 'dependant on external food resources in a way that is detrimental to them'?

A: If food resources are being sent to these countries but they are not being appropriately distributed – as has been the case with some of the African aid – then it is imperative that the local population are taught to unhook themselves from their dependency on the performance of others and in this way education into The Prana Program can help as it promotes self reliance.

An Indian guru I knew once said: "Never be dependant on anything outside of yourself" and now that we have experientially researched prana's nutritional aspects then we can offer this also as an aid. Providing tools and education to move beyond victim consciousness is a very beneficial evolutionary program.

Q: You touched on this in Chapter 7 (of the Prana Program manual) but can you share more regarding how The Prana Program will combat world hunger issues, particularly re resource redistribution?

A: The success of pranic nourishment in combating global hunger is dependant on a massive re-education program into self-responsibility and self-refinement that honors all our bodies from the physical to the spiritual.

How long until eating for pleasure rather than for need becomes an everyday possibility in the west, is up to each one of us, and as more of us allow our DOW to sustain us,

then the sooner the idea of not needing to eat food can move from the miraculous into the everyday and into Third World countries.

It is actually the 8 point Luscious Lifestyle Program that if adopted by more, will bring the most dramatic change. When this lifestyle is applied in the west many people will naturally become more service-minded and more active in compassionately addressing the problems of others. So much can be taught freely to change what is happening in Third World situations by the re-education of all. As we find our emotional and mental nourishment moving from beyond greed for material things, we can effectively redistribute needed resources and be involved in more compassionate action.

Q: You stress the need for holistic education, so exactly what do you feel needs to be taught in countries with hunger and lack of nutrition challenges?

A: Firstly as all people can breathe and breathing is free, this is the first tool to teach people regardless of where they now live. To do pranayama, means to do particular breathing exercises that feed and nourish the energy fields of all the human bodies.

Pranayama breathing exercises and even qigong can easily be taught to young and old to improve their health and vitality levels. Coupled with programming and mind power techniques, radical transformations can be made regardless of our circumstances. All can use the breath techniques (in Part C) daily and all can feel the difference.

More can also be immediately taught about the amazing capabilities of the human bio-system including the mind/body connection, and how to effectively reprogram oneself to be free from limiting beliefs. We need to understand mentally how prana is a viable alternative source of nourishment that is available now and for free.

People die from starvation because they have not yet been taught about this alternative nutrition source, or about mind mastery and the power of their focused thought to create a different reality. Many have not yet discovered the true power of the Divine Force within and how breath techniques can nourish them on all levels as they are too busy trying to survive. Being able to live without food from the physical realms becomes quite simple when we understand how and it will make the survival game easier for many.

To reiterate: Breathing is free and breath techniques can be taught to gain increased nourishment and health and longevity. Thinking is free, so mind mastery programming techniques can also be taught immediately. The power of prayer and healing through song can be taught as well as a basic understanding of universal law. It all just needs to be delivered in an easy to understand conceptual framework with simple pragmatic tools.

VIDEO LINKS: Try the following breathing techniques and meditations and see how you feel.

☺ **Meditation with Three Mantras of Reclamation** at

http://au.youtube.com/watch?v=c2hI_ZmT9rc&feature=PlayList&p=EBDE93758594266D&index=5 – A brief meditation with Jasmuheen using three powerful mantras for reprogramming the cellular structure of the body and expanding limiting boundaries as we experience more of our divine nature.

☺ **Basic Love Breath Meditation** at link –

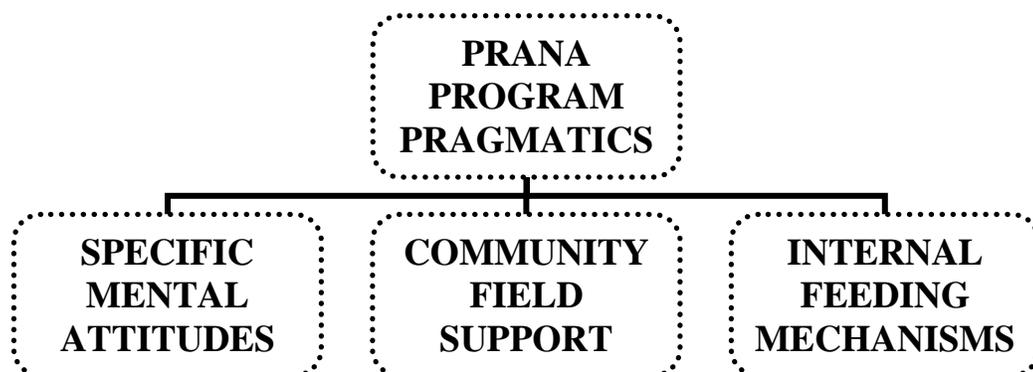
<http://au.youtube.com/watch?v=beRnsumgzn0&feature=PlayList&p=EBDE93758594266D&index=4> A simple meditation with Jasmuheen providing a powerful mantra to nourish our systems and change the energy flow through us and around us.

Q: You often talk about reducing the expenditure on weaponry, can you discuss this more?

A: Definitely, before the war on terrorism, the World Bank released statistics that showed that just one third of our annual global military budget could be redirected each year to eliminate global poverty. We also know that warfare has been the most common human cause of famine for in addition to destroying crops and food supplies, warfare also disrupts the distribution of food through the use of siege and blockade tactics.

Our proposal for eventual global disarmament will eliminate this problem of warfare and many of us are now in service pragmatically creating change for global civility. With pranic nourishment we do not need to grow crops, so famine from drought will not be a problem. With pranic nourishment we do not need to slaughter animals or even eat a 'balanced diet' and we will not get malnutrition, as all that our body needs can come from prana when we learn how.

Simplistically our global expenditure on weaponry is because we live in fear; and increasing the pranic flow eliminates fear and makes us more compassionate so we have no need for such destructive weaponry.



Part C:-

ALTERNATE PRAGMATIC INTERNAL FEEDING MECHANISMS

Plus Breathing Rhythms

'Breath power' is well known in meditation circles, as I wrote in my book *In Resonance* in the chapter called "The Breath of Life": "It has been said that if we were to change nothing – not our eating, exercise or thinking patterns and habits – except our breathing pattern, we could radically alter our life span ... if we reduce the number of breaths that we breathe per minute from say fifteen to five, we will triple our lifespan ...

"Apart from aiding in maintaining and restoring health and vitality and increasing longevity, the main benefit of seeking to experience the 'breath of life' (the energy that sustains us) is that, due to Its very pure and perfect nature, when we contact and experience It, we are given a range of experiences from deep inner peace, total complete relaxation and better sleep, to the overwhelming feelings of joy and bliss of nirvana or Samadhi."

As the founder of the Pranic Healing Association, Choa Kok Sui says, "We get most of our ki or life energy from the air we breathe ... We constantly drain our life energy or ki by our every thought, every act of will or motion of muscles. In consequence replenishment is necessary, which is possible through breathing and other helpful practices".

Breathing rhythms: We know that one way that prana comes in is via our breath. In fact some say that we receive 70% of our nourishment independent of food via breathing. Prana is an invisible force field that permeates every atom and we can manufacture more of it throughout our body at will. Meditation on our breath can increase the flow and potency of prana through our cells. We can practice deep breathing exercises and imagine that with every breath we are filling our lungs and cells with a powerful dosage of nutrients that are contained within the invisible prana.

There are numerous breath techniques to draw more prana into the body that people of all countries and cultures can freely utilize. When we squint our eyes we can see prana sparkling in the air. Prana is everywhere, and as we mentioned earlier, some sources say that the majority of our nutritional needs can be fulfilled by the way we breathe.

Pranayama involves controlling the breath which in turns controls the effectiveness of many of the functions of the body. Long slow breaths slow the heart, deep breathing warms us; oxygen eliminates pain, slow breathing promotes health and longevity.

In the Encyclopedia Britannica, it is written: "Sanskrit PRANA ("breath"), in Indian philosophy, the body's vital "airs", or energies. A central conception in early Hindu

philosophy, particularly as expressed in the Upanishads, prana was held to be the principle of vitality and was thought to survive as a person's "last breath" for eternity or until a future life".

Breathing Techniques for magnetizing and increasing the pranic flow using the love breath meditation and the Ancient Vedic Holy Breath tool. Both of the following techniques increase the amount of nourishing chi and prana in the body and expand our cells capacity to attract and radiate nutrition from the Theta-Delta field. We then add additional techniques such as pranayama and basic pranic breathing. Our breath is one of the most powerful tools we have for the feeding and fine tuning of our bio-system. Free, and at our constant control, we can utilize various breath techniques to achieve many things from calming and de-stressing the bio-system to increasing the pranic flow and improving our health and more. While there are many techniques of breath work, for the Divine Nutrition – Prana Program, I recommend the below two.

Breath Technique no. 1:

This technique is designed to tune us to attract a different mix of cosmic particles. I call it the ***Love Breath meditation***. Do for at least 5-10 minutes each morning and evening or until you really feel as if all you are is love and all you do comes from this love. Do the following 3 steps every morning and as much as you remember to do it and see how you feel after a month or so ...

- ❖ Step 1 – imagine yourself connected on the inner planes with a beam of pure love that flows from the heart of the Divine Mother* into your heart chakra.
- ❖ Step 2 – Inhale of this love deeply and chant as you inhale "I am love". Keep chanting this mantra over and over with sincerity and know that the chant is opening all your fields to love.
- ❖ Step 3 – Exhale this love slowly out into your body and chant "I love" over and over with sincerity as you imagine this love filling every cell and then flowing out from your auric field and into your outer world.
- ❖ Also with this tell your body over and over until it tingles "I love you, I love you, I love you, I love you" as per technique no. 3.

(* or a never ending source of pure love.)

This exercise opens our cells to receiving pure Divine Mother Love as it strengthens our Divine heart and our ability to attract, hold and radiate love in this world. It also helps to change our brain wave patterns from Beta-Alpha to the Theta-Delta zone.

This is definitely a 'try it and experience the difference' tool which takes some focus and discipline. As we have shared in other manuals, a basic breathing technique like this one which uses the "I am love, I love" mantra, is also a wonderful way to train what the

Indian yogis call our 'monkey' mind to remain still and focused. Many western people are unable to focus their mind on just their breath for more than a minute or two without finding themselves thinking of work, or shopping, or other things, yet mind mastery is absolutely necessary to enjoy the full benefits of The Prana Program. Untrained in the art of stillness, the western mind in particular requires this type of training as a pre-requisite for attaining inner and outer peace.

Technique no. 2:

The Ancient Vedic Holy Breath. Over 5000 years old this technique achieves a number of things. Firstly what actually breathes us is our DOW – the Divine One Within us who is here to have a human experience and who utilizes our physical, emotional and mental bodies to do so. Without Its energy we could not and would not exist and when we match Its breathing rhythm we begin to glimpse Its power of nourishment. Using this tool is also like saying to your DOW "Are you there? I really want to experience you".

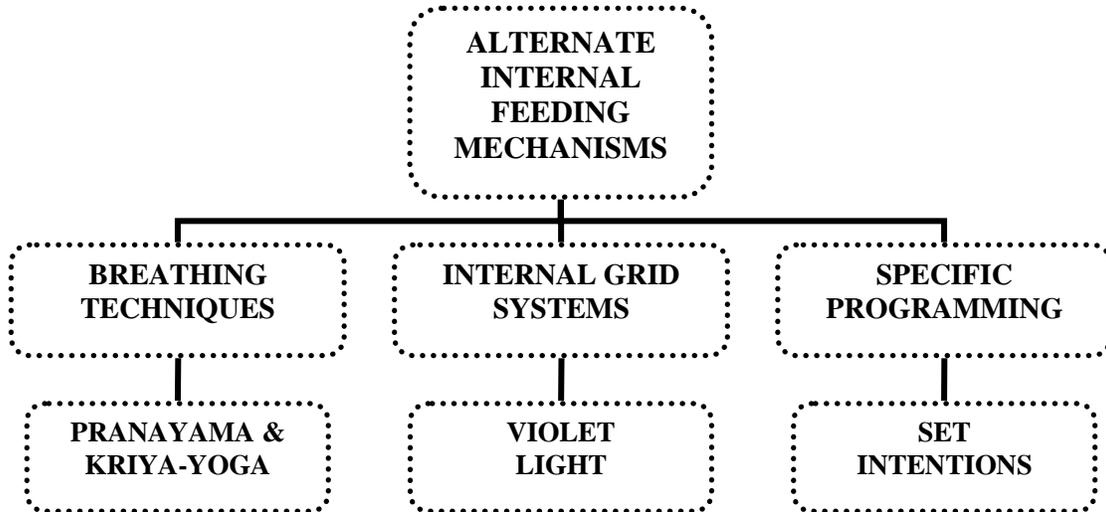
- ☺ Take a few moments and sit in stillness then,
- ☺ Breathe through your nose with deep, fine and connected breaths, no pausing as you inhale then exhale so that you are literally circular breathing.
- ☺ Once you have an even rhythm, move your awareness to the energy behind your breath and just watch and feel your breathing rhythm.
- ☺ Remember you are focusing now on the inner force that breathes you and you will know when you have found Its rhythm as you will begin to feel Its waves of love pulsating through you.
- ☺ After awhile you will no longer be focused on deep, fine connected breathing and instead will feel as if you are being breathed.

Below is the link again to **Jasmuheen's Basic Love Breath Meditation.**

A simple meditation with Jasmuheen providing a powerful mantra to nourish our systems and change the energy flow through us and around us.
<http://au.youtube.com/watch?v=2N5oN7fvIZ4&feature=PlayList&p=EBDE93758594266D&index=0>.

MIND POWER AND BREATHING RHYTHMS

Before we proceed to offer simple internal feeding meditation mechanisms it is important to use all of the breathing techniques with the intention that all our vitamins, minerals and nutrients come to us via prana which we are absorbing through breath in the ways discussed more fully in the Prana Program manual or the YouTube Videos that we trust you have watched and applied. This mental focus adds more power to the practice.



INTERNAL FEEDING SYSTEMS

While we offer some more complex internal feeding and hydration systems in my books *The Food of Gods* and *The Law of Love*, I believe that the below is sufficient to begin our prana program within Third World countries. The meditations and visualization processes are simple enough and will be very effective when used with mind power, will and intention, plus an understanding of pranic attributes which will also need to be taught.

Pranic System Flush and hydration with breath rhythm:

A tool that uses Creative Visualization, programming and breath for nourishing and hydrating the body – this is for those who wish to know how to nourish and hydrate their systems using a more metaphysical method.

- ☺ Sit or lie down comfortably, center yourself and begin the love breath meditation.
- ☺ Inhale deeply from the never ending well of Divine Love in your heart and chant: “I am love” and then exhale and chant “I love”. This is your cosmic particle door opener that puts you automatically in touch with all the love in all the fields from which true nourishment comes.
- ☺ Tell the body over and over “I love you, I love you, I love you” – this prepares the cells receptivity levels to absorb and receive more love and cosmic particles and also expands their capacity to hold them.
- ☺ Next visualize that your feet are resting in a beautiful cool, bubbling glade of highly energized chi water that is sparkling with golden violet hues of pure

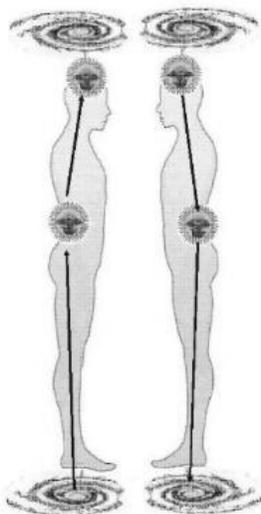
EMBASSY OF PEACE

Personal, Global & Universal Harmonization Programs

<http://www.jasmuheen.com/htm/embassy-peace.asp>

<http://www.selfempowermentacademy.com.au/htm/Embassy-Peace.asp>

nourishing energy. Imagine that this is a magical pool offered to you by Mother Earth.



- ☺ Next move your mind up to your crown chakra and imagine that all of the thousand petals of the lotus that sits in this chakra are open and that a thousand beams of violet light are radiating from each petal, searching out in a 360 degree direction to connect with and magnetize all the cosmic particles of pure chi energy that you need.
- ☺ Imagine these beams also now anchoring themselves into a vast, nourishing cool blue universal ocean – an ocean of pure hydrating and nourishing chi.
- ☺ Now establish a breathing rhythm where each inhale is connected with each exhale, breathe deep, fine and connected circular breathing.
- ☺ As you breathe in deeply, imagine that you are now drawing in through the soles of your feet, all the nourishing and hydrating liquid that your body

needs, draw it from this pool, draw it up through your feet, through your ankles, through your calves, through your bones, through your muscular structure and blood lines and lymphatic system, draw this cooling liquid right up your legs, through the kidneys and your torso and through to the top of your head.

- ☺ Imagining as your mind follows your breath, and you draw it up through your body, that you are flooding your whole system with cool energizing chi filled water that comes from the heart of Mother Earth.
- ☺ Then as you breathe out imagine that as you push your breath gently downwards that you are drawing all the universal water through the beams that are anchored in the lotus in your crown chakra and that
- ☺ you are now sending, directing this universal liquid down through your system.
- ☺ Imagine that it flows through your brain hydrating and nourishing it with this magical cosmic particle violet and blue light liquid,
- ☺ imagine sending it down your throat, into your lungs, filling your lungs and then your heart with nourishing liquid from the universal ocean of pure cosmic particles,
- ☺ imagine it then being pushed gently with your exhale down into your kidneys and intestines, through your sexual organs, then down your legs and into your feet and send these universal streams of liquid light back into the pool.
- ☺ Imagine that as you inhale and exhale that you are literally flushing out your whole system, bringing in the water element of Earth from the pool at your

feet as you inhale, and then as you exhale you begin to flush out your system as streams of cosmic particles from the universal ocean of chi now flow in through your crown chakra down into your system like an internal shower.

- ☺ Imagine then as you take a deep inhale that you are again drawing more of this perfect hydrating fluid from the pool of water at your feet and again as you exhale you draw it down or in through the crown from the universal ocean to hydrate and nourish you perfectly.
- ☺ Keep repeating this breathing rhythm and holding the visual images in your mind's eye, imagine marrying the waters of the cosmos with the waters of the pool.
- ☺ Imagine that as these streams flow through your body with your inhale and your exhale that your body is being re-energized, nourished and re-hydrated exactly as it needs.
- ☺ Repeat until you intuitively feel that your body has had enough – but do for 5 minutes minimum.

Additional Inner Plane Feeding Codes & Meditation:

The following simple meditation and programming codes are an aid to feed the body from the inner planes. It is a variation on and the next level for, the spinning chakra column meditation in *The Food of Gods* and includes programming with the seven elements. The success of this technique depends totally on your mind/body connection and the belief that you are the Master of this vehicle and that ***chi follows mind*** and that the body can do anything that it is instructed to do.

Note: This is a feeding mechanism – do before a meal NOT after. Also I find drinking a glass of water before you begin aids the body in handling the electromagnetic boost it is about to receive.

- ☺ Lie or sit in a comfortable position.
- ☺ Use the love breath tool and body love tool so that the body co-operates more easily with us.
- ☺ When you have established a good breathing rhythm then if you feel murmurings in the stomach, ask the body if it is hungry. If you get a 'yes' apply the next step. If you get a 'no' then ask why you are having the murmurings and 'is it due to blocked energy?' If you do get a 'yes' and are still taking nourishment from physical food then you may wish to replace your normal feeding methods for just one meal a day by using the cosmic particles program below.
- ☺ If you get a 'yes' then instruct: "Cells of my body, molecules of my body, I instruct that you draw all that you need to feed and hydrate you now from cosmic particles!"

- ☺ Next continue your instruction with a command said with intention as if you are the master and the body must obey you.
- ☺ Command: "Body feed your self from the Cosmic Fire elements now, body feed from the element Akasha now, body feed from the astral light element now, body feed from the cosmic particles now. Body feed off the elements of air, Earth, fire and water now. Body take all that you need – your vitamins and minerals for your perfect nourishment and hydration – take all this from the universal elements now!"
- ☺ Continue with the chant: "I am fed by cosmic fire now! I am fed by akasha now! I am fed by astral light now! I am fed by the element air now! I am fed by the element fire now! I am fed by the element Earth now! I am fed by the element water now!"
- ☺ Next imagine all the filaments from within all your cells dancing and being revitalized as the violet light attracts all of this from the elements and brings it back into your system to feed it now.
- ☺ Imagine it nourishing and hydrating your light-body, your meridians, your skeleton, your bone marrow, your bloodlines, your organs, your muscles, your nervous system, your lymphatic and endocrine systems and your skin now.

The above meditation can be used in conjunction with the other inner plane feeding tools discussed in *The Food of Gods* particularly the spinning chakra column and feeding through the atoms system which I have personally used with great success.

A VIDEO of the spinning chakra column meditation is at:

http://au.youtube.com/watch?v=2RySgR2Gcf0&feature=channel_page

Additional mindset programs to use may be:

- ☺ "All my nourishment, all my food, all my fluid comes to me from the violet light and the cosmic ocean now!"
- ☺ "All my nourishment, all my vitamins, all my food, all my fluid comes to me via the inner planes from cosmic particles now!"

Use your intuition to find your own mantras but remember that your words must be accompanied by the feeling, the knowing that chi follows mind and that chi has the power to create and sustain all life. Again do this for as long as you are guided and then ask your body if it is still hungry or if it is happy and full.

You should feel a shift in your stomach and those flutterings should have abated. It takes approximately 3 days for the stomach to shrink when one stops eating regularly and / or minimizes their food intake.

COSMIC PARTICLE FEEDING & HYDRATION

Exercise



To the left, visual examples of drawing energy from the universal forces using

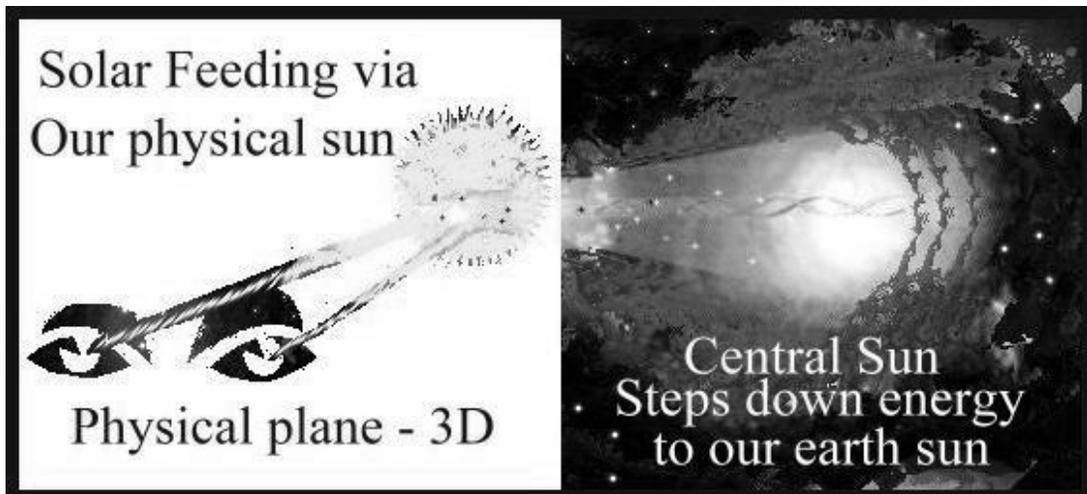
- ♥ will,
- ♥ intention and
- ♥ visualization.

- ♥ On the inhale draw cool, hydrating, prana from an imaginary pool at our feet.
- ♥ Draw it up through the body, flushing through the kidneys and up to the crown,
- ♥ then ...
- ♥ On the exhale draw the cosmic particles down through crown chakra from universal ocean
- ♥ and send through body,
- ♥ through kidneys,
- ♥ down legs,
- ♥ out through feet chakras and
- ♥ into the inner plane pool at our feet.

- ♥ Inhale and draw energy up,
- ♥ then exhale and
- ♥ send nourishing energy down,
- ♥ all the while imagining cosmic particle energy
- ♥ nourishing and also
- ♥ hydrating the body perfectly.
- ♥ Repeat breathing rhythm for at least 5 minutes every morning.

Part D:-

SOLAR FEEDING PROGRAM – Micro Food and Research



Q: What is solar nourishment?

A: Solar nourishment is an ancient practice of absorbing micro food from the sun through the eyes and pores of our skin, to feed our brain and body.

Q: Who is HRM and what is micro food?

A: HRM is Hira Ratan Manek, a leading proponent and researcher in the field of solar nourishment. In an interview with me in 2002 he said: "I was able to revive an age old practice of sun gazing or SURYANAMASKAR or the present HRM phenomena. As a matter of fact entire humanity was on sun food (micro food) at the beginning and slowly we changed over to a secondary source of food (plants). But at all times in human history many have lived on sun energy and many are also living now and are living for a period much more than me but I am unique only to the extent that I volunteered before medical science for round-the-clock supervision and observations. I have no claim that I have found out how to live on sun energy because it was already there but it had been forgotten and I have only revived it and proved it before science."

Q: What testing has been done with HRM?

A: An International team of 21 Doctors supervised HRM in Ahmedabad for 411 days. He remained only on a diet of water. There were volunteers that were on round-the-clock supervision. Although sun energy is ample for HRM's energy requirements he takes coffee, tea or buttermilk to satisfy his family and doctors.

After the excitement of the findings at Ahmedabad, HRM was invited to Thomas Jefferson University and State University of Pennsylvania in Philadelphia. They wanted to observe and examine his retina, pineal gland and brain. Some of the initial results are that the gray cells in HRM's brain are regenerating. 700 photographs have been taken. Neurons are reported to be active and not dying. The pineal gland is not shrinking which is typically what happens after mid fifties and its maximum average size is about 6 x 6 mm. But for HRM it's been measured to be at 8 x 11 mm.

Q: What type of program does HRM recommend when using the sun for alternate nourishment?

A: According to research provided by Hira Ratan Manek, we begin the program with sun gazing practice for a few minutes at sunrise and sunset, slowly building up our exposure over a nine month period.

He says that: "In 6-months time we are starting to eat the original form of micro food – Our Sun. ... as we consume the Original form, the sun, hunger goes down. Then hunger starts to disappear. By eight month you should see hunger almost gone. 9 months or 44 minutes for a dull or weak student or with no belief. Max. 9 months or 44 minutes. Your hunger disappears forever. All mechanisms associated with hunger like aroma, cravings, and hunger pangs disappear. No appetite for food. Energy levels are at a

higher level. There is a judgment (having had this experience) that the brain is well activated with the sun energy. We become a solar cooker.”

At nine months he says: “We have to give up sun gazing now. Solar science prohibits further gazing after 9 months or 44 minutes for the sake of eye care. The body will get discharged when we stop sun gazing. So we have to recharge. The charge will last for only 6 days. Now we have to start walking on bare foot on bare Earth for 45 minutes daily. Relaxed walking only. No need to walk briskly, jog or run. Any convenient time of the day preferably when the Earth is warmer and sunlight is falling on your body.

“When you walk bare foot an important gland in the brain’s center called the pineal gland or the third eye is activated. The big toe of the foot represents this gland. 25 years ago it was considered a useless gland. Now it has become an important gland for study and about 18,000 papers have been published in the recent times. It has always been known as the Seat of the soul. The Pineal gland has optic nerve endings.

“The remaining four toes represent glands too – pituitary, hypothalamus, thalamus and amygdala. Amygdala for the last 2 years has been gaining importance in medical research. It’s a nucleus of the sun energy or cosmic energy and plays the important part of photosynthesis via the sunlight reaching the brain through the eye. When you walk bare foot, your body weight stimulates all these 5 glands through your toes. This is strengthened by the Earth heat/energy and the sun prana falling on the head or the crown chakra. The chakras are not in the spinal cord that is an imaginary location; they are definitely in the brain. All these create a magnetic field and the body/brain recharges with the energy of the sun entering in you.

“Relax. Walk 45 minutes for one year and food continues to be without you. After one year of recharging, if you are satisfied with your progress you can give up barefoot walking. Then a few minutes of sun energy falling on you once in 3-4 days is enough. But if you want the immune system to be strengthened then keep on the bare foot walking. Also if you want memory power or intelligence to increase please continue the walking practice. As you increase the sun’s heat on your feet the brain will activate more and more. Pineal gland will become more active.”

Simple Solar Nourishment Program (modified by Jasmuheen):-

- ♥ Begin gazing directly at sun – dawn and dusk for a few minutes each time, expect prana to provide all your nutrients to maintain health.
- ♥ Slowly build up exposure over a nine month period till you are at 44 minutes maximum solar gazing then stop daily practice.
- ♥ Barefoot walk for 45 minutes each day for one year – to absorb ground and air prana and stimulate acupressure points in the feet to alter your brain wave patterns.

- ♥ Then every 3-4 days do solar gazing as a maintenance program.
- ♥ Live a virtuous life.

HRM recommends these books for the curious: *Light: Medicine of the Future* by Jacob Lieberman; *The Healing Sun: Sunlight and Health in the 21st Century* by Richard Hobday. I recommend that if possible you do barefoot backwards walking preferably on a beach or in an open environment.

VIDEO LINK: Solar Gazing with HRM - Hira Ratan Manek - Part1
<http://au.youtube.com/watch?v=zICJPxxKoaY&feature=related>

ADDITIONAL RESEARCH ON PRANA, BIGU AND HEALING

Q: You say that the qigong community have done a lot of research into Bigu, can you provide more data on this?

Answer with Eltrayan: Yes, on page 286 in the book *Scientific Qigong Exploration* by nuclear physicist Lu Zuyin, he shares further about the state of *Bigu* and also about the experiments conducted on people who have not eaten for up to 6 years. "*Bigu* is a state in which a person maintains a normal life without taking any food. Standard *Bigu* means very little or no intake of water. Basic *Bigu* means only drinking water and juice. Non-standard *Bigu* means ingesting water, juice and occasionally juicy fruits and vegetable soups."

Q: Are there any documented researched cases of Bigu?

Answer with Eltrayan: Yes a Chinese girl in New York has been in a state of 'Bigu' since 21 October 1987 when she attended a prana emitting lecture by a prana master. At that time she was aged 10. After 10 months from the start of her Biju, the Chinese Military Academy of Medicine organised 8 medical experts to conduct a month long investigation of her. They reached the conclusion that in spite of her extremely insufficient intake of calories and nutrition she had maintained her normal life and growth and the stability of internal physiological conditions. A light duty worker normally needs 2,200 kilocalories each day, but her daily nutrition consumption was only 200 to 300 kilocalories each day, and calculations showed that according to her daily activities, that she needed at least 1500 kilocalories per day. These facts seriously challenged modern physiology.

OTHER RESEARCH

In 1998, a journalist called Stephen Janetzko gave me an article that I believe was published in November 1976, by Germany's *Esotera Magazine*. It contained an in-depth article called "Sei wurden zu menschlichen Pflanzen" (or "They Changed to Human Plants") and it appears to have been written by Von Dr. Albert A. Bartel.

Focusing on the work of Dr Karl Graninger, it also reports on Maria Furtner from Frasdorf in Bavaria who lived 52 years drinking only water from the mineral spring near her home. Maria underwent a three week observation period in Munich University Hospital to prove she didn't need to eat. When released from the hospital she walked the 60km home in three days without problem.

Then there was Resl – Theresa Nuemann, who I mention in my first book. She lived in the Bavarian Forest in Konnersreuth. Her only food each day for 17 years was a consecrated wafer. X-rays showed her bowels to be pencil thin.

Then there was Anna Nassi, who was the child of a farmer from Deutenhofen in Bavaria. Her teacher told the researchers for the article that Anna lived for 6 years on only water.

After the First World War in Europe, Austrian specialist Dr Karl Graninger noticed that although people had become prisoners of war, not all returned from the war camps unhealthy. For some the fasting, fresh air, meagre diets and non-smoking was very beneficial physically.

The idea that some had starved and were quite ill after imprisonment while others were healthier fascinated him. Consequently from 1920 to 1940 when he died, Dr Graninger conducted research into the phenomena of "inedia paradoxa" – or living without food. Finding 23 cases in the west of Europe, his test subjects were mostly women and children who were observed to live without food for both long and short periods of time. ***All subjects were found to have character attributes of patience, devotion and godliness.***

In Summary:

I share the above research in this section to show that:-

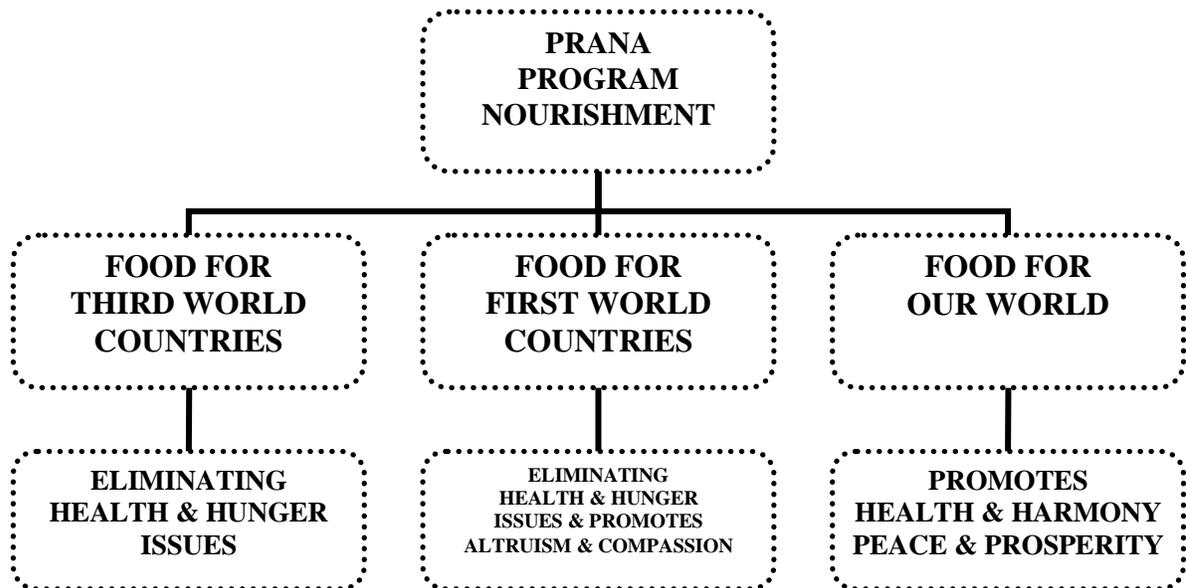
- a) People can healthily survive with minimum calorie intake as in Bigu.
- b) People in war torn areas can find inner resources to sustain them regardless of their circumstances although faith and trust cannot be taught as they come naturally to us through the trials of life.

While we have no proven track record as yet at applying The Prana Program into Third World countries, I personally believe that we can achieve success using a combination of:-

- ♥ Breath tools including pranic Breathing;
- ♥ Solar Nourishment – where applicable;
- ♥ Lifestyle tools;

- ♥ Mind mastery & re-education re mind power;
- ♥ Specific Internal Feeding Mechanisms that access alternate internal nutritional energy.

No doubt the program may need refining as we apply it experientially but the basic keynotes for success are here.



OUR ENVIRONMENT – REDUCING OUR CARBON FOOTPRINTS

Part E:- RESOURCE SUSTAINABILITY AND STATISTICS.

The positive impact of The Prana Program on resource sustainability and also on environmental pollution cannot be ignored. These statistics share the difference between a meat based and vegetarian diet. The statistics for the impact of a prana only nourishment are obviously not available but will be far more beneficial again. Regarding health and hunger challenges in Third World countries, research shares that today we have enough resources to feed everyone easily on our planet – we just need more effective distribution systems. However in another few decades even with effective resource distribution systems, we will not have enough resources unless we move to a global vegetarian diet.

Soil

- ⊗ Historic cause of demise of many great civilizations: Topsoil depletion
- ⊗ Percentage of original U.S.A. topsoil lost to date: 75%
- ⊗ Percentage of U.S.A. topsoil loss directly associated with livestock raising: 85%

According to Harvey Diamond a vegetarian lifestyle will save seven hundred million tons of top soil each year and "one hundred and twenty million acres of land, choice land, could be made available for more prudent use".

Trees

- ⊗ Amount of U.S forest which has been cleared to create cropland to produce a meat-centered diet: 260 million acres (1.05 million square kilometers)
- ⊗ How often an acre (4,047 square meters) of U.S.A. trees disappears: Every 8 seconds
- ⊗ Amount of trees spared per year by each individual who switches to a pure vegetarian diet: 1 acre (4,047 square meters)
- ⊗ Amount of tree acreage cleared for prana only nourishment: 0

Rainforests

- ⊗ A driving force behind the destruction of the tropical rainforests: American meat habit
- ⊗ Current rate of species extinction due to destruction of tropical rainforests and related habitats: 1000 per year.

"The tropical rainforests of the world are probably Earth's most precious resource, offering refuge to three quarters of all living things on the planet. This lush green belt of forest that circles the equator is frequently referred to as Earth's lungs."

Water

- ⊗ User of more than half of all water used for all purposes in the United States: Livestock production
- ⊗ Water needed to produce 1 pound (.45 kg) of wheat: 25 gallons (95 litres)
- ⊗ Water needed to produce 1 pound (.45 kg) of meat: 2,500 gallons (9,465 litres)
- ⊗ Water needed to produce prana: 0 gallons
- ⊗ Cost of common hamburger meat if water used by meat industry was not subsidized by the U.S.A. taxpayers: \$35 per pound (\$77 per kg)
- ⊗ Current cost for 1 pound (.45 kg) of protein from wheat: \$1.50
- ⊗ Current cost for 1 pound (.45 kg) of protein from beefsteak: \$15.40
- ⊗ Cost for 1 pound (.45 kg) of protein from beefsteak if U.S taxpayers ceased subsidizing meat industry's use of water: \$89 (Harvey Diamond says the cost is US\$35 a pound and that "in California alone the cost of subsidizing the meat industry is US\$24 billion per annum!")
- ⊗ Current cost for prana protein production: \$0

Petroleum and Energy

- ⊗ Length of time world's petroleum reserves would last (with current technologies) if all human beings ate meat-centered diet: 13 years
- ⊙ Length of time world's petroleum reserves would last (with current technologies) if all human beings ate vegetarian diet: 260 years
- ⊙ Percentage of raw materials consumed in the U.S.A for all purposes presently consumed to produce the current meat-centered diet: 33%
- ⊙ Percentage of raw materials consumed in the U.S.A for all purposes needed to produce a pure vegetarian diet: 2%
- ⊙ Percentage of raw materials required to produce a pure prana diet: 0%

Sewage Systems

- ⊙ Production of excrement by total U.S.A. population: 12,000 lbs. (5443 kg) per second
- ⊙ Production of excrement by U.S.A. livestock: 250,000 lbs. (113,400 kg) per second
- ⊗ Amount of waste produced annually by U.S.A. livestock in confinement operations which is not recycled: 1 billion tons (907 billion kg)
- ⊙ Relative concentration of feedlot wastes compared to raw domestic sewage: Ten to several hundred times more highly concentrated
- ⊗ Where feedlot waste typically ends up: Human water supply

Obviously by the above statistics, anyone can see the radical and positive impact that living on prana only will have on our planet in the long term. No need for sewerage systems, no more animal slaughter, no need for such comprehensive systems of waste elimination, no need for such huge oil reserves, and no need for deforestation ... the list goes on.

Part F:-

RESOURCE REDISTRIBUTION AND AID PROGRAMS.

- ⊙ working holistically and harmoniously
- ⊙ combining emotional, mental, spiritual and physical resources

In a recent speech on human rights and peace, the Dalai Lama said:-

"If we are serious in our commitment to the fundamental principles of equality which, I believe, lie at the heart of the concept of human rights, today's economic disparity can no longer be ignored. It is not enough to merely state that all human beings must enjoy equal dignity. This concept must be translated into action. We have a responsibility to find ways to achieve a more equitable distribution of the world's resources.

"We are witnessing a tremendous popular movement for the advancement of human rights and democratic freedom in the world. This movement must become an even more powerful moral force, so that even the most obstructive governments and armies cannot suppress it.

"It is natural and just for nations, peoples and individuals to demand respect for their rights and freedoms and to struggle to end repression, racism, economic exploitation, military occupation, and various forms of colonialism and alien domination. Governments should actively support such demands instead of merely paying lip-service to them."

The Dalai Lama continued: "As we approach the end of the 20th century, we find that the world is becoming one community. We are being drawn together by the grave problems of overpopulation, dwindling natural resources, and an environmental crisis that threaten the very foundation of our existence on this planet. Human rights, environmental protection, greater social and economic equality and peace, are now all interrelated. If we are to meet the challenges of our times, human beings will have to develop a greater sense of universal responsibility.

"We must all learn to work not just for ourselves, our own family or own nation, but for the benefit of all humankind. Universal responsibility is the key to human survival and the best guarantee for human rights and for world peace."

REDIRECTING RESOURCES:

Many people have held concerns for some time about the effects that an ever increasing population growth may have on Earth's future and yet we really have little cause for concern, provided we learn how to effectively redistribute the resources on our planet and take personal responsibility for our lifestyles by working on a holistic level. If we do this then over population should not be a factor of major concern as our resource consumption will be minimized especially as we apply The Prana Program en mass.

Many of us are focused on creating positive personal and planetary progression, not just for ourselves, but also for our offspring and the idea that we can live in harmony and unity as healthy people who respect and honor each other is not just a pipe dream. Yet in order to have healthy, happy and productive adults in society we need to have healthy, happy and productive children.

Q: How do you suggest that we achieve this?

A: This is achieved in three ways – home education, school education and life education. Hence it appears that we have a great need for resources to be also redirected into more holistic education programs that provide people with the mental,

emotional and even spiritual food required for self mastery, compassion and self reliance, education that promotes compassion, virtues and respect for all life so that resources can be shared more equitably.

NOTE: Chaos upon our planet is not from a lack of goods or services or even the unequal distribution of such. Chaos among humanity comes from a lack of common purpose to unite the diversity of all cultures and societies prevalent today. The chaos we witness on a planetary level comes simply from the:-

- ⊗ Lack of honor and tolerance among races and cultures.
- ⊗ Lack of clarity on personal and global levels.
- ⊗ Lack of vision that we are one people sharing one planet.
- ⊗ Lack of purpose and drive in our personal existence.
- ⊗ Lack of awareness of why we are truly here and what we can achieve as a species, and
- ⊗ Lack of knowledge of the higher nature of our being and of universal laws, which govern the forces of creation.

In the book *Ambassadors of Light* we looked at:-

- ⊙ The human resource factor; Education in the new millennium; Tithing and aid organizations; The benefits of the dissolution of prohibition; The benefits of global disarmament; The forgiveness of Third World debt and Raising money for social welfare programs.

So I will not repeat all of this here. What I would like to focus on is what each individual can do immediately independent of governments.

Q: So what do you recommend to an individual regarding minimizing their resource usage? How does The Prana Program help with this?

A: As we utilize more of the pranic stream to nourish us physically, emotionally, mentally and spiritually, we naturally find ourselves consuming less resources. Western civilization consumes many resources to satisfy deep emotional and mental hungers and many find that materialism fails to deliver true satisfaction and yet we continue seeking fulfillment for these hungers.

Metaphysicians and yogi's have long realized that the only source of true nourishment for all our hungers comes from within and when this occurs our lives and consumptions are simplified for we have different drives. The Prana Program and its lifestyle satisfies our deepest hungers thus unhooking us from rampant consumerism, allowing us to live in greater fields of harmony and respect for resources and the needs of others.

MAXIMIZING INTERNAL HUMAN RESOURCES MEANS DECREASING DEPENDANCE ON
EXTERNAL GLOBAL RESOURCES = GREATER FREEDOM FOR ALL.

Summary of The Prana Program:

- a) Increase internal pranic flow and external prana radiation from our beings and decrease our dependence on the world's resources as we get healthier and need less.
- b) Do this via mindset changes, will and intention and the use of alternate internal feeding mechanisms and lifestyle.
- c) Promote holistic education programs that allow everyone to be nourished on deeper levels from an alternate source that is free and non-biased.

Outcome: Minimal (if any) health and hunger challenges on Earth.

Q: Is there any final statement that you would like to make to complete the last decade of your research as summarized in this manual?

A: Using the science of the fields to change life, to be more honoring and harmonious for all, to me is basic common sense as it's just utilizing our innate abilities more consciously and effectively. We have experientially now had intense and prolonged exposure to the micro-food of life and have begun to understand many of its aspects. We have seen what it can offer to our evolution and how micro-food nourishment can radically improve the quality of human existence. To ignore it, and to deny respect and support for those who research it so that we can share its gifts globally, would greatly lessen both the enjoyment and effectiveness of our evolutionary path. Prana power is a powerful peace, healing and feeding tool for our world and its benefits are destined to be legendary.



THE PRANA PROGRAM GLOBAL CONSCIOUSNESS RE-CALIBRATION FOR CO-CREATING HEALTH & HARMONY



When David Hawkins's book *Power vs. Force* was first published in 1995, his research shared that only 4% of the world's population calibrated at over 500, while in 2004 it was 6%.

- ☺ A person calibrating at wisdom 300 has the enough DOW power radiation to energetically influence, and even feed by our presence, 90,000 people;
- ☺ at a calibration of 700 we can counterbalance the energy of, and feed, 700 million.
- ☺ Countries must first shift their own calibration to 500, then with this base frequency of love and wisdom they can be influential in global affairs.

**COUNTRY 'CALIBRATION OF CONSCIOUSNESS'
SCALE REQUIRED FOR GLOBAL ADVISORY POSITIONS:
540+ FOR PRESIDENTS; 500+ FOR ANY
POLITICIAN OR POLITICAL ADVISOR**

Individual country calibration must be 300+ to provide aid, 500+ to provide advice. If you can't measure it then you can't manage it.

Use the sway tool or kinesiology to test.

200 level of truth & integrity; 310 willingness & inspiration;

400 understanding & wisdom; 500 love & revelation;

540 unconditional love, oneness & serenity;

600 peace & illumination & perfection;

700 pure consciousness, DOW merged & in a harmonious state of mastery.

‘THE MADONNA FREQUENCY’

PLANETARY PEACE PROGRAM

Biofields and Bliss Book 3



jasmuheen

EMBASSY OF PEACE
Personal, Global & Universal Harmonization Programs
<http://www.jasmuheen.com/htm/embassy-peace.asp>
<http://www.selfempowermentacademy.com.au/htm/Embassy-Peace.asp>



GLOBAL HARMONIZATION PROGRAM – PROJECT NO. 2

PROJECT 2 OF THE EMBASSY OF PEACE is the MADONNA FREQUENCY PLANETARY PEACE PROGRAM with its 9 specific projects & lifestyle skills that when applied will aid in the creation of a peace filled world by attending pragmatically to basic human rights.

'The Madonna Frequency' Planetary Peace Program was launched at the M.A.P.S. Ambassador's Annual Retreat in Thailand November 2002. It was revised at this retreat by M.A.P.S. Ambassadors representing the following countries: Australia; Austria; Belgium; Brazil; England; France; Germany; Holland; India; Indonesia; Ireland; Italy; Lebanon; New Zealand; Norway; Spain; Sweden; Switzerland; U.S.A and Yugoslavia.

PLANETARY PEACE PROGRAM FOCUS

1. 'The Madonna Frequency' Planetary Peace Program
 - a) Introduction
 - b) Planetary Peace Invitation
 - c) Agreements and Programming Codes – Doing it
2. 'The Madonna Frequency' Planetary Peace Program
 - a) Questions, Attitudes and Attributes
 - b) Madonna Frequency Action: Planetary Peace Projects
 - c) RECIPE 2000> – Luscious Lifestyle Program
3. Global Paradise – Current Status
4. New Millennium Guidelines for Peace
 - Launching of 'The Madonna Frequency' Planetary Peace Program
5. Incorruptible Networks
 - a) C.N.N. (the Cosmic Nirvana Network)
 - b) The Inner Net and
 - c) The Internet
6. The Declaration of Inter-Dependence
7. M.A.P.S. Vision and Agendas



Introduction
The Madonna Frequency Planetary Peace Program

A Practical and Joyous Proposal of Peace.
Let us
CHANGE OUR FOCUS and CHANGE OUR FUTURE!

'The Madonna Frequency' PLANETARY PEACE PROGRAM was given to Jasmuheen in October 2002, in response to the USA – Iraq and Middle East situations, and the general disharmony facing Earth's people after 9:11. As millions protest the use of violence to combat global terrorism, it has become obvious that with a shift of focus a more positive outcome can be obtained. We know in metaphysics that what we focus on becomes real, for our energy feeds it. If we focus on fear, on war, that becomes our reality but if we shift this focus to "What can we do that is positive and beneficial for all?" then a new reality can begin.

For deep and ever lasting peace, this shift must now be towards eradicating the very causes that create violence and global terrorism. This means ceasing to focus on retribution and war, since our governments will do what they will do whether we like it or not. Yes we can protest but we need to do more!

Do not underestimate people power, particularly when each person is focused on and radiating 'The Madonna Frequency'. When we are in 'The Madonna Frequency' Field we have the power, the love and the wisdom to unify and harmoniously change the course of history.

This means providing aid that creates health and happiness, peace and prosperity for all. This means delivering aid packages and empowering tools in a compassionate and loving manner. When we are all tuned to the incorruptible channel of Divine Love, Divine Wisdom and Divine Power, anything is possible. Co-creating peace really is up to us.

By utilizing our will, our intention, specific programming codes plus a powerful day-to-day lifestyle that keeps us tuned and in the Madonna Zone, we can unify and achieve great things. The time is now!

According to our research at the Self Empowerment Academy, all war and violence comes from a deep hunger for a source of nourishment that will allow us to all feel fulfilled. I have discovered that the nourishment that we all seek is 'The Madonna Frequency' Field.

Why?

Because it is infinitely wise, and more than that, it is loving and patient and compassionate, and available and free, and powerful enough to tip our world into a permanent state of peace by providing enough nurturing to satisfy all our physical, emotional, mental and spiritual hungers.

We have dwelt within a patriarchal society for over eight-thousand years and this is now coming to an end. The downside of this patriarchal society has brought with it options of war and violence and aggression – attributes that are common in a predominantly masculine field. The matriarchal energy brings love, wisdom, compassion, mercy, sympathy, empathy and other qualities that our planet now needs to come into a balanced state of peace which will come when we address the reasons that cause terrorism and war.

Everybody is hungry for something. Some hunger for war, for revenge and retribution. Some hunger for family, for loving relationships, or for wealth or health and youth or even immortality. Others hunger for peace or enlightenment, which requires us to tap into the vast energy resources that we all hold within. This untapped source is what I have come to call the DOW. Our DOW or Divine One Within is an all powerful, all loving, all knowing field of Divine Intelligence that breathes us, loves us, guides us, heals us and even nurtures us on all levels if we are open. More importantly DOW Power is the only thing every one of us has in common and when we work with it and let it guide us we have access to an incorruptible network of Divine Power.

If we think that it is time to put violence behind us and re-harmonize ourselves into peace, then our personal support of 'The Madonna Frequency' PLANETARY PEACE PROGRAM and Its Projects and use of DOW Power, can bring us into a place of deep and lasting peace.

However, this is something we must choose now. We need to see ourselves as One People who wish to live in harmony on One Planet and we need to unify with one loud resounding voice that says to the Universal Intelligence that surrounds us ...

**"We accept peace now and we love it. We accept peace now and we honor it.
We accept peace now and we respect it."**

Chant this 3 times with sincerity and conviction.



Next we need to get PERFECTLY ALIGNED for some PERFECT ACTION PROGRAMS ...

Briefly, **'The Madonna Frequency' Projects 1 to 9:**

- Project 1: To healthily feed, clothe, comfortably shelter and provide Holistic Education for our Earth's people by 2012.
- Project 2: The adoption of RECIPE 2000> as a Holistic education program into all educational institutions as a positive Life-skills tool for positive personal and global transformation
- Project 3: To provide Divine Nutrition for all who want it and hence eliminate hunger and health problems on Earth. To be done via a) the effective use of media and b) holistic education programs (see project 2).
- Project 4: The elimination of poverty and hunger in all countries via the specific support of the Divine Nutrition Research Projects. Test Country: India
- Project 5: The elimination of global health and hunger challenges via our specific DIVINE NUTRITION: Pills or Prana "eat less, live longer" Project.
- Project 6: The Revision of International Agreements and Trade Treaties and practices to ensure that they operate for the good of all.
- Project 7: The elimination of poverty and violence in all Third World countries via Projects no. 2 and no. 6. Test Country: Brazil
- Project 8: The Creation of Peace in areas of Conflict using the perfect resolution program. Test Country/s: The Middle East
- Project 9: The I.R.S. Program - To officially Instigate, Record and Summarize humanity's co-creation of paradise.

Projects 2 to 9 are all part of the main agenda of Project 1 but they each utilize different approaches and have specific programs attached. Projects 4 and 5 are part of Project 3.

'The Madonna Frequency' Projects are designed to shift our focus from war to co-creating practical peace. If we eliminate the causes of violence and terrorism, via our unified and focused effort, we will create planetary peace. It is up to us to change our focus and change our future.



**'The Madonna Frequency' Planetary Peace Project
involves a 4 part alignment and action plan.**

Part I – Agreements and Programming Codes that are made between you and the intelligent universe that surrounds us and see us as Gods in form.
i.e. this is our commitment.

Part II – Are the Questions we need to ask, the Attitudes we need to adopt and the Attributes that 'The Madonna Frequency' imbues us with.

Part III – Requires our united focus on 9 Peace Projects that if attended to will eliminate the causes of violence and terrorism in our world.
(see over for details)

Part IV – RECIPE 2000 > A Lifestyle and Programming package that will keep us tuned as individuals, to the frequency of love, wisdom and compassion, so that we can always be perfectly aligned and take the perfect action to create, then to keep our world in peace.

Let us co-create with joy and ease and Grace ...

The GRACE of 'The Madonna Frequency'

Grace is an energy that is attracted to us when we flood our systems with the cosmic electricity of Divine Love and Divine Wisdom and Divine Power.

Grace brings magic and synchronicity and joy, a feeling that everything is flowing perfectly, unfolding perfectly driven by some Divinely orchestrated beat.

Grace is the feminine principle, the cosmic mother of nurturing love that supports and soothes creation.

PART I

PLANETARY PEACE INVITATION

The Inner Net Peace Corps invites us all to take a stand now and we ask you to support this by signing the following agreements. Please note these agreements, once signed, are to be kept for your own records, they simply symbolize on the internet, your willingness to be part of 'The Madonna Frequency' Planetary Peace Program. 'The Madonna Frequency' Projects are our 'green campaign of the heart', for it is an 'emotional environment clean-up' program.

Recommendation: *Read this whole document so that you are comfortable with the proposals, then come back and sign the agreements that you relate to.*

AGREEMENTS and PROGRAMMING CODES – DOING IT

The first part is to take action – which M.A.P.S. Ambassadors do by specific programming and invocations plus a lifestyle, to keep us tuned to 'The Madonna Frequency' Field.

"I, _____ (insert your name) accept the invitation of the Inner Net Peace Corps to reclaim my right to live on Earth in harmony and peace NOW."

Recommended Action:

- a) *After you have inserted your name, sincerely chant the above 3 times out loud to the force-field of Supreme Intelligence that you now imagine surround you, then*
- b) *Use meditation and creative visualization tools and imagine yourself standing on the inner planes, graduating from PEACE Corps as an Ambassador of Divine Love and Wisdom.*
- c) *See yourself happy with this choice, feeling empowered and clear.*
- d) *Imagine that from this moment you are a Master, aware that you create your own reality.*
- e) *Imagine that the reality for you now, is global harmony and peace.*
- f) *Tell the universe out loud that this is what you now claim for Earth.*
- g) *With this vision in your mind, chant 3 times: "As a citizen on planet Earth, I now reclaim my right to live in peace."*

Planetary Peace Program no. 1 – for Divine Connection to limitless love, wisdom and power:

"I call on the Holiest Creative Source (Allah, Brahma, God, the Supreme Intelligence, the Original Cosmic Computer etc.) to harmoniously and gracefully support me on all levels, all planes, as I fulfill my role as a co-creator of peace on Earth NOW."

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud* to the force-field of Supreme Intelligence that surround you, then*
 - b) *Sign the agreement, then*
 - c) *Use meditation and creative visualization tools to plug yourself in to a never-ending source of Supreme nourishment. This is the perfect power base for us to be divinely supported as Peace Ambassadors at this time.*
- *You may also state the above program once, then add "So it is! So it is! So it is!" as the 3 times rule tells the universal forces that you are serious with this intent.*

Planetary Peace Program no. 2 – for Divine Grace:

"I choose to live a lifestyle that tunes me to 'The Madonna Frequency', so that I may fulfill my Divine Role on Earth with joy and ease and Grace NOW."

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud to the force-field of Supreme Intelligence that surround you, (or say it and add "So it is!" 3 times) then*
- b) *Sign the agreement then*
- c) *Use meditation and creative visualization tools to plug yourself in to the Divine Mother Channel e.g. the Love Breath Meditation and/or act with compassion and mercy and charity among others via selfless service as this will also magnetize us to 'The Madonna Frequency' Field.*
- d) *Adopt RECIPE 2000> and its ability to tune us to 'The Madonna Frequency' Field.*

Planetary Peace Program no. 3 – for Divine Support and Divine Attunement:

"I ask to be supported to fulfill my Divine Blueprint as impeccably as I know how. I ask for an all layer, all levels, all time lines, perfect attunement with DOW Power and 'The Madonna Frequency' NOW."

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times (or say it and add "So it is!" 3 times) out loud to the force-field of Supreme Intelligence that surround you, then*
 - b) *Sign the agreement and then to alter your surrounding energy field*
 - c) *Use the love-breath Meditation. Breathe in love and chant "I am love" then exhale this love through your system and chant "I love."*
-

Planetary Peace Program no. 4 – for Divine Mastery:

"I thank the intelligent universe that surrounds me and acknowledge myself now as a God in form. I accept full responsibility for all my creative powers and commit to spending my time effectively in the co-creation of peace. I accept the 'maximum impact for minimum effort' Divine Grace Decree NOW."

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud (or say it once and add "So it is!" 3 times) to the force-field of Supreme Intelligence that surround you, then*
 - b) *Sign the agreement then*
 - c) *Create with intention, will and clarity in a way that loves, honors and respects all. Use thoughts, words and actions that support this Planetary Peace Program.*
-

Planetary Peace Program no. 5 – for Divine Connections and Divine Colleagues:

"I ask for a perfect connection – DOW to DOW – and a perfect merging with my Earth team and my cosmic team so that we may harmoniously co-create health and happiness; peace and prosperity for all on Earth. I ask that when we meet all our karmic ties be complete with joy and ease and Grace NOW."

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud (or say it and add "So it is!" 3 times) to the force-field of Supreme Intelligence that surround you, then*
- b) *Sign the agreement then*
- c) *Imagine all your friends and colleagues and your Planetary Peace support team surrounding you on the inner planes*
- d) *Use the DOW Match Tool from BB1 with all whom you meet.*
- e) *Act impeccably in every moment. Love all*, honor all and respect all.*
- f) *Eliminate Regrets and do a forgiveness meditation so that limiting past influences can be cleared.*

* *Love all means to love the God in all.*

Planetary Peace Program no. 6 – for Divine Vision and Divine Expression:

"I now ask for perfect expression of the God I AM in me. I ask to see the God I AM in all life, in all moments. I AM the perfect expression of divine grace in form, and I accept this now. I AM the perfect expression of Divine Love in form. I AM the perfect expression of Divine Wisdom in form. I AM the perfect expression of Divine Charity in form. I AM the perfect expression of Divine Compassion in form. I accept that I AM that I AM, the perfect expression of all that is the best of me NOW."

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud (or say it and add "So it is!" 3 times) to the force-field of Supreme Intelligence that surround you, then*
 - b) *Sign the agreement then*
 - c) *Imagine yourself as a God in Form, made in the image of the Mother/Father God, see yourself on the inner planes as the King, the Queen of your Kingdom*
 - d) *Type up these programs and put them on your bathroom mirror and repeat each morning as you brush your teeth or do your make-up or shave.*
-

Planetary Peace Program no. 7 – for Divine Action:

"I give my support, my time and my focus to 'The Madonna Planetary Peace Projects'. I will do what I am guided to bring each, or all, into successful completion NOW."

Signed: _____

Recommended Action:

- a) *Read through 'The Madonna Frequency' Projects details*
 - b) *Sincerely chant the above 3 times out loud (or say it and add "So it is!" 3 times) to the force-field of Supreme Intelligence that surround you, then*
 - c) *Sign the agreement then*
 - d) *Spend daily time in silent contemplation and meditation. Learn to listen to the voice of the Divine One Within. Ask for It to love, heal, guide and inspire you to joyously fulfill your role as a Peace Ambassador on Earth. Accept Its guidance.*
 - e) *Ask spirit to guide you as to which project requires your support, and how to support it. Learn to trust your intuition and higher knowing.*
-

Planetary Peace Program no. 8 – for Divine Guidance and Divine Revelations:

"I agree to maintain contact to 'The Madonna Frequency' through the Inner Net and the Internet, and via C.N.N. I agree to honor the callings of my heart and to always act as the Master that I AM NOW."

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud (or say it and add "So it is!" 3 times) to the force-field of Supreme Intelligence that surround you, then*
 - b) *Sign the agreement then*
 - c) *Spend daily time in silence so that you can receive downloads from C.N.N.*
 - d) *Develop your telepathic and visionary abilities via RECIPE 2000>'s Luscious Lifestyle Program*
 - e) *Follow the joy of your heart, discover what makes it sing*
-

Planetary Peace Program no. 9 – for Divine Help and Divine Training:

"I accept the overshadowing of my team of Holy Help, and any specialized training I may be invited to undergo – assuming that this training will be for the good of myself and the good of the planet. I ask that this training be given during the night realms, during my meditations and lovingly through the lessons of life. THANK YOU!"

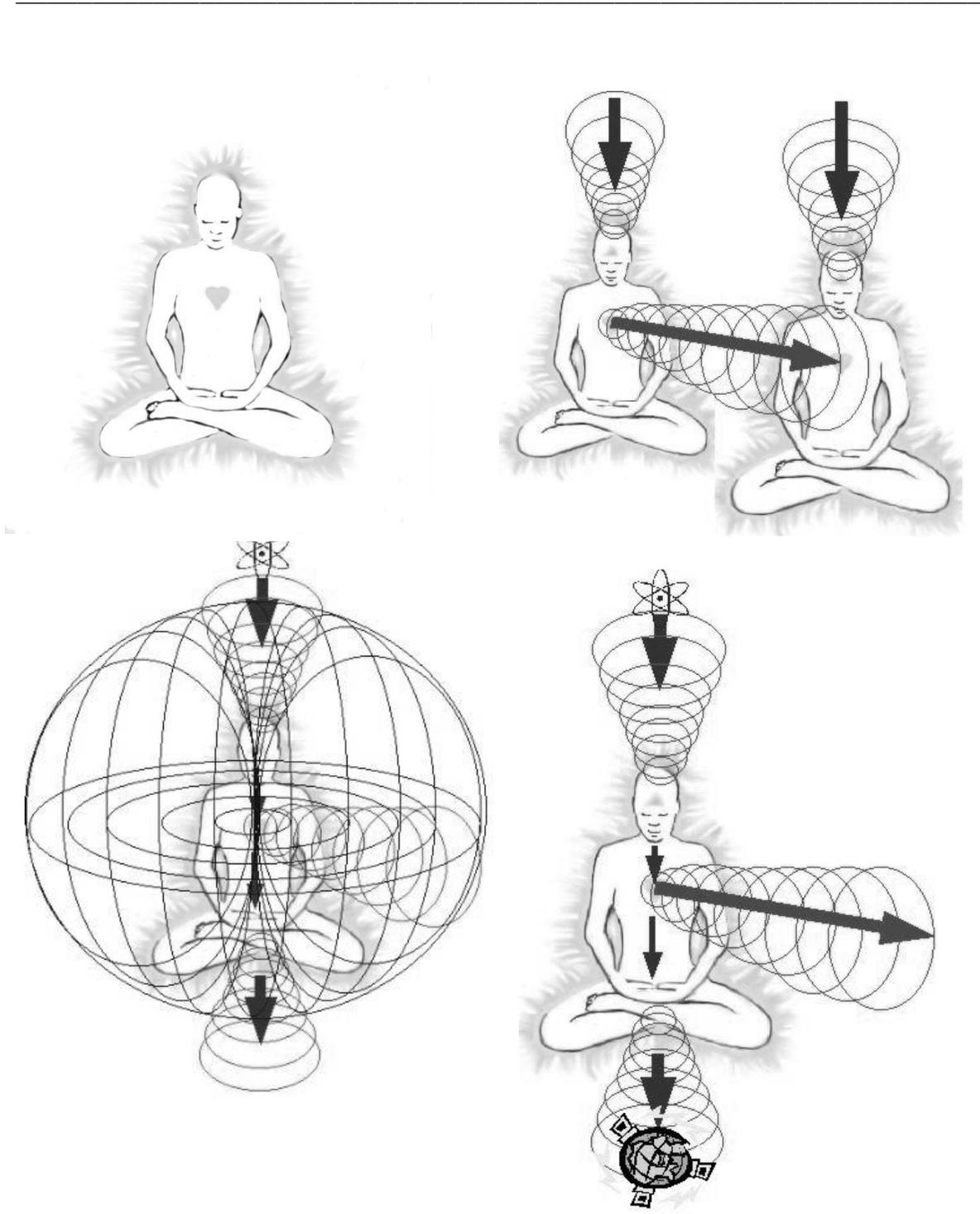
Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud (or say it and add "So it is!" 3 times) to the force-field of Supreme Intelligence that surround you, then*
 - b) *Sign the agreement then*
 - c) *Imagine a team of Holy Ones surrounding you on the inner planes*
 - d) *Ask your DOW to take you to the perfect fields of training on the night realms when your body sleeps.*
-

***This agreement enlists your support to the
Madonna Frequency Planetary Peace Program.***

***There are many more detailed action plans and programs
available in Book 1 and 2 of the Biofields and Bliss Series, however
there are enough tools in this book – Biofields and Bliss 3,
to retune our world into a state of permanent peace.***



**Tuning us, tuning with others
and tuning the world**



PART II

'The Madonna Frequency' Questions, Attitudes, Attributes

CAN WE REALLY CO-CREATE PEACE and PARADISE???

In order to successfully manifest deep and lasting peace on Earth, we need to adopt some specific attitudes. Each one of us is surrounded by an all loving, all knowing field of intelligence that looks at us and says:

"Hello God, what can I do for you?"

This is how the universal quantum field is programmed to recognize and respond to us, regardless of how we see ourselves. When we really get this reality, everything begins to change. The blame game ceases to exist and all we can do is look at all we have created and ask if it is as we really want it all to be and if it is not, then why not? When we understand that this intelligent universe is awaiting our direction, then we realize that we need to have not just have clear desires but that we need to send out clear signals and instructions. Here clarity, will and intention become the key. In this field, the purity of our heart determines the outcome. If one person can choose to spend their time wisely enough to make a positive difference, then imagine what the unified can achieve?

If this intelligent Universal field sees us as Gods in form then it's time for us to get clear and ask ourselves, and each other:

Who am I?

Am I just a body with emotions and a mind, or more?

What is the purpose of this life?

Can we ALL thrive here and eliminate the struggle to survive?

Can we co-create health and happiness; peace and prosperity for all?

Can we create a more civilized and harmonious world?

What is true civility?

Is it to love, honor and respect ALL? All life? All kingdoms?

What does all life have in common?

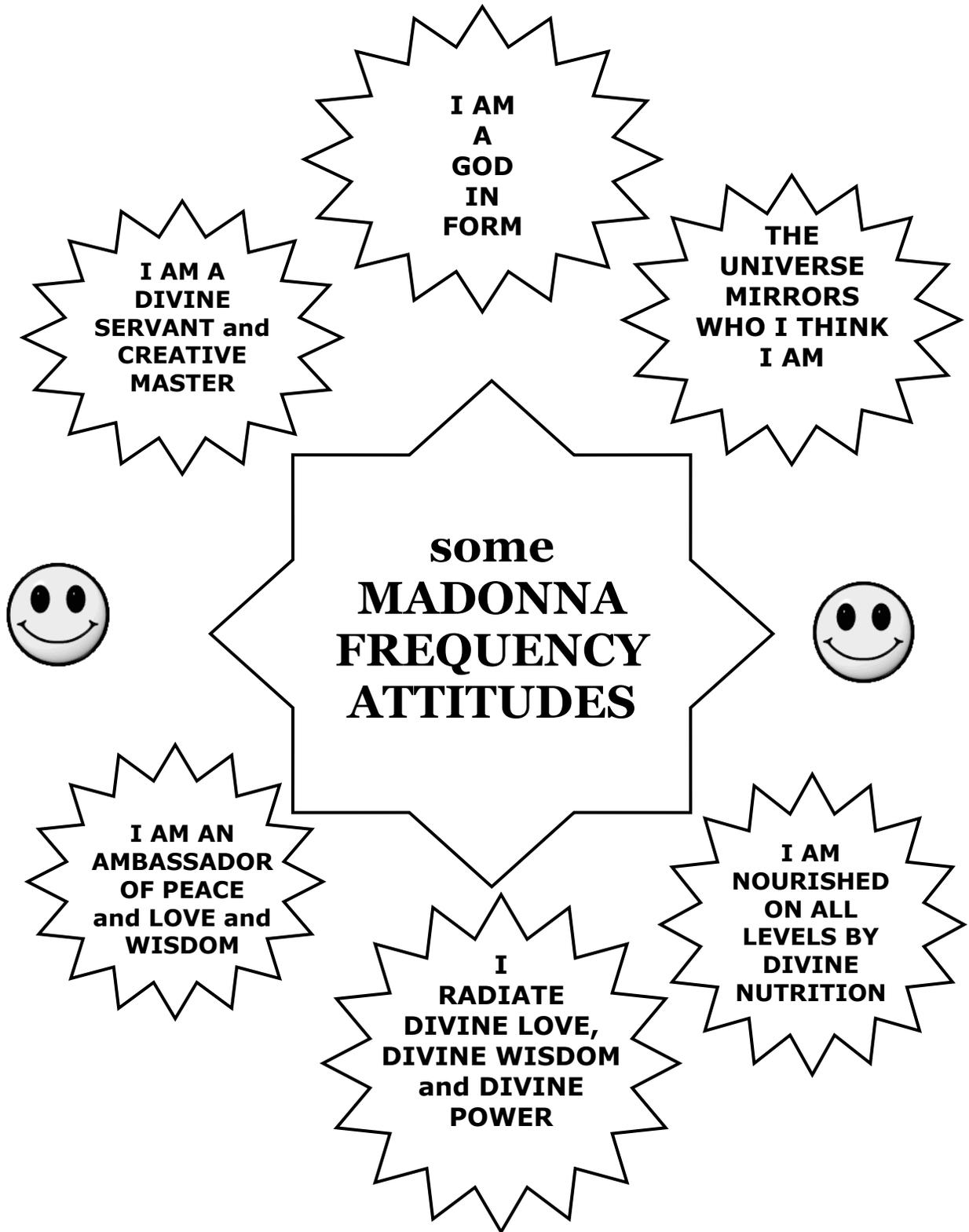
Can we really bridge the worlds? What of religion and science – where is their common ground? Can we take the best of all cultures and focus on what binds us in harmony?
Can we be respectfully interdependent rather than co-dependant or selfishly independent? What about new fuel and energy systems?
Can we decrease our personal and global resource dependability?
Can we operate via an incorruptible network?
Can the Higher Laws of Science create order amid the chaos and if so HOW?
Can we stop and reprioritize our goals – personal and global – so that they benefit all?
If so, can our new global priority be to healthily feed, adequately clothe and shelter and holistically educate all who need and want this?
HOW CAN THIS BE DONE?
Can we free ourselves from our limitations and really be free? What is true freedom?
What does personal and global paradise mean?
Many of us have thought long and hard about these questions, many have received answers and also the guidance to become PERFECTLY ALIGNED SO THAT WE CAN ACT PERFECTLY.



'The Madonna Frequency' Attitudes

Knowing that we are Gods in form, surrounded by a living field of Supreme Intelligence that mirrors our awareness, the attitudes that the Self Empowerment Academy recommends that we adopt are:

- a) Gratitude – spend time daily giving thanks to all that is right with our world.
- b) Pretending – this is part of the 'ACT AS IF we are Masters' reality. It is an attitude of 'we have all the power, all the love, all the wisdom to co-create what we desire on this Earth, so let's do it!' It is also part of the 'what we focus on we feed' reality so by looking for the Divine Perfection in life, we soon see, then experience and become mesmerized by it.
- c) Walk through this world as if you are a Divine Transmission station for Divine Love, Divine Wisdom and Divine Power to radiate through you and transform all that is open to this frequency. Radiate don't absorb.
- d) Look for God and the good in all. See everything as inter-connected, born from the One. As above, so below, we are made in the image of the Divine etc.



'The Madonna Frequency' Attributes

Accessing the Madonna Frequency happens when we tune our brain waves patterns from the Beta field (13 to 40 cycles per second), through to the Alpha field (8-13 cycles per second) and into the Theta field (4-7 cycles per second) and then into the Delta field (0.5 to 3 cycles per second). This occurs quite naturally via our lifestyle, which can keep us anchored in, and operating out of, the Theta field which brings amazing benefits to us on all levels. Dipping into the Delta field allows us to be bathed in an energy field that nourishes us totally on all levels. Some of the benefits and attributes of someone accessing these fields are now listed. (*Our book Four Body Fitness: Biofields & Bliss covers field tuning in great detail plus the lifestyle recommended to field tune appropriately.*)

Attributes of some one tuned to 'The Madonna Frequency' are as follows:

- a) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel will exhibit a DIVINE RADIANCE: I call this Delta Field Dancing for this level of radiance brings the joyous wave of Grace into our lives, plus health and happiness and peace and prosperity which are automatically attracted to us when our brain wave patterns are aligned to the Theta – Delta field.
- b) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel will be motivated by a pure heart and have DIVINE INTENTIONS and hence have access to impeccable networks and DIVINE Support Systems, on both the inner and outer planes.
- c) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel will receive DIVINE GUIDANCE from the Divine One Within – their DOW – a pure intelligence that is wise and loving and incorruptible as It always has the best interests of all at heart. Many are receiving DOW guidance now to create and utilize incorruptible networks. The first incorruptible network is C.N.N. – The Cosmic Nirvana Network, which can only be accessed telepathically through mind mastery and prayer. This is an inner plane 'good news' network designed to release empowering information to co-create personal and global paradise. Access to C.N.N. comes naturally as we activate our 6th and 7th senses and our pituitary and pineal glands.
- d) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel will attract the river of DIVINE GRACE to support their peace work as we also fulfill our contractual tune-ups. While the Innet is our main source of communication to bridge the worlds, the Internet, and the DIVINE GRACE WAVE, are the main communications networks for outer plane connecting. As

a form of Divine Electricity, the Grace Wave is automatically attracted to Theta and Delta Fields and may visit those in the Alpha fields from time to time. The DIVINE GRACE WAVE is a ray of light and a rhythm of sound, that carries with it support structures for successful living. Driven by Divine Codes called Universal Law, the Grace Wave runs via these laws and magnetic attraction.

- e) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel may have access to DIVINE ABUNDANCE and PROSPERITY. Part of this may entail access to, and utilization of, the Cosmic Bank of Abundance – an inner plane etheric bank with open doors to those in the Grace Wave of Theta – Delta field. This bank can download an abundance of love, health, wealth, passion and purpose to those who can match its beat. Any person who sincerely works for harmonious global refinement, or lives their life in a way that is good for all, will have access to the perfect resources they need to do this. Purity of Heart, and Intention, are the key to this Cosmic Safe.
- f) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel may receive DIVINE TRANSMISSIONS from our Holy Help line: C.N.N. (the Cosmic Nirvana Network). Channeling, receiving Divine downloads, automatic writings, clairvoyance, clairaudience, clairsentience are common and natural by-products of 'The Madonna Frequency'. Interaction with Divine Hierarchies and receiving Holy help is also common in this field as from the Madonna's Divine Love all has been born. All life, all realms, owes its existence to the Madonna energy field.
- g) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel may receive DIVINE REVELATIONS and hence they will be focused on the bigger picture. Divine Revelations that are released from the energy field of 'The Madonna Frequency' inspire selfless SERVICE.
- h) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel will automatically feel more compassionate, more altruistic, more merciful and concerned for the welfare of others. Flooding our systems with 'The Madonna Frequency' brings out from within us the desire to nurture and be nurtured. It also magnetizes us into the fields of other like focused beings, hence allowing the group to also become stronger and more powerfully nurturing. 'The Madonna Frequency' stimulates and supports mutually beneficial relationships.
- i) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel will be involved in DIVINE CO-CREATION. 'The Madonna Frequency' offers

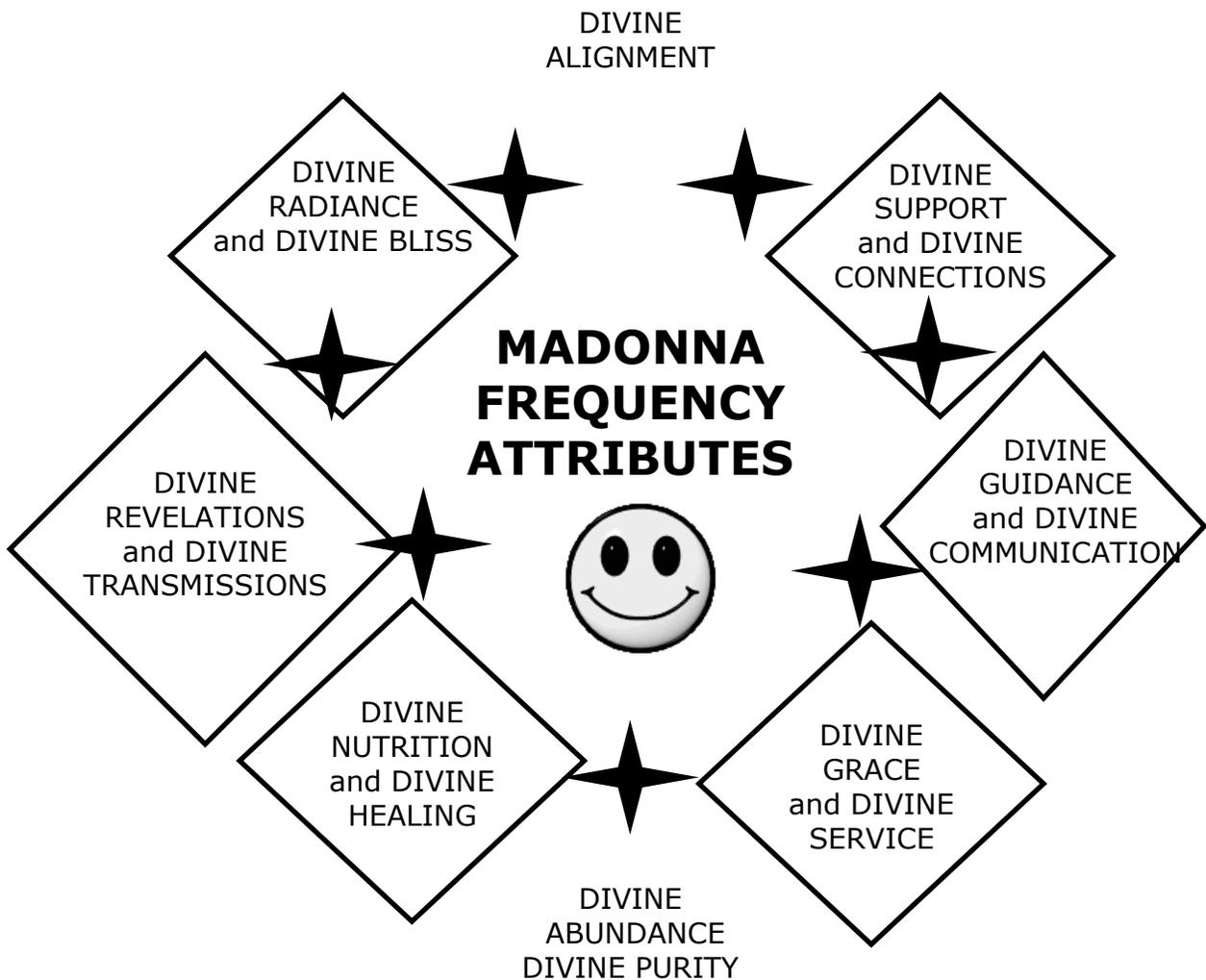
harmonious solutions and PERFECT RESOLUTIONS to those seeking the WIN, WIN, WIN game – the happy me, happy us, happy planet reality. The solutions support the creation of a truly civilized world where the motto is LOVE ALL, RESPECT ALL, HONOR ALL – in memorandum of St Francis of Assisi who always promoted the peaceful co-existence among all Kingdoms. His motto PAX ET BONUM was an old world greeting meaning “Peace and all good things.”

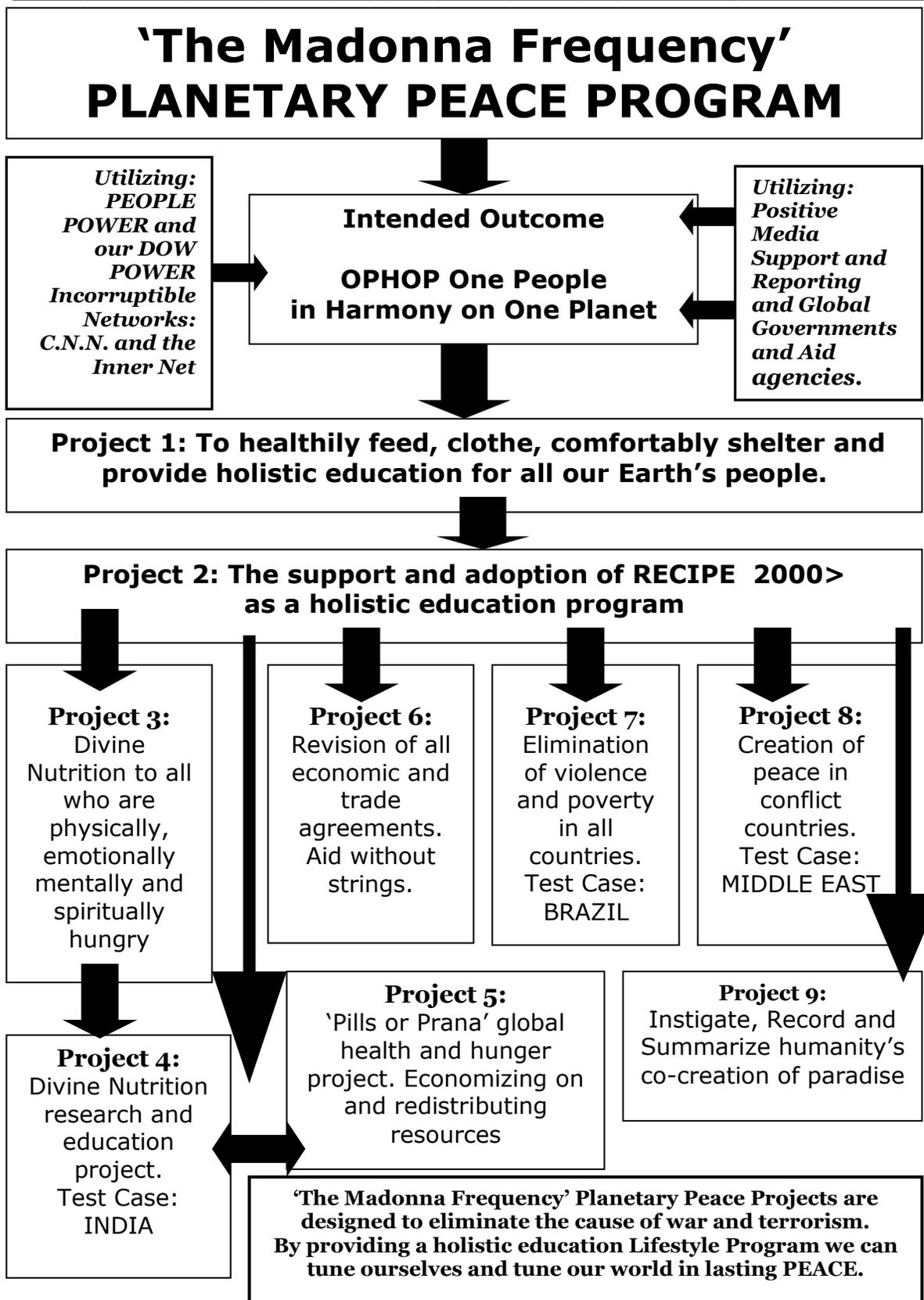
- j) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will be capable of DIVINE COMMUNICATION and hence understand how to bridge the worlds. They will be focused and trained in imprinting the world with some aspect of holistic education such as bridging the worlds of: Religion and Science; Metaphysics and Quantum; East and West; Tantra and Yoga: Divine Mathematics and Divine Signs; or bridging more traditional areas such as Mainstream Medicine and Alternative Therapies. They may also be in the field of environmental sustainability, resource sustainability, alternative, sustainable energy systems, new financial systems, and any field that provides a beneficial service to people. True Divine Communication always guides us to co-create for the good of all as it is naturally imbued with ‘The Madonna Frequency’ of Divine Love and Wisdom.
- k) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will understand the power of DIVINE MANIFESTATION. An Aid to understanding DIVINE MANIFESTATION is to understand the basic mechanics of Dimensional Biofield Technology. The expansion of time, the importance of each new now moment and crossing the lines of time are all Dimensional Biofield Tuning tools.
- l) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will experience DIVINE BLISS. Immersion in ‘The Madonna Frequency’ Field will release a flood of joy and light and understanding throughout our bio-system that can only be described as a pure endorphin high. Bliss, Nirvana, Samadhi, the WOW factor are other ‘bliss’ names. Some call this journey and reality, the ecstasy of ENLIGHTENMENT.

Inviting and then allowing our Divinely Enlightened inner nature – our DOW – “to love us, guide us, heal and nourish us on all levels” and to surrender to it’s Divine Will and Supremely wise and loving influence, is one of the smartest things we can do at this time as our DOW is the only thing that the 6 billion plus of us have in common that is incorruptible. Remember DOW = God Within : God = all knowing, all loving, all wise, all powerful and all present field of intelligence that pulses out from a pure energy source that gave birth to all of creation. As such It understands the game and treats us

as Gods in form, already enlightened yet perhaps forgetting to act like we are. 'The Madonna Frequency' allows a person to understand the 'Ask and Receive' principle of Divine Reciprocation.

- m) Someone tuned to 'The Madonna Frequency' Divine Love-Wisdom Channel will receive DIVINE NUTRITION, which is pure Theta and Delta Field loving. The purest form of nutrition we can access is Divine Love, for it is the glue of all creation, that keep molecules alive and atoms expanding and cells and souls nourished and well fed. Divine Nutrition provides perfect physical, emotional, mental and spiritual nourishment.







Peace Projects 1 – 9

MADONNA FREQUENCY PROJECT NO. 1.

To healthily feed, clothe, comfortably shelter and provide Holistic Education for our Earth's people by 2012. This includes providing healthy water for all our needs. This will be achieved via the successful and harmonious completion of projects 2 to 8 below.

How can an individual help?

- Lessen your personal dependence on the world's resources, eat less, live longer in good health.
- Tithe a proportion of your income to a worthwhile children's charity of your choice, one whose administration costs are in perspective.
- Apply RECIPE 2000> and enjoy the benefits of the lifestyle.
- Radiate Divine Love and Wisdom so that the Social and Global Biofields can absorb this radiation and become more compassionate and altruistic.
- BE a good example by living an impeccable and fulfilling and happy and healthy life.
- Network good quality, positive information.

FACT: If we decrease our calorie intake research shows that we can live 30% longer.

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure its success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector and Aid Agency Support:

We encourage:

- ❖ The immediate support of points 1 to 4 below.
 - ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools and get, and keep, themselves health and happy.
 - ❖ The adoption of the “How can an individual help” guidelines above, by all those in position of power and influence. BE an example of a tuned leader – do it first personally, then the work place changes.
-

In order to fulfill our priority agenda of “HEALTHILY FEEDING, CLOTHING, PROVIDING DECENT SHELTER PLUS providing HOLISTIC EDUCATION” as an option and birthright for all of Earth’s people; I Jasmuheen, Peace Ambassador for M.A.P.S., invite every individual and every country of the world to do the following:

1. **The immediate forgiveness of all Third World debt by all countries** (no exceptions). This will free up much needed capital for each Third World country’s internal Holistic Education and positive Welfare Programs. (Point 3 below) Search the web for the Drop the Debt Campaigns.
FACT: 80% of Aid in some countries is used for servicing their debts.
M.A.P.S. Ambassadors recommend and promote a holistic education that will break the cycle of debt while providing A HAND UP NOT, A HAND OUT.
2. All countries are to **immediately cease, (or decrease by 30% minimum) the productions of weapons of war** and stop (or decrease by 30%) military spending. This is to be done for a recommend period of 2 years or until all Priority 1 is achieved globally. Imagine a global moratorium on the use and creation of weapons and how much safer everyone will feel. We ask that all military funds saved be redirected to address social welfare issues in each country.
3. All countries to immediately begin the implementation of Holistic Education Programs that focus on promoting FOUR BODY FITNESS. Research \$\$\$ to be spent on proving the combined benefits of the RECIPE 2000> and its Luscious Lifestyles 8 step Program of: meditation, prayer, programming, vegetarian diet, exercise, service, time in silence in nature and the use of chanting and devotional songs. We also recommend that all HOLISITC EDUCATION PROGRAMS be standardized as a preventative medicine procedure.

4. We invite the commitment by the world's media to **use the MEDIA as a tool for positive progression** and to provide high integrity journalism that promotes solutions, rather than sensationalism, to our global problems. EFFECTIVE IMMEDIATELY.

This means respectfully educating Earth's citizens in the tools of Dimensional Biofield Science as with the dedicated focus of the global MEDIA, people in Third World countries can be given BIOFIELD SCIENCE SURVIVAL TOOLS to decrease their health and hunger challenges until we can effectively redistribute our resources. The sharing of prana breathing techniques (70% of our nutrition comes from our breath) and the Divine Nutrition RECIPE will help alleviate this situation, as will many of the recommendations in this book.

- ❖ **FACT:** Every 2 seconds a child dies of a preventable disease – usually dietary related. Every 3 to 4 seconds an adult dies of a preventable disease.
- ❖ **FACT:** for the first time we have 1.2 billion people suffering health problems from overeating and poor nourishment and 1.2 billion suffering health problems from under nourishment.
- ❖ **FACT:** Global military spending US\$900+ billion per year. Amount needed to eliminate all Third World debt – US\$350 billion approx. To eliminate global poverty – USD \$100 billion per year.

James Wolfenson, Head of the World Bank, has estimated that US\$100 billion per year will eliminate most of Third World poverty.

*Details on effective global resource redistribution are in the research manual
Ambassadors of Light : World Health World Hunger Project by Jasmuheen.*

MADONNA FREQUENCY PROJECT NO. 2.

The adoption of RECIPE 2000> as a holistic education program into all educational institutions, as a positive life-skills global peace tool, so that people have tools to achieve and maintain health and happiness.

RECIPE 2000>* is a preventative medicine program.

The promotion and adoption of RECIPE 2000> as a holistic re-education program that has been specifically designed to:

- ❖ Plug us all back into the Paradise Paradigm via the use of specific programming codes.

- ❖ Keep us tuned to 'The Madonna Frequency' channel of DIVINE LOVE, DIVINE WISDOM, DIVINE POWER and DIVINE FREEDOM via a specific daily 8 point lifestyle that will expand our consciousness and make us all feel fulfilled, compassionate and altruistic.

How can an individual help?

- ❖ Adopt RECIPE 2000> into your own life and experience the benefits of the lifestyle. You'll get healthier and happier and feel more deeply fulfilled. The deep peace and contentment that this lifestyle provides will make you a wonderful example and Ambassador for positive change.
- ❖ Share RECIPE 2000>* with your friends and networks. Encourage them to try it and experience the benefits for themselves.

*** *The > symbol means a forward progression of a project that began in 2000 and will continue until we have inner and outer peace.***

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure its success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector and Aid Agency Support:

We encourage:

- ❖ Research \$\$\$\$ to be spent on proving the benefits of RECIPE 2000> and its 8 point lifestyle program – although much research has been done on the individual points, what is yet to be looked at is the power that comes with this specific combination of points.
- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive life skills to get, and keep, themselves healthy and happy.
- ❖ The adoption of the "How can an individual help" guidelines above, by all those in position of power and influence. BE an example of a tuned leader – do it first personally, then the work place changes.



MADONNA FREQUENCY PROJECT NO. 3.

**To provide Divine Nutrition for all who want it
and hence eliminate hunger and health problems on Earth.**

The aim of this holistic re-education and action program is to **provide nourishment for all who want it**. We believe that the Divine Nutrition that comes as a by-product of RECIPE 2000>, is the true nourishment that we need as it can release an energy through our systems that will feed us on all levels of our being – **physically, emotionally, mentally and spiritually**. As a consequence we will become healthy and happy and feel peaceful and be prosperous.

How can an individual help?

- Lessen your personal dependence on the world's resources, eat less and live longer in good health. Explore DIVINE NUTRITION and free yourself from being dependant of physical food for your nourishment. Freedom of choice is The Madonna Frequency's gift to you with this nutrition, and your gift to the world, is consuming less.
- Tithe a proportion of your income to a worthwhile children's charity of your choice, one whose administration costs are in perspective. The cost of one 'western world' cappuccino per day is the cost of educating one child in India for one week.
- Radiate Divine Love and Wisdom so that the Social and Global Biofields can absorb this radiation and inspire others to become more compassionate and altruistic
- BE a good example by living an impeccable and fulfilling and happy and healthy life.

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure its success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector and Aid Agency Support:

We encourage:

- ❖ Research \$\$\$ and support for RECIPE 2000> and its ability to tune people to the Divine Nutrition channel.
- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools and get, and keep, themselves healthy and happy.
- ❖ The adoption of the "How can an individual help" guidelines above, by all those in position of power and influence. BE an example of a tuned leader – do it first personally, then the work place changes.

MADONNA FREQUENCY PROJECT NO. 4.

The elimination of poverty and hunger in all countries, via specific support for the Divine Nutrition – Research and Adaption Projects.

TEST COUNTRY: INDIA

Part of Project One, this project seeks specifically to support the work of further research into Solar Feeding and Divine Nutrition by Dr Sudhir Shah and his team in Ahmedabad in India. Dr Shah and I would like to see the elimination of all health and hunger issues – particularly in his homeland of India – and the S.E.A. believes that this can be accomplished by Theta – Delta field feeding. What we have discovered is that when a person changes their brain wave patterns to the Theta – Delta field (via RECIPE 2000>), an energy is released through the body that nourishes and feeds the cells of the bio-system allowing it to eliminate calorie intake or decrease their calorie intake by 50 – 90% which in turn reduces the individuals dependence on the world's food resources.

How can an individual help?

- Lessen your personal dependence on the world's resources, eat less, live longer and in good health. If you eat 3 meals a day then eat 2. If you eat 2 then eat 1. Hold a mindset that all your vitamins comes from DOW Power, or prana and the Divine Nutrition channel.
- Tithe a proportion of your income to a worthwhile children's charity of your choice, one whose administration costs are in perspective.
- Radiate Divine Love and Wisdom so that the Social and Global Biofields can absorb this radiation and become more compassionate and altruistic
- BE a good example by living an impeccable and fulfilling and happy and healthy life.

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure its success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector and Aid Agency Support:

We encourage:

- ❖ The financial support of Divine Nutrition Research Projects as a solution to world health and world hunger challenges.
- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive life skills and get, and keep, themselves healthy and happy.
- ❖ The adoption of the "How can an individual help" guidelines above, by all those in position of power and influence. BE an example of a tuned leader – do it first personally, then the work place changes.

The Embassy of Peace began its work with this in India in the beginning of the new millennium and will continue until this project is complete.

MADONNA FREQUENCY PROJECT NO. 5.

**The elimination of global health and hunger challenges
via our DIVINE NUTRITION : Pills or Prana Project.**



The 'Pills or Prana' project was launched in 1998 and is designed to eliminate health and hunger problems on personal and global levels.

This project is also part of Project 1, as it is a way of nourishing all those who need it physically. The aim of this project is to supply quality nourishment in pill form to all countries in need of healthy physical sustenance. As such we have researched the top vitamin, supplement carriers and wish to support all companies of integrity with a high quality product range who also have a dedicated research and marketing team, innovative leaders, plus a proven track record with a good distribution network.

S.E.A. would like to see sponsors network to distribute these products effectively to ensure that all individuals on Earth have access to healthy nutrition

- a) via good quality food (taken care of by the Aid Agencies) and
- b) via nutritional supplements in pill form or
- c) via Divine Nutrition that flows from The Madonna Frequency's Divine Love Channel.

How can an individual help?

- Add a quality vitamin supplement to your diet to maintain peak nutrition while you learn to eat lightly and less often, and hence decrease your personal drainage of the world's food resources.
- Tithe a proportion of your income to a worthwhile children's charity of your choice, one whose administration costs are in perspective.
- Radiate Divine Love and Wisdom, so that the Social and Global Biofields can absorb this radiation and inspire others to become more compassionate and altruistic
- BE a good example by living an impeccable and fulfilling and happy and healthy life.

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure its success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector and Aid Agency Support:

- ❖ We encourage the 'vitamin and mineral supplement' companies to immediately begin FREE distribution of a percentage of their products (tithing) throughout all Third World countries by networking with Aid Agencies. We envisage that this will immediately curb malnutrition areas and decrease deaths from starvation and lack of proper nourishment as well as minimize resource wastage.
- ❖ We encourage the financial support of Divine Nutrition Research Projects as An alternative nourishment solution to world health and world hunger challenges.

EMBASSY OF PEACE

Personal, Global & Universal Harmonization Programs

<http://www.jasmuheen.com/htm/embassy-peace.asp>

<http://www.selfempowermentacademy.com.au/htm/Embassy-Peace.asp>

- ❖ We encourage Research \$\$\$ to be spent on proving and sharing the benefits of RECIPE 2000>
- ❖ We encourage the adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools and get, and keep, themselves health and happy.
- ❖ We encourage the adoption of the "How can an individual help" guidelines above, by all those in position of power and influence. BE an example of a tuned leader – do it first personally, then the work place changes.

To those interested in Divine Nutrition, go to

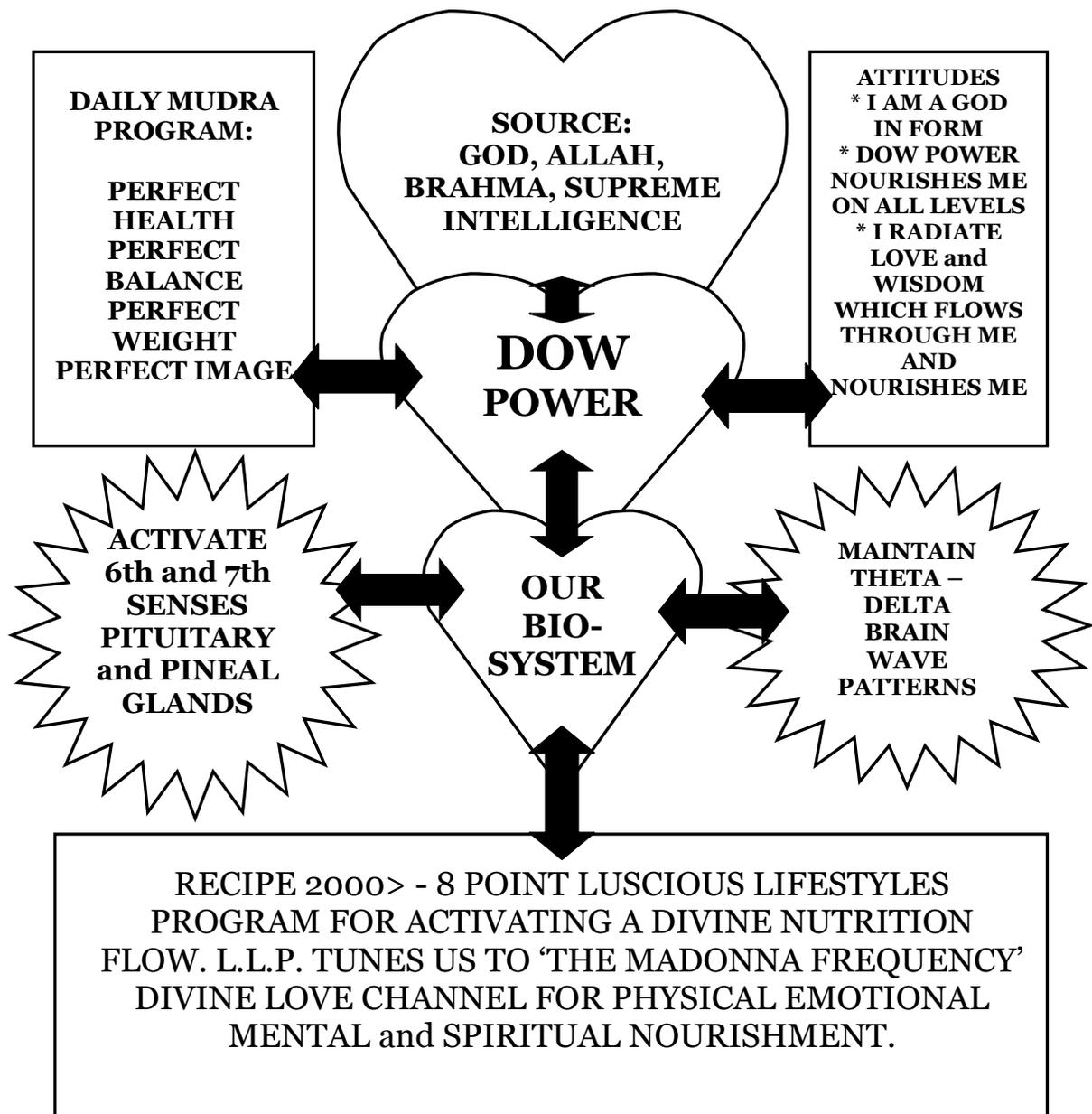
<http://www.selfempowermentacademy.com.au/htm/cia-education.asp#prana-research>

for all our books on the Divine Nutrition series and more details on alternative nourishment.



Divine Nutrition

for perfect nourishment



MADONNA FREQUENCY PROJECT NO. 6.

The Revision of Social and Trade Treaties and practices to ensure that they operate for the good of all.

In support of project 7 – the elimination of poverty and violence in Brazil and all Third World countries – we invite:

- a) The revision of current Aid Packages currently given to Third World countries, and the revision of economic Trade Benefit Agreements.** As such the Self Empowerment Academy would like to see the following clause added to all Civil and Trade Contracts and Agreements.

Clause to include: **“No treaty or agreement shall be signed or validated if it impedes the harmonious growth of another being or nation.”** The win-win-win game of harmonious co-creation is now a must if our world is to know deep and everlasting peace.

In the USA we would like to see the above message be given and adopted by all those in positions of power to create this change so that aid can be given free of manipulative and limiting social or political strings. For those unaware, much of the aid given in the world comes with political strings that say: “Unless the country receiving the aid adopts the _____* rules as the country giving the aid, no aid will be given.” (*This may mean prohibition or other strings.)

- b) We invite the application of Holistic Education** packages that are designed to eliminate ignorance, redistribute resources and to address and eradicate the causes of poverty. We recommend the adoption of RECIPE 2000> through all educational systems so that people are tuned to ‘The Madonna Frequency’ of Divine Love and Divine Wisdom and Compassion.
- c) We encourage a positive change in the current drug prohibition laws** after intense open research into alternative methods, such as those applied in Switzerland, and the Harm Reduction Programs now being successfully applied to addicts.
- ❖ **Fact:** 80% of intravenous drug users in New York are HIV positive compared to less than 1% in Holland and the annual death rate in Holland is half that of New York.
 - ❖ USD 120 billion is spent per year on recreational drugs in Europe and the USA – all this money goes to the drug lords. At the end of 1999 the annual global drug production = 5000 tonnes of opium = 500 tonnes of heroin when refined, plus 500 tonnes of cocaine.

How can an individual help?

- Write to your member of Congress / Government Representative asking for the above amendment to all agreements
- Do research on new methodology and treatments for Drug addicts and positive prohibition reform proposals and send the data, on these new improved methods through your networks and to your members of Congress / Government Representative.
- Download these ideas – via DOW-to-DOW communication on the inner plane with people in positions of power – always send your telepathic message on a beam of Divine Love and via the DOW, as DOW-to-DOW messages can never interfere with free will.

THEN ALSO:

- Lessen your personal dependence on the world's resources so that there is more for those in true need.
- Tithe a proportion of your income to a worthwhile children's charity of your choice, one whose administration costs are in perspective.
- Radiate Divine Love and Wisdom so that the Social and Global Biofields can absorb this radiation and inspire others to become more compassionate and altruistic
- BE a good example by living an impeccable and fulfilling and happy and healthy life via RECIPE 2000>.

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure its success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector and Aid Agency Support:

We encourage:

- ❖ The immediate gathering of all people in positions of power to focus on the reviewal and rewriting of all social and economic, trade agreements. This includes the reviewal of the USA Declaration of Independence that we recommend by rewritten to be the Declaration of Inter-Dependence. (See our rewritten example of this document at the end of this proposal.)

- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools and get, and keep, themselves healthy and happy.
- ❖ The adoption of the "How can an individual help" guidelines above, by all those in position of power and influence. BE an example of a tuned leader – do it first personally, then the work place changes.

MADONNA FREQUENCY PROJECT NO. 7.

The elimination of poverty, and violence, in all Third World countries. Test Country: BRAZIL

After 3 years of research and interaction with the Brazilian people, Jasmuheen and S.E.A. have been invited to help the people of Brazil to eliminate the causes behind poverty and violence in Brazil. As naturally loving and divinely devoted people of great spiritual faith and loving hearts, violence is not a natural part of the Brazilian nature.

Even though the gap between the rich and poor is widening in Brazil as it is in many places on Earth, the violence that accompanies this bid to redistribute resources more fairly, is not a natural part of the Brazilian temperament. According to those working diligently on the elimination of poverty and violence in Brazil, much of the violence is associated with the drug trade.

"What can you expect?" those in the know sigh. "Economic Aid comes with its own price, for it is given by a super power who refuses to help its neighbors unless our governments adopt USA drug prohibition rules*. Advanced drug reform programs like those in Switzerland will never stand a chance of either adaptation or success in places like in Brazil, for the USA pulls the strings of Aid. And so the vicious cycle continues. Reform the White House and its archaic drug laws and you will have a chance of eliminating core violence in Brazil." seems to be the local thinking. (*As of today, these are under review.)

While we do not wish to enter into the 'rights and wrongs' of drug prohibition, we ask that the below invitation be accepted and Aid be given without manipulative strings.

Project 7 above will also help this.

So how can we help in the West?

Focus on the following in your meditations and send this telepathic instruction via your DOW to the DOW of people in positions of power.

❖ ***"We, the citizens of Brazil and all countries on Earth, ask that USA Aid be given free of any political strings that may impede another's positive growth and rise to a state of harmonious Inter-Dependence."***

And also:

- Write to both your local politicians and to the USA Congress with the above request.
- Pray and ask that "The universe download into the hearts and minds of all people in positions of power – and that of their family and advisors – the PERFECT RESOLUTION to create the Perfect Trade Agreements that inspire harmony and peace among all parties, in a way that respects and honors all life."
- Lessen your personal dependence on the world's resources.
- Tithe a proportion of your income to a worthwhile children's charity of your choice, one whose administration costs are in perspective.
- Radiate Divine Love and Wisdom so that the Social and Global Biofields can absorb this radiation and become more compassionate and altruistic
- BE a good example by living an impeccable and fulfilling and happy and healthy life.

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure its success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector and Aid Agency Support:

We encourage:

- ❖ The immediate gathering of all people in positions of power and reviewal of all social and trade agreements. This includes the reviewing of the USA Declaration of Independence that we recommend be rewritten to be the Declaration of Inter-Dependence. (See our rewritten example of this document at the end of this proposal.)

- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools to get, and keep, themselves healthy and happy.
- ❖ The adoption of the “How can an individual help” guidelines above, by all those in position of power and influence. BE an example of a tuned leader – do it first personally, then the work place changes.

VIDEOS – Link to Playlist on Jasmuheen’s work in Brazil’s favelas - insights and suggestions. http://au.youtube.com/view_playlist?p=CBCC1EBA3979380E

MADONNA FREQUENCY PROJECT NO. 8.

The Creation of Peace in all global areas of conflict. Test Country/s : The Middle East.

The Middle East Peace Program. For the last decade, S.E.A. has been holding the focus for perfect resolution in the Middle East, asking and praying that: “The universe download into the hearts and minds of all people in positions of power – and that of their family and advisors – the PERFECT RESOLUTION to create harmony and peace among all parties, in a way that respects and honors all life, and opens the heart for love and peace to all inhabitants in this area.”

How can an individual help?

We invite you to join this focus by:

- ❖ First we need to all reclaim our right to live in peace and harmony on Earth. Say 3 times with sincerity and conviction: “As a citizen of planet Earth, I now reclaim my right to exist in harmony on Earth, I ask for universal support to create and sustain this now.”
- ❖ Send a beam of love directly into any area that you see is in conflict, any time it is on the news, and daily as part of your meditation. Imagine this beam of Divine Mother love going into all the hearts and minds of those people in positions of power, and to their families and support networks, to be received when they are receptive.
- ❖ Next chant 3 times (as you focus on the love beam) three times “Perfect Resolution now! So it is”. Say it as if you are a God in form who has the power to alter world events for the good of all. If this is our intention, the universe will support us.
- ❖ Be an example of a loving, compassionate human being.

- ❖ Eliminate aggressive behavior in your own life via a change in diet and attitude and perception and a lifestyle that promotes kindness and compassion.
- ❖ Learn positive communication skills as per Dr Edward de Bono's 'Six Thinking Hat' Program, or similar tools.

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure its success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector and Aid Agency Support:

We encourage:

- ❖ The immediate gathering of all people in positions of power to utilize positive communication tools to resolve the Middle East and Ireland situations. This includes the reviewing of the USA Declaration of Independence that we recommend be rewritten to create an International Global Declaration of Inter-Dependence. (see our rewritten example of this document at the end of this proposal.)
- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools to get, and keep, themselves healthy, happy, compassionate and fulfilled.
- ❖ The adoption of the "How can an individual help" guidelines above, by all those in position of power and influence. BE an example of a tuned leader – DO it first personally, then our world will change.

MADONNA FREQUENCY PROJECT NO. 9.

The I.R.S. Program – To officially Instigate, Record and Summarize humanity's co-creation of paradise with the intention of completing the above projects successfully by 2012.

By officially recording this we act as the voice of social conscience, which is the traditional role of The Cosmic Internet Academy plus we get to record history in the making. The target of 2012 as a completion date for these projects also keeps us

motivated and is easily achievable if enough of us get tuned to 'The Madonna Frequency' Channel.

How can an individual help?

- You can support this by sending to jas@jasmuheen.com data on who is consciously co-creating paradise in the world and how. Please provide details of their projects and how far they have come in their bid to create positive change. Their work can be in any area – health, environment, politics, education etc. and data sent must be educational not just advertorial.
- We will record this in our websites and share of it through our global networks.

If you are interested in being kept up to date with the Self Empowerment Academy and the Cosmic Internet Academy's research and activities, then we have various mailing lists that you can freely subscribe to - so please go to

<http://www.selfempowermentacademy.com.au/htm/contact.asp> and leave your details.

You can do what you can do all that is in your power to instigate personal and global paradise by getting tuned to 'The Madonna Frequency' via RECIPE 2000>, as all the world needs now is more DIVINE love and wisdom.

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure its success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector and Aid Agency Support:

We encourage:

- ❖ The immediate SUPPORT of all people in positions of power for 'The Madonna Frequency' PLANETARY PEACE PROGRAM and PROJECTS.
- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools and get, and keep, themselves healthy and happy.

- ❖ The adoption of the “How can an individual help” guidelines above, by all those in position of power and influence. BE an example of a tuned leader – do it first personally, then the work place changes.



PART IV

RECIPE 2000> RECOMMENDED LIFESTYLE



As outlined in detail in our Personal Harmonization Program.

For personal biofield tuning the following 8 points are recommended and remember that the power lies in the combination of these practices:

1. MEDITATION; 2. PRAYER; 3. PROGRAMMING; 4. VEGETARIAN DIET; 5. EXERCISE; 6. SERVICE; 7. TIME IN SILENCE IN NATURE; 8. CHANTING, MANTRAS and DEVOTIONAL SONG.

Please re-read the Personal Harmonization Program and apply the Lifestyle, attitudes and tools provided so that you can be the more effective as you complete your part in the fulfilment the Madonna Frequency Projects.



**'The Madonna Frequency' Planetary
Peace Program is presented by
Jasmuheen on behalf of the
international M.A.P.S. Embassy and
supports
the OPHOP Agenda
One People in Harmony
on One Planet**

GLOBAL PARADISE – CURRENT STATUS

Due to the desire and focus for so long by so many, on the co-creation of paradise, it is said that there now exists in the etheric, a new Earth. This is an Earth of peace and of paradise where all basic human rights are taken care of and all are happy and fulfilled.

Biofield Technicians have cocooned our Earth in a field of divine love, divine wisdom and divine power. We have also imprinted it with what we call the PARADISE CODES plus specific DOW commands that will allow all who are open to personal and global paradise, to be magnetized to this zone.

Consequently the etheric Earth is now merging with the Earth we know today. The new grid is influencing the morphogenetic fields and as more commit to four-body fitness, using DOW Power and acting impeccably, the faster the results are being seen. How long it will take us to co-create paradise for all, is up to us.

As an Indian Master once said, if we
**BEGIN THE DAY WITH LOVE, FILL THE DAY WITH LOVE and
END THE DAY WITH LOVE; we will all have great days!**

PLANETARY POSITIVES

Although we acknowledge that there are many areas of our world still in need of fine-tuning, Danish Professor of Statistics, Bjorn Lonborg's controversial book *The Skeptical Environmentalist: Measuring the True State of the World* challenges many of our negative perceptions as to what is happening on Gaia. Although some people disagree with Lonborg's view on things, as associate professor statistics at the

University of Aarhus in Denmark, his research nonetheless is well supported as it does provide a more positive view and also some good news.

WORLD HUNGER

Unprecedented relief efforts have been accompanied by the raising of world consciousness as to the underlying causes of hunger. This has meant that the percentage of malnourished people in Third World countries has dropped since 1960 from 35% to 18% and their life expectancy has doubled this last century from 31 to 65. They also now eat 38% more than what they did in the 1960's. In real terms food costs one third of what it did in the 60's. In many countries individuals are now pioneering the radical (to Western culture) idea of living on light and being sustained by prana, which has global ramifications as a viable solution to world hunger. Global efforts to provide clean drinking water for all have helped hundreds of millions of people in the developing world and Biofield Technicians are experimenting with the reprogramming into the consciousness of water to transform polluted waters. (Read Dr Masuro Emoto research – *Messages from the Water.*)

GLOBAL HEALTH and LONGEVITY

Other GOOD NEWS is that people are living longer, eating more healthy food, thinking more positively, exercising and even acting with more compassion. Since 9-11, many now wish to be more useful. Research in the USA shows that people who think positively live up to 20% longer than those who dwell constantly on the negative. It also shows that mental and emotional stress, creates physical disease. Other research shows that if we decrease our calorie intake by 50% we increase our lifespan by 30% – the less we eat, and the more healthily, the less our body has to work, and the less disease we have.

The program
**"DOW, PERFECT HEALTH, PERFECT BALANCE,
PERFECT WEIGHT, PERFECT IMAGE, NOW."**

is an extremely potent mantra for those who believe in DOW POWER.

*The above program must be said with a focus and intention that God is
all powerful, all knowing, all loving and everywhere and including within you;
and, as knowing that as a God in form, your body must obey you.*

OUR FAITH and SPIRITUAL FITNESS

Statistics share that:

- ❖ 36% of Americans say that God has spoken to them.
- ❖ 86% of people globally believe in angels.

- ❖ 70% believe in an 'afterlife' or the fact that energy can never be created, nor destroyed, that it simply changes form, that our body's are a system of energy.
- ❖ 43% of Americans regularly attend religious services.
- ❖ 99% of people in Brazil say that they believe in a higher power and
- ❖ people in India say that without their faith and divine connection, their country would not survive.

THE ENVIRONMENT:

- ❖ The environment movement has grown worldwide, with individuals and governments recognizing the concept of sustainability. Seeing the vision of Gaia as a living planet, many are awakening with a new level of respect and love for our Earthly home.
- ❖ There has been an enormous rise in activity and concern by individual citizens, as consumers, as voters, as campaigners, as caretakers of the Earth.
- ❖ New political parties are being formed with a focus on unity and sustainability.
- ❖ We are making huge improvements in using energy more efficiently, and the family of nations have got together to ban CFCs in an unparalleled show of global co-operation. It is estimated that now we have stopped CFC production, that in 50 years, the ozone layer will have repaired itself.
- ❖ We have made a landmark agreement to conserve the pristine environment of Antarctica from exploitation, and
- ❖ We have negotiated international treaties to continue to conserve biodiversity.

What else does Lonborg say about air pollution?

- ❖ Data shows that concentration of sulphur dioxide is down 80% in the United State of America since 1962.
- ❖ Carbon monoxide levels are down 75% since 1970.
- ❖ Nitrogen oxide is down 38% since 1975, and
- ❖ ground ozone level is down 30% since 1977. These trends are also mirrored in other developed countries.

So, what of our forests? Are they being devastated?

- ❖ A recent United Nations Food and Agriculture Survey found that globally, forest cover has been reduced by 0.44% since 1961.
- ❖ The World Wildlife Fund claims that two-thirds of the world's forests have been lost since the dawn of agriculture, but the reality is that that the world still has 80% of its forests.

- ❖ How is the Brazilian Rainforest farming? 86% remains uncut, and the rate of clearing has fallen.

Regarding the diversity of species; the negative claims in this regard are very dramatic. However, the best data indicates that 0.7% of species might be lost in the next 50 years if nothing is done, which is dramatically different from the usually quoted figures. Adopting global vegetarianism and its 'animals as our friends not as our food' reality is a wonderful step forward. As Gandhi once said, you can tell a lot about a nation by how it treats its animals.

Also what about global warming? Well, it is estimated the cost of adapting to global warming would cost 5 trillion dollars over the next century, but by cutting back on fossil fuel emissions, as agreed in the Kyoto Protocol, the cost will be between 100 and 200 trillion dollars over the same period.

Continued focus, wise decisions, awareness of creating systems that work for the good or our people and our planet, holistic education programs that create physical emotional, mental and spiritual fitness, continued economic growth ... all these will mean we continue to develop positively ...

MILITARY MIGHT

The best news has been the end of the Cold War, sudden and inspiring, and the rise of global concerns for democracy, internationalism, and peace. Global military expenditure reached a record high of \$1,000 billion a year, but the peak is passed and we now live in a world less fearful of nuclear conflict, and with a record number of countries enjoying liberal democracies. This show of unity was demonstrated against the French nuclear testing in the Pacific, more recent peaceful demonstrations in China, the Kosovo Aid given – all these changes have shown that a startling revolution in human perception is possible and unfolding currently! Even though we still spend nearly USD\$900 billion p.a. globally on the production of weapons of war, the GOOD NEWS is that we only need USD\$100 billion to eliminate Third World poverty, and USD\$350 billion to eliminate all Third World debt. So the task is not too great – it just means we need to be more fluid with our resources putting need ahead of greed.

RE-EDUCATION

Hence it appears that we have a great need for continuing the current trend towards holistic re-education so that resources can be shared more equitably. Chaos upon our planet is not from a lack of goods or services or even the unequal distribution of such. Chaos among humanity comes from a lack of common purpose to unite the diversity of all cultures and societies prevalent today and also from a lack of respect of this diversity.

- ❖ The chaos we witness on a planetary level comes simply from the:

- ❖ Lack of honor and tolerance among races and cultures;
- ❖ Lack of clarity on personal and global levels; Lack of vision that we are one people sharing one planet;
- ❖ Lack of purpose and drive in our personal existence;
- ❖ Lack of awareness of why we are truly here and what we can achieve as a species, and
- ❖ Lack of knowledge of the higher nature of our being and of universal law which governs the forces of creation.

Regardless of all of this and the fact that our social, educational, economic and political systems still need refining, all of the above is great news!!!

As Aldous Huxley the English Author once said: "Experience is not what happens to a man. It is what a man does with what happens to him."

The Self Empowerment Academy's invitation: "Be such a man, and live such a life, that if every man were such as you, and every life a life like yours, this Earth would be God's Paradise." *Phillip Brooks, U.S. clergyman*

The human species has a huge range of tools that can be utilized to retune our personal and global fields back to paradise. Our desire, our imagination, our dreams and clear visions, our thoughts, our words, our actions: all these alter the Dimensional Biofield in some way. Using specific programs to refine our physical, emotional, mental and spiritual field, will mean a positive progression for all. Eleven re-programming tools are provided in the HOW section of <http://www.jasmuheen.com/how.asp>

These tools are based on the Ancient Wisdom and use specific DOW commands PLUS our BREATH; CREATIVE VISUALISATION using LIGHT TECHNIQUES; and SOUND TOOLS, such as chanting and mantras and devotional music. Together these 3 stimulate huge shifts in our fields allowing us to access a multitude of channels within the Dimensional Biofield. Most importantly the above allow us to access DOW POWER. The all knowing, all loving, all powerful essence that exists in everything and everywhere.

New Millennium Guidelines for Peace

- ❖ Remember the universe sees you as a God so be clear about what you ask for and dream of. Give clear instructions to the universe.
- ❖ Act as if you are a Master and take responsibility for all you create.
- ❖ Focus on the quality of the information being shared, not external structures;
- ❖ Do not 'reinvent the wheel' – utilize the gifts and talents of each other to join together to create a powerful whole;
- ❖ Open to co-operation not competition as competition promotes separation;
- ❖ Check all guidance with the voice of joy within the heart's response;

- ❖ Remember the 'ask and receive' principle;
- ❖ Take up the invitation by the Inner Teacher to attend classes – on the inner realms via meditation and quiet contemplation – and get to know who you really are;
- ❖ Be limitless in your thinking – quality thinking brings a quality life;
- ❖ Let your imagination flow – remembering that the imagination is a gift given by God to connect us to the realms of spirit;
- ❖ Be clear in your vision for Earth's future and share freely of this vision to those who ask; hold the vision of a peaceful and prosperous world where all are healthy and happy;
- ❖ This is a group initiation so all must volunteer themselves motivated solely by the joy in our heart and their recognition that we share a common vision;
- ❖ Pay attention to all who may volunteer to Aid the physical manifestation of your vision, for all have a part to play, a gift to bring;
- ❖ Be aware of the power of language and use trigger words. Use positive language in the oneness paradigm if you seek unity;
- ❖ Walk your talk – be a living example of a healthy, happy individual;
- ❖ Share information, time, abundance freely;
- ❖ Remember you cannot copyright Universal Mind;
- ❖ Be fluid and flexible – expand into newness and BE in each moment.
- ❖ Tune in, chill out, let it sprout!

Launching 'The Madonna Frequency' Planetary Peace Program

'The Madonna Frequency' Planetary Peace Program was launched at the 4th International M.A.P.S. Ambassadors Retreat in Thailand, November 14th-21st, 2002, which was also our first global conference for peace. This Retreat was open to all and we invited all countries to contribute to this peace action program.

'The Madonna Frequency' Planetary Peace Program was presented during Jasmuheen's November – December 2002 visits to the PSI Congress in Basel, Switzerland and to The HADO Symposium in Augsburg, Germany. 'The Madonna Frequency' Planetary Peace Program was shared during Jasmuheen's 2003 World Tour and via her Dimensional Biofield Technicians Tuning Retreats in Italy, Belgium, Germany and Norway and during her weekend seminars in Paris, France; Zurich, Switzerland; Barcelona, Spain; Baden Baden in Germany and St Petersburg, Russia and later in Vienna, Austria. Since its 2002 release The Madonna Frequency Planetary Peace Program has been translated into 12 languages with more than 100,000 free copies on average being downloaded each year from our websites.

INCORRUPTIBLE NETWORKS

In order to obtain deep and lasting peace on our planet we need to have access to and be guided by Incorruptible Networks that operate beyond ego, greed and personal agendas. Peace Ambassadors have two such networks – the C.N.N. and the Inner Net. We also have the Internet, which is our tool for fast and easy and uncensored mass communication.

- a) **C.N.N. (the Cosmic Nirvana Network)** Discussed earlier in this booklet, the C.N.N. is the network for DIVINE COMMUNICATION AND REVELATION. It is the inner plane network used by those communicating via the languages of light.
- b) Supported by 'The Madonna Frequency', the Cosmic Nirvana Network is a Source of love and wisdom and as such is incorruptible. It is the only news network that continually delivers positive guidance.
- c) **The Inner Net:** The inner net is the M.A.P.S. Ambassadors inner plane communications network where all communication is done telepathically, DOW to DOW, or with the Holy Ones.

To access C.N.N. and the Innernet we need to have our 6th sense of intuition and our 7th sense of knowing activated. Stimulating our pituitary and pineal gland accommodates this naturally and expands our clairvoyant and clairaudient and clairsentient abilities. These glands are automatically tuned via the practice of RECIPE 2000>.

- c) **The Internet:** Both the M.A.P.S. and the PEACE Ambassadors are kept informed by the C.I.A., and the free online magazine The ELRAANIS Voice – TEV both of whom support "The Madonna Frequency' Planetary Peace Program'. The M.A.P.S. Ambassadors Forums are also a tool for the sharing of positive data.

"The greatest gifts you can give your children are the roots of responsibility and the wings of independence." *Denis Waitley*

The M.A.P.S. Global Declaration of Inter-Dependence

In accordance to the guidelines of M.A.P.S. – the Movement of an Awakened Positive Society and the Ambassadors for M.A.P.S. – we submit the following Global Declaration of Inter-Dependence, which is an amended version of the current Declaration of Independence.

When in the course of human events, it becomes necessary for individuals to revise and refine the existing social, educational, economic, political and spiritual structures which have previously flourished on Earth, and to assume among the powers of the Earth, the separate and equal station to which the Laws of Nature and of Nature's God entitles them, a decent respect to the opinions of mankind requires that they should openly declare their desire for a new state of being and co-operative lifestyle for humankind on Earth.

We – the individuals of M.A.P.S. – declare this now and hold these truths to be self-evident:

- That all of humankind are, in essence, created equal. That is all hold equal rights to explore their true human potential. This potential is the knowledge and experience of their Creator and of themselves as spiritual beings having a human experience
- That all life on Earth is endowed by their Creator with certain unalienable Rights,
- That regardless of race, religion, gender, age or culture, all human beings have an undeniable Right to Life, Liberty, and the pursuit of Happiness.
- As such, their Rights would encompass a decent standard of lifestyle which includes:
Adequate shelter, nutritional food, holistic education, freedom of speech, freedom from oppression, freedom of choice for spiritual worship plus the Right to be fully conversant with Universal Law.

On governing institutions – M.A.P.S. Ambassadors acknowledge:

- That to secure these basic humanitarian Rights, Governing and Educational Facilities are
- instituted among humankind, deriving their just powers from the consent of the governed. Thus we encourage all individuals to take up their right to actively cast their vote to support the individuals in these areas of Government and education who can best facilitate the manifestation of these Rights.
- That whenever any Governing or Educational Institution becomes negligent, or incapable of achieving these ends, it is the Right of the People to alter or to abolish it, and to create new Institutions, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.
- Prudence, indeed, will dictate that governments long established should not be changed for light and transient causes.
- In this we expect that the people electing individuals to represent them in
- Institutions for Service and Care:

- a) be active in service to their immediate community
- b) that prior to serious community involvement, each individual learn how to utilize Universal Law and personally create their own health, wealth and be responsible for their own happiness.

On social matters, M.A.P.S. Ambassadors ascertain that all individuals also have the right to:

- Be given access to information on Universal Law* so they can begin to understand the highest power of Divine Alchemy and thus, by the conscious day to day application of these Laws, they may experience their true human potential
- Be encouraged and inspired to create an individual model of reality that allows their heart to sing and also honors ALL life in a way that creates global community co-operation and not separation
- Become an efficient and effective global community, free from overt – or covert – manipulation from media, governments and any inequitable economically driven forces.
- Feel safe enough in their country and living environment to not have to bear arms – M.A.P.S. encourages global disarmament.
- Breathe clean air and drink clean water and as such all patents and devices that promote personal and environmental health are to be recognized and shared freely.
- The M.A.P.S. Ambassadry also ascertains that lasting planetary peace and harmony, effective governments, global co-operation and sustainable development will come automatically to all humankind when they understand the power of the Creator who dwells within them. Hence we advocate the active promotion and education of Self Knowledge, which is personal experiential knowledge of this Divine One Within that many call God or DOW Power.

~ end of declaration ~

* Universal Laws will be covered in detail in our Inter-Planetary Program. The main two laws that we need to understand to co-create peace are:

- 1) The Law of Oneness that says everything is part of one living organism – so we are like cells in the physical bio-system of a Supreme Intelligence – and that everything is therefore interconnected and what one does affects the whole.
- 2) The Law of Resonance, where everything is attracted or repelled by sympathetic resonance and biofeedback looping. This law says “what we give out comes back to us”.

Since 1997 Jasmuheen and the Self Empowerment Academy have conducted many world tours via the support of their dedicated networks around the world. Each tour continued to build on the previous year's theme and covered issues like Divine Nutrition (1997); Impeccable Mastery (1998); The Blueprint for Paradise (1999); Dancing with the Divine (2000); Co-Creating Paradise : RECIPE 2000> (2001); Divine Radiance : Unity 2002 with its Perfect Alignment and Perfect Action Program; in late 2002 Jasmuheen received and launched "'The Madonna Frequency' : PLANETARY PEACE PROGRAM"; Divine Nutrition and The Madonna Frequency Planetary Peace Project (2003); The Law of Love and Its Fabulous Frequency of Freedom (2004); Harmonious Healing (2005); International tour with THE PRANA PROGRAM (2006); The Second Coming and Second Chance Dances (2007); plus Future Worlds, Future Humans – Pathways of Elysium (2008); and Sacred Stages – Layers of Life (2009).

M.A.P.S. VISIONS and AGENDAS

The Madonna Frequency Planetary Peace Program was launched under M.A.P.S. This is the Movement of an Awakened Positive Society. Like our Ambassadors of Peace and Diplomats of Love, M.A.P.S. Ambassadors act as the voice of social conscience and encourage self-mastery, effective self-government and synergistic teamwork on microcosmic and macrocosmic scales.

An inner plane network, many in M.A.P.S. encourage a universal paradigm of peace, where we unify to eliminate all war, violence, hunger, poverty and social injustice on Earth. In positive terminology this means co-creating health and happiness and peace and prosperity for all.

This is not a utopian dream. This can be a reality if we redistribute our resources, prioritize our goals and work united to a common goal. Our tools are our desires, our hearts and minds, and RECIPE 2000>. We live in an intelligent universe that supports all we wish to create. The predominate focus that we have as a collective species dominates the biofield. Knowing how the Dimensional Biofields can be retuned to bring new paradigms into play, we need to all be clear about what we want, and adopt the recommendations in this program.

Question: What is the difference between M.A.P.S. Ambassadors and the Embassy's Ambassadors of Peace and Diplomats of Love?

Answer: M.A.P.S. is a label that describes a movement in consciousness and M.A.P.S. Ambassadors have been trained in the school of life and via their associations with many other networks. While this is also true for our Peace Ambassadors and Diplomats, The Embassy of Peace itself is an outerplane, internet based organisation that also provides specific training and projects. The Madonna Frequency Peace Program was downloaded in 2002 and the Embassy of Peace was later established in 2007.



GLOBAL & UNIVERSAL HARMONIZATION PROGRAM 3

PROJECT 3 OF THE EMBASSY OF PEACE is our INTERPLANETARY PROGRAM – Understanding and applying the Pathways of Elysium and Universal Law to come into a permanent state of expanded consciousness and peace. The Embassy’s main focus with this program is to prepare Earth to enter into a higher paradigm among more civilized worlds, an agenda which we will discuss shortly in more detail under our Universal Harmonization Program. In order to achieve this we need to

- a) pass through the 5 Pathways of Elysium and
- b) understand and apply Universal Law personally and globally.



There are five pathways of Elysium that will be focused on in depth that supports the Universal Harmonization Program. These are also 5 stages that earth and her people will need to move through in order to come into a permanent state of peace.

FIVE PATHWAYS OF ELYSIUM
The Field of Love
The Field of Compassion
The Field of Health & Harmony
The Field of Grace
The Field of Freedom

We invite the Diplomats of Love and Ambassadors of Peace to meditate on each one of these fields and to experientially study each one in depth especially as to how they relate to the creation of permanent peace and taking our place among civilized worlds.

Take a week to meditate on each one and ask the Universal Field of Infinite Love and Intelligence to show you clearly in meditation and via life experiences, exactly what you need to understand about each one. When we live our lives anchored in the field of the purest love and act always with compassion then we find ourselves enjoying increased levels of both health and harmony and also experiencing a stronger flow of grace which eventually frees us from many limiting paradigms.

A brief look at these five fields:-

1. The Field of Love:- This field contains many layers from self love, love of others, conditional and unconditional love, divine love, love's field of the deepest peace and contentment, love's field of pure joy with its cosmic orgasm and the layer that melts us into itself where mind disappears and all questions are answered. For transformation to be lasting it must be birthed with love. This is the field that many meditators and metaphysicians have been exploring for the last few decades as love of our divine nature, understanding it and experiencing its' love, allows us to operate more effectively on all levels of our life. Love of self, love of others, love for our world - it all begins here for what we love, we tend to cherish and take care of.

2. The Field of Compassion:- In order for earth to enter into a higher paradigm among civilized worlds her people need now to exercise compassion toward those in need. New priorities need to be agreed to such as the redistribution of the world's resources so that basic human rights are addressed and poverty is eliminated. The pragmatics of this have been outlined in The Madonna Frequency Planetary Peace Program. At the EMBASSY OF PEACE we have found in order to evolve we must become compassionate regarding the suffering of others and pragmatically address their needs via the programs we share in this manual.

In his book *Cosmic Inner Smile* Taoist Master Mantak Chia states: "Compassion is the highest expression of human emotion and virtuous energy. It is a level of development that takes hard work and serious meditation before it can blossom into one's life. It is not a single virtue, but the distillation and culmination of all virtues, expressed at any given moment as a blend of fairness, kindness, gentleness, honesty, respect, courage and love. It is the most beneficial energy to share with others. The power to express any or all of these virtues at the appropriate moment indicates that a person has internally unified him or herself into a state of compassion."

3. The Field of Health & Harmony:- At the Embassy we talk about health in relation to physical, emotional, mental and spiritual levels and we know that health and happiness and harmony levels come into a stronger state of being via the practice of the Luscious Lifestyles Program as happiness, health and harmony are determined by how we spend our time.

In the book *The HeartMath Solution*, authors Doc Childre and Howard Martin explain how the electromagnetic fields radiating from the heart affect the fields around

us, they also show us how to move into sensing life with the intuitive nature of our heart's brain rather than operating only from cranium's brain of limited linear thinking.

They say that "Heart intelligence is the intelligent flow of awareness and insight that we experience once the mind and the emotions are brought into balance and coherence through a self initiated process. This form of intelligence is experienced as direct intuitive knowing that manifests in thoughts and emotions that are beneficial for our selves and for others." (page 6 of HMS).

According to research at the IHM "our feelings affect the information contained in the heart's electromagnetic signals" (page 59 HMS) and spectral analysis has revealed that when the heart's rhythms become more coherent and ordered then so does its electromagnetic field emanations, emanations that they have also found *can influence other peoples' brain wave patterns*. Spectral analysis can determine the mix of frequencies present in a field i.e. an electromagnetic fields ingredients.

Emotions such as appreciation and compassion create heart coherence and improve our health and harmony levels just as anger and frustration create incoherence, consequently as we alter our perceptions in life, we alter our emotional flow which in turn alters our physical heart rhythms and allows us to alter our internal and external radiation levels and increase or decrease pranic flow.

Choosing to see the perfection of each situation, choosing to see the Divine spark in all, choosing to enjoy the fullness and simplicity of each moment, all of this alters our heart rhythm and our rhythm in our world and the type of rhythms that return to surround us and move through us. Research at the IHM has found that "when a system is coherent, virtually no energy is wasted, because its component parts are operating in sync." (page 63 HMS). <http://www.heartmath.org/>

4. The Field of Grace:- *"All good things come to the one who stands firm in the field of Grace."* Being anchored permanently into this field allows us to co-create with joy, ease and grace in a way that benefits all. Accessing and staying anchored in the Field of Grace is a basic requirement for our Diplomats and Ambassadors self training Program where our motto is 'Maximum impact for minimum effort.'" As soon as we commit our lives to using our energy to support an evolutionary process that is beneficial for all, we immediately begin to attract more Grace into our own life and also to support us with our paths of compassionate action.

5. The Field of Freedom:- This means having the freedom to manifest the best of our human nature in a way that is harmonious for all, it also means the freedom to co-create a world that is worthy of knowing its galactic kin and a future that our children will thrive in. Training in this field - via experientially understanding what it is like to be free from many self imposed limitations - will allow us to experience much more of our pure and perfect ascended nature.

The 5 fields must be explored experientially. As we live our own lives fully in these fields then we can be truly effective in our service. Again we invite you to ask your Divine Self to allow you understand each of these fields in a way that is perfect for you and in a way that allows you to live in harmony with all life.

**Applying the Embassy's Personal Harmonization Program
will also tune you more deeply into these fields.**



The following data on Universal Laws, and Universal Brotherhoods, is an excerpt from "In Resonance" by Jasmuheen.

Assuming there is a Supreme Power or a Supreme Being that created and controls this complex universe, then the following quote from *The Vision of Ramala* has great interest: "This Supreme Being manifests itself and maintains order and balance in its creation through what are sometimes known as the great natural laws of the cosmos. These natural laws are comparable to your Earthly scientific laws and define the relationship between all created things both on the physical plane and on the planes above and below the physical. They control and hold in perfect balance every divine manifestation of infinite spirit, every degree of spiritual consciousness, every molecule of matter.

"They control the lives of not only each and every human being, but of your Creator, the Solar Lord within whom you live, move and have your being, and also the great God within whom your Creator lives, moves and has its being. All levels and degrees of consciousness are bound by these great natural laws.

"The natural laws stand above the Solar Lords and all Gods. They govern the existence and the creativity, not only of many thousands of Solar Lords or Gods that exist within your visible universe, but also of those that dwell on other levels of creation.

"It is a wise person who recognizes that science and religion are both seeking the same thing no matter whether it be called Truth, the Knowledge of the universe or God. The natural laws of the universe are the same as humanity's laws of science only expressed on a higher, more holistic level."

The following is a quotation from Lord Sananda from the book *Oneness Remembered*: "The spiritual energy of the soul of each living unit of creation listens to the sounds of the universal flow of information which originates from the Source energies of God the Creator. This harmonic attunement brings forth within the lifestream of Earthmen, the comprehension of the principles known as universal cosmic law. These precepts have been given to and created also by man as he has lived out his life experience upon Terra, known as Earth environment.

"Today in your time, the accumulation of cosmic law resonates with the Holy Father and His giving of Love and life to each unit. The attunement to Self, then, in connection to the Will of Source Energy, known as Love by its very BEingness, creates a pathway of knowledge which one can follow to create in the Life expression Balance, Harmony, Peace, Love and Forevermore existence. The harmonic of this alignment has created the precepts known as cosmic law.

"Each Unit has free will choice to align with these laws or not. Your knowledge of cosmic laws lies within the encoded seed packets of crystalline energy within your soul entity who comprises the totality of you!"

It is said that there are 33 (numerologically 33 is the number of the universe) laws that govern the universal creations. Some of these are as follows:

1. Law of Oneness: Everything is interconnected and shares the same Source. Also known as the Law of Energy. Excerpt from *The Vision of Ramala* – "It is a wise soul who recognizes that all humanity is indeed part of the one great whole, that every human being can be considered as an individual cell in the cosmic brain of your Creator. There is, truly, no separation except where humanity chooses to live it.

"So one of the great lessons of physical life is to rise above this apparent separation, to see that it is 'apparent' and to learn that you are truly one with your Creator, not just in your physical, but also in your spiritual being.

"There is no separation in this physical world between you and your God. This world is your God. Your God is this world. You are living in and are an actual part of your God just as an aspect of your God is living in and is an actual part of you – so the greater is to be found within the smaller, which is contained within the greater."

2. Law of Fulfillment: The following quotes and references are from the book, *Ye Are Gods* by Annalee Skarin: "There is a law irrevocably decreed in heaven, before the foundations of the earth, upon which all blessings are predicated; and if we obtain any blessings from God, it is by obedience to that law".

This law is also known as the Law of Production or the Law of Creation. As you sow, so shall you reap. Plant the seed and bring in the harvest. Every thought has the power to create reality and as you judge, so shall you be judged.

This Law of Fulfillment deals with the power of thoughts and words where thoughts are seeds and, when coupled with emotion, produces a living vibration that will bring forth each after its kind. Desire is the heat that generates the seed and gives

it power to manifest – the power of creation. The law is true and eternal, no matter what we desire, if we plant the seeds (thoughts) and keep out the weeds (doubt and fear) it will come forth.

“When we prepare our minds, without fears and without worries for greater things, greater things will be given. The power to govern our surroundings and to build perfectly is in our hands. It is the power of thought, which is the power of Godhood.”

3. Law of Cause and Effect: Also known as karma, this law assures a rebalance of energy in the cosmic energy pool, where for every action there must be an equal and opposite reaction. This law applies to the actions of all beings. Karma has often been seen as a judgment: that whatever you give out you’ll get back, as if you will be punished. However it has simply to do with the exchange of energy: whatever energy is released (sent out) by a being, will attract like particles and rebound back. Energy expands and contracts, so if energy of a negative nature is emitted, then it will contract back to its transmission source in response to its original expansion, and bring negativity with it. Same is true of positive energy.

4. Law of Change and Transmutation: Every condition can be transmuted and everything is always changing. The only consistent thing in the universe is the indestructibility of energy and its changing form.

This is also known as the Law of Alchemy – every condition in life can be transmuted into glory and made divinely beautiful, no matter what that condition is. If we accept it, bless it, thank God for it or be ‘thankful in all things’, we can transmute even bitter and heart-breaking experiences and conditions of life into spiritual loveliness by this most perfect and exacting law. We can also receive the power to transmute our spiritual desires and dreams into tangible material manifestation.

This law never fails and includes the spiritual law of change and transmutation as well as material laws and elements. This alchemy is the power of God in action and is eternal and unchanging and brings exact results.

Annalee Skarin says “The Law of Spiritual Chemistry is the law transmuting all conditions, all vibrations, all darkness into beauty and music and light. One must learn to speak the language of the Angels, or speak with ‘new tongues’. He must learn to speak from the soul and never from the lips or even the mind. He who speaks from the lips chatters. He who speaks from an empty mind adds confusion to discord. He who speaks from a full mind feeds the minds of men. He who speaks from his heart wins confidence of mankind. But he who speaks from his soul heals the heartbreaks of the world and feeds the hungry, starving souls of man. He can dry the tears of anguish and pain. He can bring light for he will carry light. The language of the soul is ‘sacred’ language and most beautiful ... It can only bring a benediction of glory, for it is the language of the eternal spheres and the language of Gods. It is the gift of the Spirit known as the ‘new tongues’ ... The power of transmutation is the power to contact the

centre of the soul through the heart. This method alone holds the power of fulfillment and perfection”.

5. Law of Balance: The integration of polarities. The term ‘polarity’ means, opposing forces with no competition between them. The forces collectively move towards a harmonized objective, resulting in growth. Duality is opposing forces of energy which have taken on a personality and have therefore become competitive, playing one against the other through judgment and competition, and thereby creating the ego as part of the incarnated personality. We live on a plane of duality and need to exercise the Law of Balance to create a polarity of male/female, positive/negative energies to achieve harmony and integration. The Law of Balance when integrated into our being is one of the first steps to enlightenment.

6. Law of Manifestation: Allows us to manifest our desires and needs when the intention is for the highest good of not just yourself but also others. Decide what you want, state it clearly, let it go and assume it is done. *Do not doubt!* Our ability to manifest our desires into physical reality is guaranteed when we are in synchronistic alignment with Divine Will, and have no internal sabotage patterns running from cellular memory.

7. Law of Synchronicity: Being in the perfect place at the perfect time. Perfect attunement and perfect alignment where everything flows magically and harmoniously. This law is also known as the **Law of Grace** which states that when beings are aligned perfectly, they will flow with the divine perfection of God as God manifests in their lives.

8. Law of Discernment: Also known as the **Law of Differentiation**, this law has to do with being totally in tune with what is the next step in our personal evolution. This concept has been discussed in detail on the chapter on discernment.

9. Law of Forgiveness: This refers to the paying of karmic debts, the rebalance of energy by those who have created the energy imbalance. It brings forgiveness of self and others as no healing can be achieved without forgiveness.

10. Law of Resonance: Like energies attract like particles due to their electromagnetic fields; so whatever we send out in thought, word or action, is amplified and returned to us.

11. Law of Perfection: Everything is perfect in its divine state.

12. Creative Law of Divine Affirmation: The power of thought and words which affirm that you are what you believe yourself or your reality to be. As you think, so shall you be.

13. Law of Compensation: The order under which one receives just remuneration. This law is universal and not subject to personal demands. It is associated with the Law of Cause and Effect and the Law of Creativity and is exercised in direct relation to an individual's choice of action.

14. Law of Assimilation: Allows no particles to be built into our bodies that we, as spirits, have not overcome and made subject to ourselves.

15. Law of Adaptation: The law of allowing and flowing easily with the only constant thing in the universe – the changing nature of energy as it expresses itself in many diverse forms. We must be flexible, as change brings growth. Opening up and allowing the purest energy to flow through our being unhindered will bring great joy and balance as we tune in to greater powers. Tuning our energy fields to accept only the purest of energies will maximize this experience.

16. Law of Causation: Works in harmony with the stars so that a being is born at a time when the positions of the bodies in the solar system will give the conditions necessary to experience his/her advancement in the school of life. This covers the science of astrology which influences our life according to the choice of birth sign and time of birth.

17. Law of Evolution and Rebirth: A slow process of development carried on with unwavering persistence through repeated embodiment in forms of increasing efficiency whereby all are, in time, brought to a height of spiritual splendor in recognition of Source and true identity. Also known as the Law of Periodicity.

18. Law of Analogy: 'Know thyself'. It allows for a being to arrive at an understanding of the God Force within him/herself and within the universe by understanding all aspects of his/her own being.

19. Law of Duality: When a being is consciously connected to the Source or 'enlightened' they are above this law and unaffected by it. Until that time, this law affects the polarity of energy.

20. Law of Mind: While Spirit is Absolute Reality, mind is the medium through which Spirit works, through which creation takes place into physical form on this plane. The Law of Mind states that as you believe, so it will be. This means that at this level, man's belief influences and creates his reality. "The Law of Mind is the summation of human belief." Ann and Peter Meyer cover this law in detail in their book *Being a Christ* and it is also covered in detail in previous chapters.

21. Law of Respect: This law honors an individual's right to seek universal truth and Divine Wisdom in a manner that makes their heart sing provided that it also respectfully honors all life.

22. The Universal law: The Universal law is that knowledge, that awareness, that all living things, that all life has within it that vitality, that strength, to gather from itself all things necessary for its growth and its fruition.

23. The Law of Love: The Law of Love is that Law which places the welfare and the concern and the feeling for others above self. The Law of Love is that close affinity with all forces that mankind may associate with as positive.

24. The Law of Mercy: The Law of Mercy is that law which allows one to forgive all error; to forgive equally those who err against you as you err against them. This is to be merciful. To be merciful is akin to the Law of Love, and if one obeys the Law of Mercy there can be no error in the world.

25. The Law of Gratitude: The Law of Gratitude is governed by the Law of Resonance. This law states that the more we express our gratitude for the things we enjoy in life, the more we will attract to ourselves things to be grateful for.

26. The Law of Patience: The law of Patience states that all things will have their time and their season. As all that unfolds in the Divine Blueprint does so in Divine Time, patience becomes a virtue where one understands that aligned focus will eventually bring all thoughts, words and actions to their proper fruition. In the Divine Will game, one becomes aware that what does not come to fruition immediately is simply not destined to do so at that point in time.

27. The Law of Example: The Law of Example states that the most powerful force of change will come from each individual 'walking their talk'. It states that any person, concept or thing may serve as an example for others to follow. Those who have served as examples of love, service and the sharing of their better parts, have helped to bring about freedom, joy, beauty and peace upon this plane. Individuals who wish for a better world are encouraged to live their truth in each moment in each day in a way that honors all life.

28. The Law of Tolerance: The law of Tolerance is associated with the Law of Respect. It is a Law which inspires us to recognize the divinity in all. This recognition moves us beyond judgment and separation that comes from race, religion, culture, creed, age or gender bias.

LINKS TO VIDEOS ON UNIVERSAL LAWS:-

Universal Laws with Jasmuheen - Part 1 - Jasmuheen discusses the Universal Laws and their application in creating positive change plus permanent peace on earth.

<http://au.youtube.com/watch?v=SBtPRW9AhQc&feature=PlayList&p=9CEB4F49B912118E&index=14>

Universal Laws with Jasmuheen - Part 2 - Jasmuheen discusses the Universal Laws and their application in creating positive change plus permanent peace on earth.

<http://au.youtube.com/watch?v=5U7db-rPQZY&feature=PlayList&p=9CEB4F49B912118E&index=15>

Universal Laws with Jasmuheen - Part 3 - Jasmuheen discusses the Universal Laws and their application in creating positive change plus permanent peace on earth.

<http://au.youtube.com/watch?v=4Kmf6C2MQs&feature=PlayList&p=9CEB4F49B912118E&index=16>

Universal Laws with Jasmuheen - Part 4 - Jasmuheen discusses the Universal Laws and their application in creating positive change plus permanent peace on earth. Excerpt from the book "In Resonance".

http://au.youtube.com/watch?v=vnH8zAJMU_4&feature=PlayList&p=9CEB4F49B912118E&index=17

EMBASSY OF PEACE
Personal, Global & Universal Harmonization Programs
<http://www.jasmuheen.com/htm/embassy-peace.asp>
<http://www.selfempowermentacademy.com.au/htm/Embassy-Peace.asp>

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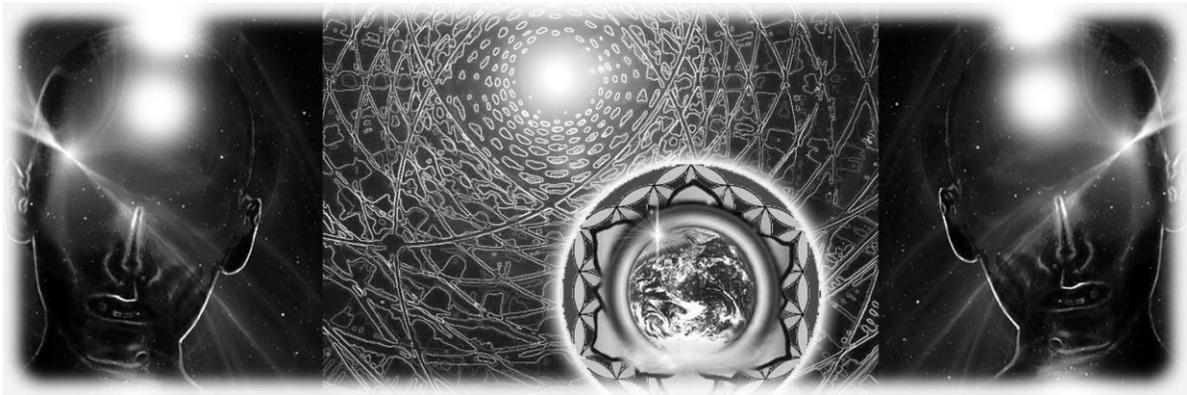


“Something happens to an individual who sits still in silent meditation over time. Other, more subtle energy planes – or dimensions – can eventually open and reveal an experiential awareness of many alternate realms.

“As we expand our consciousness via the Personal harmonization Program, we can find ourselves tapping into other layers of reality that appears to remain hidden to us if our brain wave patterns are always in the beta frequency field.

“A specific lifestyle with meditation allows the brain wave patterns to shift through the alpha, theta and delta spectrums where new doors or fields of possibility are revealed to those seeking higher paradigms of being that benefit all.”

Jasmuheen



**The EMBASSY OF PEACE and its
UNIVERSAL HARMONIZATION PROGRAM - UHP**

- ∞ Part 1: Data to Contemplate
- ∞ Part 2: Embassy of Peace Insights
- ∞ Part 3: Links to Educational Videos that support the UHP
- ∞ Part 4: Contact - Communiqués from our Cosmic Colleagues
- ∞ Part 5: Harmonious Integration Methodology
- ∞ Part 6: Divine Marriage – Personal, Global & Universal
- ∞ Part 7: Step by Step – Compassionate Action Summary



The EMBASSY OF PEACE and its UNIVERSAL HARMONIZATION PROGRAM - UHP

This program is being offered so that people can be aware in a clear way of what will occur to our planet once we harmonize ourselves on both personal and global levels. Many metaphysicians know that what earth is going through is a very normal cycle in evolution that many planets have already undergone. In this section of our manual we do not wish to discuss the validity of the idea of life on other worlds - or planets that exists in the multi-verses - for there is enough scientific research now to attest to this possibility. Instead we wish to offer data to contemplate plus links to videos that you may wish to watch and a step by step pragmatic process for Universal Harmonization as it is said that Earth is rising through the dimensions to join more civilized realms.

Let's assume we all somehow magically get tuned to and experience the reality of personal and global harmonization as outlined in this manual, then what?

- ∞ Will we suddenly find ourselves existing in another dimension with other beings of advanced consciousness?
 - ∞ If so who are they?
 - ∞ What are the Universal Nations?
 - ∞ Who are the Lords of Peace?
 - ∞ What is the Intergalactic Federation of World's Council?
 - ∞ How evolved do we need to be to attract the most supreme Cosmic Colleagues to us from within the web of life?
 - ∞ Is there a science to explain the existence of Beings of Light?
 - ∞ What is the paradigm of Divine marriage and how does it help to create a peace-filled world?
- Also as Extraterrestrial existence has now been acknowledged via many sources, then:-
- ∞ What is Exopolitics and what has C.S.E.T.I. discovered?
 - ∞ What are portals of possibility?
 - ∞ What is the difference between wise Beings of Light and Extraterrestrials with advanced technology?
 - ∞ How do we integrate peacefully with each other on Earth and within the interdimensional realms with extraterrestrial intelligence?

All of the above and much more is discussed throughout the UHP.

The purpose of the Universal Harmonization Program is to provide good quality data from many sources so that we can be well prepared and better informed regarding the possibilities and realities mentioned, for Earth is undergoing an incredible change that does not need to be feared.

Over the coming times we will see a huge upheaval in our planet's weather patterns and also in our economic systems due to many of the reasons we will discuss and we will also find ourselves relating more freely with extraterrestrial intelligence.

This manual and the UHP videos at our YouTube Playlist link http://au.youtube.com/view_play_list?p=9CEB4F49B912118E shares a series of videos covering extraterrestrial intelligence, beings of light, universal law, telepathy, earth's future evolution and more as Jasmuheen and the Embassy of Peace help to prepare humanity for emerging into higher realms of consciousness. This Playlist also offers meditations to expand our own consciousness so we can connect with beings of light from the interdimensional realms.

While organizations such as C.S.E.T.I. – The Center for the Study of Extraterrestrial Intelligence are doing their own work into the search for extraterrestrial intelligence, this data from The Embassy of Peace will add another more metaphysical layer to this research.

In our Universal Harmonization Program we will include various articles plus video links to our own and other people's insights, and we will also cover the interdimensional field science viewpoint and answer various questions raised by C.S.E.T.I. and others. Steven Greer of C.S.E.T.I. – the Centre of Study for E.T. Intelligence once said: "It is an understatement to say that the time has arrived for a serious and open international dialogue regarding the possibility of future interplanetary relations. In no other area of human experience has so much evidence existed for so long, and yet been attended by such a paucity of serious research and analysis – at least in the civilian domain. I was once asked at a conference what was the most astounding aspect of this subject, and I replied that, while the subject matter itself is extraordinary, it is the absence of a serious human response to it that is most extraordinary."

The Universal Harmonization Program is designed to fulfil this need as the Embassy of Peace now steps up to fill this role. It is our intention to offer good quality research and protocol for harmonious integration and our work will focus on providing this via this manual.

But before we begin I would like to share a little more about my own background with telepathic communication with various Beings of Light.



UNIVERSAL HARMONIZATION PROGRAM - PART 1 DATA TO CONTEMPLATE - A PERSONAL EXPERIENCE

August 14th, 2008, Sunshine Coast, Australia

It is autumn, mid afternoon and I am sitting on my veranda in a hanging rainbow coloured swinging chair, weightless. I'm surrounded by a cacti garden and a few Indian statues that have been activated to add very specific frequencies into the surrounding energy field. Birds are singing in the nearby trees and I begin the process of deep fine connected breathing and focus my mind on the chant "I AM LOVE"; intoning silently "I AM" on the inhale and "love" on the exhale, chanting slowly in rhythm with my breath. Specific music plays gently in the background which synchronizes both hemispheres of my brain and allows me to go quickly into the Theta brain wave pattern where intuitive insight is always easier.

My body begins a process of subtle realignment and I feel an energy flow rising up my spine then pulsing through my being as it floods my cells with love. Joy saturates me, overflowing champagne-like as inner plane doors begin to open and my whole body is realigned into another realm and then it begins.

It's as if someone has pushed a button in a high speed elevator where doors open at every floor to allow an influx of energy from each level to move through me. It happens in an instant in the most harmonious dance as golden waves of iridescent light flood through every level of my being, recalibrating me so that I have perfect access through the most amazing interdimensional realms. It feels as if every part of me knows what is happening and why and how to realign and merge perfectly and so I let go and enjoy the flow. Intuitively I telepathically begin to connect in with the Light Beings that exist in each realm and yet it feels more like collective groups of consciousness rather than individual streams of intelligence. All are at peace, all feel so loving, so welcoming, encouraging me to open further, expand my heart and flow on.

Every step along the way into this field I feel myself intuitively claiming a new space within these realms, acknowledging my place within them and that I already exist there as part of them, as if I am a traveller reconnecting with another part of myself in a realm that I left behind on my descent to Earth's world. Finally there is a mass explosion within as if I have been dissolved into billions of cosmic particles and in the most loving way I melt into a field of energy that defies description and yet it helps to know they are there. It benefits us all to understand about what I call portals of

possibility that are revealed as we explore our innate potential for harmonious co-existence within the worlds.

I cannot find the words to describe anymore except to say that all was done, all is done, all is acknowledged and locked in with spaces claimed, programs and intentions pronounced and clarified and everything enjoyed. Nor can I describe the experiential wonder of these inner plane realms of the interdimensional worlds and what happens within us when we find the key to such kingdoms. Do we find the keys or do the keys find us? How do we stumble upon such places or is it a result of magnetic attraction where like attracts like and when we are ready these experiences simply appear? I feel as if I have magically stumbled into the most advanced civilization of futuristic humans and that Earth and her people are destined to all also enter this zone. I don't know how I know this but I do with every fibre of my being. It also feels as if I am just part of an scouting team that has been unexpectedly pulled into this zone and that every time I dive deep into meditation something incredible occurs for we have entered into such special times of revelation.

I have been in the presence of some amazing beings of light before where my whole system rejoiced in celebration at the encounter but never have I been among so many. There are realms with layers and levels within levels as I move through the dimensions until finally settling into a space of such Oneness where all feels so whole. A kaleidoscope of colour, sounds and movement flow around me for all are just energy beams that have both an individual and also a collective consciousness, that is expressed beyond words. All of this blinks in and out of existence holographically around me while constantly changing with the pulse of my intuitive recognition radiating pure love and perfect peace and constant joy.

∞

How this type of experience is possible to have – without the use of a mind altering substance except meditation – is something we will cover in this next part of our program.

∞

I am told that part of the success of my book "*In Resonance*" is that we combined my personal stories with good research from a large variety of metaphysical sources. Many love the 'human' touch of stories as its makes things more relatable, so we will continue to use this format here as we introduce our Universal Harmonization Program.

Another reason for the addition of personal stories is that we are now delving into realms of reality that so far have very little scientific background of support. This is because contact with the Beings of Light of the interdimensional realms is accessed via an expansion of our own consciousness, and while we covered things like telepathy and universal law in the "*In Resonance*" manual, we will of course add this data here in context with this new program.

Basically interdimensional communication happens naturally when we tune to specific channels, just like television. If we cannot access the frequency band that these realities are beaming through, then we cannot have an experiential connection and have to rely instead on mental paradigms. Still whether these ideas are based on a personal experience or stay just as a mental possibility, education removes ignorance and also its companion of fear.

In 1974, shortly after I was instructed in the art of meditation, I began to receive telepathic imprints from people I knew who had died and wanted me to pass messages on to their loved ones. These messages were so clear and came with such an energy that it was impossible to accept them as anything other than telepathic messages from another realm.

In 1987, after a decade of regular meditation, I started to receive telepathic contact with Biblical figures such as Elias and Elijah who provided very basic insights that helped me in my own life. These uplifting messages were always to do with the power of faith, trust and love and I found when I accepted and applied these insights my life experience improves.

In the early nineties I entered into a decade of almost daily telepathic contact with the Ascended Masters during which I received very clear communication with a group called the Intergalactic Federation of Worlds Council (I.G.F.W.C.). While I had had contact with this group before, it was not until I underwent a particular spiritual initiation that this contact became regular. It was these Beings of Light who brought through the initial processes that have allowed many people to now live purely on prana and be free from the need to consume physical food.

The Intergalactic Federation of Worlds Council (I.G.F.W.C.) is similar in function to the United Nations in that one of its programs is to keep an eye on the development of various planets particularly when the planet's inhabitants choose to evolve in a more civilized manner and move beyond the creation of war, poverty and violence. Connecting telepathically via our meditations and via the dreamtime, many meditators have been receiving conscious or subconscious communication with the I.G.F.W.C. for some time.

At the beginning of the new millennium I began to download from the Universal Field of Infinite Intelligence (the U.F.I.) the Enchanted Kingdom series, which although written as fiction is based on a very specific interplanetary education program. I mention this as some of you may prefer to read more of this in fictional form. If so you may wish to download our Enchanted Kingdom series which covers these realities in another way. (The link to more data re this series is <http://www.lulu.com/content/2453011>)

In 2002 over a two month period I also received the Madonna Frequency Planetary Peace Program. Later in February 2007 I connected with the Lords of Peace in the 5th dimensional Venus sector and was guided to later establish the Embassy of Peace, on the 07-07-07, for the purposes outlined in this manual. At the end of 2007,

again in meditation I heard the loudest voice with the clearest telepathic message that simply stated: *Prepare them for Contact.*

This statement raises many issues, as before we can have contact with the type of Light Beings that are beneficial for us to connect with; we need to have deep experiential contact with our own Divine nature as it is the connecting force or bridge for interdimensional access. Contact with and understanding our own divine nature is something that my previous 26 metaphysical manuals have always focused on. Being guided intuitively by the Divine One Within us is also the answer to maintaining sovereignty and independence as world's merge.

"*Prepare them for contact*" also means providing educational data so that we can understand the different realms and differentiate between extraterrestrial intelligence – that is technologically advanced enough to connect with us – and the type of higher intelligence of the truly civilized worlds that exist interdimensionally. Just because beings are technologically proficient enough to travel the galaxy doesn't mean that they are beings who are always loving and wise, it just means that they have been around longer than us and have had more time to evolve within the linear timeframe of the 3rd dimensional realm. The Beings of Light that I am focused on regarding 'contact preparation' are those from the fifth dimensional realms and above.

Fifth dimensional life forms have a very different frequency to those in third dimensional realities. Firstly their clairvoyant, clairaudient and clairsentient abilities are highly refined therefore making telepathy the normal method of communication. Secondly due to their vibration they no longer need to have physical forms and can manifest bodies at will to suit their own requirements. Generally they manifest themselves holographically or as energy bodies that can be seen on the inner planes via our own clairvoyant nature.

I would like to point out that I never consciously sought out any of these experiences, nor can I turn on telepathic contact with these Beings of Light at will. They come to me when our frequencies match and there is a need to communicate. All I ever did was engage in heartfelt prayer and consciously seek answers to the numerous questions I have had in life regarding both personal and global issues. All my inner plane visitations and bilocation experiences with these Beings of Light from the interdimensional realms have come when I have least expected it and have been content to just sit in meditation and feel the love flow there. This to me is the key, just being in the field of the purest love, bathing in its currents for it is here where miracles seem to occur and Grace flows most freely.

All of what I have just stated above raises many questions which we will address throughout our Universal Harmonization Program. Suffice to say that after experiencing more than two decades of clear telepathic contact with these Beings of Light from the interdimensional realms, I have come to call myself a cosmic reporter as most of what I have been recording has come via my connection with them. As already stated, my work with the Madonna Frequency Peace Program and the Prana Program came to me

via these ones in response to my own long held desire to find a solution to world health and hunger issues.

I would also like to state that these beings never interfere with free will; they are not here to colonize our world or harvest our material resources. They are available in this realm of reality because many have sought solutions to a variety of issues, via prayer and meditation, while others have just been focusing on the expansion of their own consciousness and in the process of their personal unfoldment they have found that they are now able to access and enjoy the interdimensional realms and the beings that dwell there.

There is no mystery as to how and why this occurs as it is the lifestyle of many shaman, metaphysicians and spiritual seekers that has opened very particular energy vortices to allow information to flow freely between the realms and I am not unique in my experiences with these beings.

It is time to broaden the traditional mass perception of extraterrestrial intelligence just as it is time to look more pragmatically at our place within such a paradigm and to also finally go beyond the hype of such things. We have long been subjected to Hollywood movies that show E.T. realities as a 'them and us' game of evil (them) versus good (us) as the aliens try to take over our world. As Edgar Mitchell announced to the global press in July 2008 the technology of the E.T.'s who are in contact with world governments, is so superior to ours that if they had of wanted to conquer us they could have done this a long time ago. We have also enjoyed many other insights into the E.T. realms via Star Wars, Gene Rodenbery's Star Trek Series and many more.

Just what is real and what is pure fiction? How much of what is termed fiction is actually intuitive insight by those receiving data from other realms in the dreamtime? What about the metaphysical idea that if enough people believe something to be true they will bring it into reality via a parallel world?

There are so many unanswered questions and while I do not propose to have all the answers hopefully the Universal Harmonization Program offered by the Embassy of Peace will be a basic start and add another valuable layer to the work of others.



We provide the following data for you to contemplate and draw your own conclusions.

- ∞ Articles from C.S.E.T.I. – The Center for the Study of Extraterrestrial Intelligence
- ∞ An article on dealing with the E.T. reality from the newspaper The Canadian that is based on the work of Dr Michael Salla who is a pioneer in the development of exopolitics, the scholarly study of the political implications of the extraterrestrial presence.
- ∞ Excerpts from Dr Michael Salla's book: "EXOPOLITICS"

C.S.E.T.I. – excerpts from <http://www.cseti.org/>

The **Center for the Study of Extraterrestrial Intelligence** (C.S.E.T.I.) is an international non-profit scientific research and education organization dedicated to the furtherance of our understanding of extraterrestrial intelligence. **C.S.E.T.I.** was founded in 1990 by Dr. Steven M. Greer, who is the International Director. C.S.E.T.I.'s projects include the **CE-5 Initiative** <http://www.cseti.org/ce5.htm>

C.S.E.T.I. is the only worldwide effort to concentrate on putting trained teams of investigators into the field where 1) active waves of UFO activity are occurring, or 2) in an attempt to vector UFOs into a specific area for the purposes of initiating communication. Contact protocols include the use of light, sound, and thought. Thought – specifically consciousness – is the primary mode of initiating contact.

Core Principles

- ☺ There is strong evidence for the existence of E.T.I, civilizations and spacecraft.
- ☺ E.T.I/E.T.S have been and are currently visiting the Earth.
- ☺ Careful bilateral communications between E.T.I and humans is of continuing importance and will increase in the future.
- ☺ C.S.E.T.I. approaches the study of E.T.I with cooperative, peaceful, non-harmful intentions and procedures.
- ☺ The establishment of a lasting world peace is essential to the full development of the E.T.I-Human relationship.
- ☺ Both humans and E.T.I, as conscious, intelligent beings, are essentially more alike than dissimilar; C.S.E.T.I. is dedicated to the study of both our shared and unique characteristics.

- ☺ C.S.E.T.I. operates on the premise that E.T.I net motives and ultimate intentions are peaceful and non-hostile.
- ☺ It appears probable that more than one extraterrestrial civilization is responsible for the E.T.I./E.T.'s contact so far observed. It is likely that this represents a cooperative effort.

Extracts from The Foundations of Interplanetary Unity by Steven M. Greer, M.D.

"The evidence that at least one extraterrestrial civilization has visited Earth is extensive both in scope and detail. In its totality it comprises a body of evidence which at the very least supports the general assessment that extraterrestrial life has been detected, and that a vigorous program of research and serious diplomatic initiatives is warranted. Consider the following overview of facts:

- There are numerous day-time and night-time photographs and videotapes of clearly non-human spacecraft from all over the world; these films and videotapes have been evaluated and deemed authentic by competent experts in optical physics and related fields.
- There are more than 3500 military and commercial aircraft pilot reports of encounters worldwide; many cases have corroborating radar documentation and multiple witnesses both on the ground and in the air.
- There are more than 4000 landing trace cases from around the world.
- There are hundreds of electromagnetic cases where spacecraft have been observed by police, military personnel and civilians to affect car engines, radios and other electric devices.
- There are more than 100 first and second hand witnesses to the retrieval of an extraterrestrial spacecraft and at least four extraterrestrial bodies from a crash which occurred in July, 1947, 75 miles northwest of Roswell, New Mexico; written and videotaped testimony from several first-hand witnesses who are respected military officers have been obtained.
- There are hundreds of credible reports, many with multiple witnesses, of humanoids in association with landed spacecraft.
- There are several multiple-witnessed events where humans have been taken on board spacecraft.
- C.S.E.T.I. (The Center for the Study of Extraterrestrial Intelligence) has in the past 18 months succeeded in intentionally establishing contact with extraterrestrial spacecraft, on two occasions at very close range, and with multiple witnesses present.
- Various polls have indicated that approximately 10% of Americans (25 million people) have seen them at close range so that details of the structure of the object can be discerned.
- Numerous US. Government documents exist which indicate that these objects are real and have been involved with observing Earth for several decades."

Dr Greer goes on to say ...

“For witness how difficult it has been for humanity to come together in peace among the diverse peoples of the world. Notwithstanding the fact that we are all human, living on the one homeland called Earth, yet wars, prejudices and enmity have repeatedly submerged the world into chaos and destruction. As the world moves, in fits and starts, towards a true world civilization, and the people of the world increasingly realize their essential unity as humans, the potential for increasingly open contact between humans and other intelligent life-forms is likely to increase exponentially.

“However, before we can entertain this concept, we must first ask ourselves some basic questions:

- What global developments must occur before full open contact can take place?
- How will communication occur, and what should be communicated?
- Prior to full, open contact, what form of contact and communication is possible, in a pioneering or preliminary framework?
- And most important, what are the fundamental points of unity between humans and other intelligent life forms in the universe? What is our universal common group?”

In the same article Dr. Greer raises issues re approach, motivation, contact, involvement, open sharing of information where “Secret or covert contact should be viewed as intrinsically dysfunctional and should be avoided to the fullest extent possible.”

To read more on this go to: <http://www.cseti.org/position/greer/foundation.htm>

In the article: Extraterrestrials and the New Cosmology by Steven M. Greer, M.D., he goes on to discuss core principles of the new cosmology plus categories of intelligent life - from biological types, manifestations and presentations while also looking at non-biological life forms such as astral or Light Beings of Earth and non-Earth origin; causal or Thought Beings; ghosts or spirits; Spirit guides or angels; Archangels; Ascended enlightened beings and others.

Dr Greer states: “Three main factors contribute to this cosmological confusion. First, the innate nature of advanced extraterrestrial technology is so far advanced that it appears 'supernatural' rather than just super technology. For this reason (and good old fashioned scientific arrogance), even rigorous scientists are inclined to dismiss certain aspects of the extraterrestrial phenomenon out of hand, or regard it as not real, supernatural or superstitious.”

Dr Greer also recognises, that “The flip side is technology-assisted consciousness (TAC). Here, specialized machines assist the function of mind, thought or consciousness. A basic example is the Monroe Institute's Hemisynch tones, designed to assist the development of deep states of relaxation, expansion and, eventually, heightened powers and abilities. A more advanced application, though bizarre to modern scientists, is the E.T.'s ability to use certain technologies to communicate with each other and with humans telepathically. There are literally hundreds of cases from diverse and credible people worldwide describing this.”

Read the complete article at: <http://www.cseti.org/position/greer/etcosmo.htm>

End of data from C.S.E.T.I.'s website.



Further Data to contemplate:-

Insight with Jasmuheen ...

One morning as I was thinking about the work of the Embassy of Peace and our assignment to provide good quality educational data to bridge the worlds and prepare humanity en-mass for contact with extraterrestrial intelligence from the interdimensional worlds, I found a link to the below article in my email inbox. The timing of this was perfect and as I read the below data that was published on the 18th August 2008 in The Canadian, I immediately felt how perfect it was as an addition to this section of our program. At the link:

<http://www.agoracosmopolitan.com/home/Frontpage/2008/07/22/02494.html> in an article called: **Safeguarding Human Free Will, Public Policy, Organized Religion and Extraterrestrials** - Adapted from Dr. Michael Salla and covering issues such as:-

- ∞ intervention of Extraterrestrials (E.T.'s) in human affairs
- ∞ humanity maintaining its sovereignty and independence
- ∞ the belief that E.T.'s that will intervene during a possible global environmental, economic and/or political disaster
- ∞ the Danger Posed by a Military Response to E.T. Intervention,
- ∞ how to respond to the E.T. intervention and the use of E.T. technology,
- ∞ the continued non-disclosure of the E.T. presence, and the focus on an increasing militarized response to E.T. interventions,
- ∞ the danger of a staged Second Coming orchestrated though clerical elites
- ∞ the danger of leaders in new thought who support individual sovereignty being discredited by religions who support the second coming reality.

The article goes on to state: "The key for global humanity navigating these present and future dangers is to be alert to belief systems that allow the possibility of interventionist

E.T.'s subverting human sovereignty and independence. Put in its simplest terms, the prescription for responding adequately to E.T. intervention in human affairs is that *individuals should not give their power away to others claiming to hold the means to save humanity either through technological means or a new religious belief system proclaiming a new saviour.*

“Each individual needs to develop in a fashion suitable to their own temperament and spiritual sensibility, that leads to a reconnection to a part of themselves, their 'higher self', 'soul', 'spirit', etc., toward Human Development. Given the present focus of much of global humanity in dealing with the challenging material conditions that confront individuals in terms of shrinking labour markets, erosion of state welfare, and threats posed by global terrorism, this will be a great challenge to many who have been forced into mental slavery in association with the pursuit of greed that is associated with global capitalism.

“The preservation of human sovereignty and independence lies in humanity affirming its free will as sentient beings in the universe, that are connected with each other socially, and spiritually, in relation to a context of Human Development, and with Nature. ... These likely events require some forethought into how individuals and global humanity can best respond to such events/announcements while preserving human sovereignty and independence. While the idea of military defence and/or a strong leader/saviour appeals to many, a strong and healthy connection to one's 'higher self' is the narrow passage through which individuals and global humanity can navigate the *Scylla and Charybdis* of prospective E.T. intervention in human affairs.”

END OF ARTICLE excerpts

In the CANADIAN NEWS published on the 22/07/08 – complete article at
<http://www.agoracosmopolitan.com/home/Frontpage/2008/07/22/02494.html>



Dr Michael Salla

Dr. Michael E. Salla, is a pioneer in the development of 'Exopolitics', the scholarly study of the main actors, institutions and processes associated with an extraterrestrial presence that is not acknowledged to the general public, elected officials or the mass media. His interest in exopolitics evolved out of his investigation of the sources of international conflict and its relationship with the undisclosed extraterrestrial presence.

Dr. Salla is an internationally recognized scholar in international politics, conflict resolution and US foreign policy, and has conducted research and fieldwork in the ethnic conflicts and organized peacemaking initiatives involving mid to high level participants from these conflicts. For additional data on Dr Salla go to link:

<http://www.exopolitics.org/Director.htm>

Some of Dr Salla's papers include:

- ∞ The History of Exopolitics: Evolving Political Approaches to UFOs and the Extraterrestrial Hypothesis
- ∞ "The Need for Exopolitics: Implications of the Extraterrestrial Conspiracy Theories for Policy Makers and Global Peace."
- ∞ A Report on the Motivations and Activities of Extraterrestrial Races – A Typology of the most Significant Extraterrestrial Races Interacting with Humanity"

The links for these can be found at: <http://www.exopolitics.org/recommended.htm>

Excerpts from Dr Michael Salla's book: EXOPOLITICS

Data from the website: <http://www.etfriends.com/conference/addinfo/salla.html>

Excerpt 1: "There are an extensive number of extraterrestrial races known to be currently interacting with Earth and the human population. In a 1998 interview, Clifford Stone, a retired US army Sergeant who served in the US Army for 22 years and participated in covert operations to retrieve crashed extraterrestrial ships and extraterrestrial biological entities (EBE's), revealed there were a total of 57

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<http://www.jasmuheen.com/htm/embassy-peace.asp>

<http://www.selfempowermentacademy.com.au/htm/Embassy-Peace.asp>

extraterrestrial races known to the US military. From this pool of extraterrestrial races, a number are more active than others, and can be claimed to have the most significance for human evolution and sovereignty. The extensive number of reports and testimonies concerning different extraterrestrial races indicates that the motivations and activities of extraterrestrial races vary greatly, and an idea of these motivations can be distilled from close examination of these reports and testimonies.”

Excerpt 2: “On February 20, 1954, a delegation of 'human looking' extraterrestrial races met with the Eisenhower administration in an unsuccessful effort to reach an agreement on the US's thermonuclear nuclear weapons program. The apparent stumbling block was that these extraterrestrial races were not willing to provide technology that might be used by the military-industrial interests that dominated the Eisenhower administration and set the tone for subsequent extraterrestrial – human dialogue. The principled opposition of this group of extraterrestrials to being co-opted into an emerging military-industrial-extraterrestrial complex (MIEC) marks an important indicator of a large grouping of 'human' extraterrestrial races who lie outside of the web of interlocking interests that make up the MIEC in the US and elsewhere on the planet.

“This second group of extraterrestrials is primarily 'human' and can easily integrate with human society in the manner described by Dean and others where they can be indistinguishable from the rest of humanity. These races are described to be from star systems such as Lyra, Pleiades, Sirius, Procyon, Tau Ceti, Ummo, Andromeda and Arcturus who have provided some of the genetic material for the seeding of humanity on Earth. ... According to Alex Collier, a total of 22 extraterrestrial races have provided genetic material for the 'human experiment'. ... As a result of this genetic linkage, the extraterrestrials in this group outside of the MIEC apparently view humanity in much the way a protective parent might view an adolescent son/daughter in a dangerous environment.”

Excerpt 3 from this article goes on to describe some of these E.T. groups. Firstly:-

Telosians - The subterranean 'extraterrestrials' are described to be remnants of previous human civilizations on the Earth's surface such as Lemuria and Atlantis and are thus genetically related to humanity. ... Prominent UFO researcher, William Hamilton, claims to have met representatives of Telos who described to him the advanced technology and structure of Telos and their connection to the former civilization of Lemuria.”

Next the article discusses the 'off-world' human looking extraterrestrial who are said to “be 'benevolent' as described by 'contactees' such as George Adamski, Orfeo Angelucci, George Van Tassell, Howard Menger, Paul Villa, Billy Meier and Alex Collier who each explain the nature of their voluntary interactions with these human looking extraterrestrials.” These are outlined in the following table at link:

<http://www.etfriends.com/conference/addinfo/salla.html> where you can also read the complete article.

Extraterrestrial Races Outside the Military-Industrial-Extraterrestrial Complex

E.T. Races	Main Activities	Assist in Global Solutions
Telosians (Earth)	Helping surface humanity learn of its ancient Earth history, restore human longevity, changing unhealthy belief systems & protecting the environment	Environmental Protection· Promoting bio-diversity human health & longevity· recovery of humanity's history
Lyrans (Lyra)	Disseminating the unique history of the human race in the galaxy, and assisting in the understanding human motivations and potentials.	recovery of humanity's history understanding galactic history discovery of the human essence diplomacy & conflict resolution· global education
Pleiadians (Pleiades)	Helping humanity find freedom from oppressive structures through consciousness raising	universal human rights participatory democratic systems, evolution of human consciousness global education
Procyons (Procyon)	Promoting effective resistance to extraterrestrial subversion, developing 'multidimensional consciousness', using mental imagery to prevent E.T. mind control, monitoring unfriendly E.T. activity	Exposing E.T. subversion· ending global secrecy of E.T.'s· multidimensional consciousness· deprogramming mind control universal human rights internet & global communication
Tau Cetians (Tau Ceti)	Exposing E.T. subversion & control, identifying corrupt elites & institutions, uplifting human consciousness, negating E.T. mind control and dealing with militarism.	exposing government/ financial corruption & elite manipulation monitoring E.T. infiltration, multidimensional consciousness deprogramming mind control conflict resolution
Andromedans (Andromeda)	Facilitating decisions of the Galactic community in dealing with the current Earth situation, innovative strategies for resolving	education of psychic/crystal kids peace education exposing elite manipulation improved global governance diplomacy & conflict resolution

	conflict, & the education of youth.	
Sirians (Sirius A)	Assisting in building a suitable ecological system for (human) evolution on Earth by altering the 'bio-magnetic energy grid' of the planet.	Environmental Protection· Promoting bio-diversity raising human consciousness evolution of the biosphere
Ummites (Ummo)	Sharing technical information, transforming scientific culture, and global	Transforming scientific paradigms

Additional data from Jasmuheen:-

In Part 4 we will share a few insightful messages from my Cosmic Colleagues, some of those beings who have inspired the creation of our world's religions, as well as messages from other Beings of Light, including Arcturius. While the Arcturian system was mentioned in the preceding table that showed some of the Extraterrestrial Races Outside the Military-Industrial-Extraterrestrial Complex, often many of us who have enjoyed contact tend to receive most of our data via one particular grouping. For me this grouping has been the Arcturians and so I wish to elaborate a little on these Light Beings here.

The Arcturians are known as the Masters of the Higher Light Science and we include a channelled message from them later. Beings of blue to violet auras their focus is on education and using mind-heart power for harmonious creation. According to the text "*The Prism of Lyra*" by Lyssa Royal and Keith Priest; "**Arcturius** is seen as a golden yellow star, with a magnitude of 0.3. Its' energy works with humanity as an emotional and spiritual healer. It is also an energy gateway through which humans pass during death and birth. It functions as a way station for non-physical consciousness to become accustomed to physicality."

And of the **Arcturius/Sirian Matrix**: "The combined energies of Arcturus and Sirius provide a balance of physical, emotional and spiritual healing. This matrix has been tapped into by humanity since its inception and has been known through many archetypal ideas" (where archetype suggests a pattern of evolvment).

"The Arcturian purpose is multifaceted. One idea is that they serve humankind as an ideal. They represent the future self of an individual or a society. Their energy is, by its nature, a magnet that draws out positive potential and integration from the very depths of being. They reflect to Earth where it is heading in its evolution. Once humanity evolves into non-physicality, the ideal goal is to achieve a consciousness similar to that of the Arcturian mass consciousness. They recognize themselves as a group matrix, committed to the idea of the evolution of consciousness".

"*The Prism of Lyra*" goes on to say that very often the Arcturians manifest themselves as angels and they learn about physicality through their interaction with physical beings and that, "They are etheric in nature. Their energy can be felt as a presence, a surge of creativity or unconditional love. They will manifest according to the belief system of the person with whom they are interacting."

I have been communicating telepathically with a being known as Arcturius since mid 1993 though mainly on a personal guidance basis. (I spell the name phonetically while others spell it Arcturus. Arcturus is known as one of the Elohim and also as Lord Arcturus who governs the energy fields of the Arcturian system in a similar manner to that of Sanat Kumara and planet Earth). When we have connected energetically He initially presented himself to me as a tall being in long robes with flowing silver hair and a beard but later he always beamed in as just a sparkling field of energy. When I have asked of his true appearance he has said that he manifests a form that will trigger knowingness and comfort according to the individuals belief system.

Arcturius also told me that he is rarely involved with his home planet anymore as they do not require him and so he is free to be an Intergalactic-type Peace Emissary of the Universal Nations. My last meeting with him was in 2007 with the Lords of Peace from Venus.

Dr. Norma Milanovich, the author of "We, The Arcturians" asks them to describe themselves in the book. They state that they are short, wispy and slender and all are similar in appearance by a choice for uniformity as "we are past the pettiness of comparison". They say their skins are greenish of color, with large almond shaped eyes that sense light frequencies. They have three fingers and legs but move by thought similar to levitation. They live on light or effervescent liquids of a high vibration and stable chemical composition. More about the Arcturian culture can be understood by reading her book but it was the Arcturians who brought me into the living on prana reality along with some of the Light Beings from the Great White Brotherhood.

C.W. Leadbeater, one of the early influences of the Theosophical Society, in his book *The Masters and the Path* writes: "The consciousness of the Great White Brotherhood is an indescribably wonderful thing. It is like a great calm, shining ocean so strongly, One that the least thrill of consciousness flashes from end to end of it instantaneously, and yet to each member it seems to be absolutely his own individual consciousness, though with a weight and a power and a wisdom behind it that no single human consciousness could ever have. This magnificent sea of 'cosmic consciousness' of the brotherhood is something so great, so wonderful, that there is nothing else in the world like it: even those who belong to it by virtue of having passed the first great initiation can only catch glimpses of it, can remember only a little of it here and there. It can be felt fully only on the nirvanic plane, on which the brotherhood primarily exists, though it has its manifestation on the lower planes, even down to the physical world."

The Great White Brotherhood has been in contact with humanity for eons of time. I have been advised that Lord Maitreya and other Ascended Masters including the

Sananda energy, 'overshadowed' Jesus. St Germain was connected with the Rosicrucians. El Morya and Kuthumi worked directly with Madame Blavatsky, the founder of the Theosophical Society. Djwhal Khul worked with Alice Bailey. Throughout history and all religions, the brotherhoods have been interwoven. In the last few decades they have again made their presence more widely known through many reputable channels.

The Spiritual Hierarchy can be likened to our government structure, but is far more complex. Again, there are many texts available that explore this hierarchy in great detail, including some wonderful work in the Theosophical Society. There are also a multitude of texts and channeled information regarding the Ascended Masters and the Universal Brotherhoods that is available via both the internet and the innernet. As usual we recommend that you use your discernment and only accept information that supports the new paradigm of unity and Oneness; nonetheless in Part 4 we will include some of the messages that I have also received from them.

- ∞ But what about the experiences of others?
- ∞ What surveys have been done regarding the types of experiences we discuss in this manual?
- ∞ What do 40,000 other people have to say?

Brad Steiger, offers the following data at the web link:
<http://www.bradandsherry.com/question.htm>

DATA TO CONTEMPLATE continued ... the work of Brad Steiger.

Brad Steiger is the author/co-author of 166 books with over 17 million copies in print. Steiger's first published articles on the unexplained appeared in 1956, and he has now written more than 2,000 articles with paranormal themes. From 1970-'73, his weekly newspaper column, *The Strange World of Brad Steiger*, was carried domestically in over 80 newspapers and overseas from Bombay to Tokyo

The Steiger Questionnaire of Mystical, Paranormal, and UFO Experiences

The following questionnaire evolved to its present state from its beginning in 1967 as an effort by Brad Steiger to form a pattern profile of paranormally talented individuals, contemporary mystics, and/or spiritually oriented men and women. In 1968, Steiger developed the questionnaire further and it became associated with the worldwide phenomenon known as "The Star People."

"In 1987, he combined elements from the research of Sherry Hansen, who had created a similar analytical questionnaire in 1970 as a counselor at the State University of New York at Stonybrook. Both Steiger and Hansen found that their respondents were often the "helpers" here on Earth, for they spoke of being often sought out for advice and counsel by friends and strangers alike. Steiger and Hansen found such

individuals in all ethnic groups, all social strata, all occupations and professions. Although these men and women expressed the feeling of being "strangers in a strange land," great numbers of them actively served in such helping professions as nurses, doctors, teachers, clergy, social workers, law enforcement, media professionals, and psychic and psychological counselors."

Results of the Steiger Questionnaire as updated in February 2008. To read the full findings go to: <http://www.bradandsherry.com/2008update.htm>. Note that the number of respondents to the questionnaire now number over 40,000, from nearly every part of the globe.

Religious/Spiritual Background

- ∞ Protestant church background: 44%
- ∞ Roman Catholic orientation: 39%.
- ∞ New Age spiritual expression: 22%
- ∞ Judaism: 11%
- ∞ Hindu: 4%
- ∞ Muslim: 2%
- ∞ An "Eastern" religion: 9%
- ∞ Other/Free Form: 7%
- ∞ None: 1%
- ∞ 93% believe that their physical or spiritual ancestors came to Earth from some other world or dimension.

Dream Scenarios

- ∞ 59% have had dreams or visions in which they were viewing a city or a planet made of crystal or diamonds.
- ∞ 49% describe being in a doctor's examination room with smallish figures examining them. [possibly an abduction experience]
- ∞ 60% state that since childhood they have "dreamed" that they were taken during sleep to receive special teachings in an unusual classroom or temple setting.
- ∞ 79% regularly experience flying dreams
- ∞ 69% have had vivid dreams in which they are in a spacecraft and viewing Earth from a perspective far away from the planet.
- ∞ 36% have memories of having been asked to eat a strange food during a dream.
- ∞ 39% recall having to drink a peculiar liquid that was offered to them.
- ∞ 53% experienced dreams in which they see Earth as it might have appeared in prehistoric times.
- ∞ 54% perceive themselves in dream scenarios as being an actual member of a UFO crew.

- ∞ 43% state that they have in dreams observed themselves coming to Earth as a Being of Light.
- ∞ 44% have dreams in which they sense themselves encircled by smallish entities [perhaps suggestive of an abduction experience] .
- ∞ 49% have regular dreams or visions in which they are drawn aboard a UFO to receive counsel and instructions.
- ∞ 79% have viewed themselves in "biblical" times communicating with known religious figures, such as Jesus, Moses, Elijah, or one of the Disciples.

Mystical Experiences

- ∞ 94% have experienced a sense of oneness with the universe.
- ∞ 70% report an intense religious experience.
- ∞ 86% claim an illumination experience.
- ∞ 92% have experienced telepathic communication with another entity, material or nonmaterial, human or alien.
- ∞ 76% have seen a ghost.
- ∞ 79% have perceived the spirit of a departed loved one.
- ∞ 72% accept reincarnation as reality and have experienced prior-life memories.
- ∞ 85% believe that they have lived a prior existence on another planet or in another dimension.
- ∞ 95% report out-of-body experiences.
- ∞ 62% claim the ability to perceive auras.
- ∞ 71% have experienced a white light during meditation.
- ∞ 69% have been able to accomplish dramatic healings of themselves or others.
- ∞ 41% practice automatic writing.
- ∞ 87% believe that they have received some form of communication from a higher intelligence.
- ∞ 77% have perceived spirit entities.
- ∞ 75% have experienced clairvoyance.
- ∞ 66% have made prophetic statements or experienced prophetic dreams or visions that have come to pass.

Interaction with Light Beings, Angels, and Guides

- ∞ 79% report the visitation of an angel.
- ∞ 77% reveal the manifestation of a Light Being.
- ∞ 54% feel that they have been blessed by the appearance of a Holy Figure.
- ∞ 93% are convinced that they have a spirit guide or a guardian angel.
- ∞ 87% admit to having had an invisible playmate as a child.
- ∞ 43% state that they once spotted an elf, a "wee person."
- ∞ 73% have perceived devas or nature spirits.
- ∞ 87% are certain that they have encountered alien entities of an extraterrestrial or multidimensional nature.

Physical Anomalies and Elements in a Pattern Profile

- ∞ Chronic sinusitis: 96%
- ∞ Extra or transitional vertebrae: 46%
- ∞ Unusual blood type: 58%
- ∞ Lower than normal body temperature: 90%
- ∞ Low blood pressure: 71%
- ∞ Hypersensitivity to sound, light, odors, etc.: 87%
- ∞ Swollen or painful joints: 88%
- ∞ Pain in the back of the neck: 78%
- ∞ Adversely affected by high humidity: 87%
- ∞ 72% have difficulty in expressing or dealing with emotions
- ∞ 97% experience a persistent feeling of great urgency to accomplish one's mission.
- ∞ 49% have survived a life-threatening illness.
- ∞ 58% have been involved in a severe accident.
- ∞ 72% have had a near-death experience.
- ∞ 87% are "night people."
- ∞ 89% have been told that they have unusual or compelling eyes
- ∞ 87% have experienced the "activating vision/experience of seeing an angel, elf, alien, Light Being, Holy Figure," etc. around the age of five.
- ∞ 88% have experienced a life-altering event around the age of eleven.



UNIVERSAL HARMONIZATION PROGRAM - PART 2

Embassy of Peace Additional Insights to the
'Data to Contemplate' section with Jasmuheen

To summarize and elaborate on the previous 'Data to Contemplate' section:

1. Extraterrestrial intelligence exists and falls into many categories and we need to be able to wisely differentiate between them and use our discernment in dealing with them.
2. For example, according to Exopolitic author and E.T. researcher Dr Michael Salla, there is a total of 17 different extraterrestrial races now interacting with Earth and some 57 races known to the US military. Exopolitics is the study of the key

- individuals, political institutions and processes associated with extraterrestrial life.
3. According to various metaphysicians and shaman, Earth will soon move en-mass into a more civilized state of existence that will include regular contact with E.T realities of various dimensions.
 4. For the purpose of our discussions, a dimension is a band of energy that is classified by the consciousness of the species within it. 3rd dimensional reality is what we are used to within the earth plane but there are beings of intelligence that exist in dimensions higher than ours.
 5. Also note that due to the frequency of these higher realms dense bodies molecular structure cannot be kept and beings here move as telepathically interconnected fields of consciousness and light.
 6. Which E.T. band of reality we access is determined by how integrated and in our Mastery we are. Integrated means being healthy and happy on all levels of our being – physically, emotionally, mentally and spiritually and at one with the Divine Force that gives us life.
 7. The difference between E.T.'s with advanced U.F.O. type technology and Beings of Light from the interdimensional realms, who can teleport or send holographic projections of themselves, is consciousness. Our consciousness determines which dimension we have been magnetized into and thus operate from.
 8. The Embassy's Personal Harmonization Program expands our consciousness so we can explore other realms of reality beyond 3rd dimensional earth based paradigms.
 9. Regarding sovereignty issues raised in the article printed by the Canadian News, we do not need to be rescued by either E.T.'s or Light Beings. We are driving this change and expansion as the Masters we are. It is our frequency and our individual and collective desire that is creating this moving of our worlds into a higher paradigm. We do not need to give away our power to any external force but need instead to experience the wonder of the internal force that has gifted us with life that can guide us perfectly through all situations. Our path with the Embassy of Peace is always to maintain personal sovereignty as the Divine Beings we are in essence.
 10. The timing is now up to us but certain things need to be attended to which will then determine which realm we will individually and then collectively enter. These things have been covered in the first part of our manual under the Personal and Global Harmonization Programs.
 11. While most of humanity has been 'tuned' to a specific channel i.e. our 3rd dimensional world, ignorance of other channels does not negate their existence
 12. and as we refine our frequencies we can tune into and be aware of other 'channels' or dimensions of existence.
 13. Other beings, and beings of light, exist on other realms or dimensions that we can access by simply changing our frequency and, consequently, our channel.

14. Not all who exist on other realms are beings of light or beings motivated by the highest good of all, e.g. disembodied spirits on the astral plane and also extraterrestrials who are technologically advanced with space craft and time travel but whose consciousness and awareness levels are still very third dimensional.
15. All beings of light are by nature spiritually evolved and are called beings of light because of the degree of light they manifest in their form. Light is the visual aspect of our God essence – our DOW – who knows who these ones are.
16. All beings of light are in conscious and committed service to First Cause or harmonious co-creation.
17. The service of the Great White Brotherhood is to aid Earth and her inhabitants in their reawakening and reunification with their God Self – the Divine One Within.
18. Earth's evolutionary game is a speck in a corner of a quadrant in a universe which is a speck in the total galactic picture yet in the web of life everything is interconnected and so each part influences the whole via the Universal Law of One.
19. Contact with E.T.'s and Beings of Light can occur on various planes of existence. While much has been placed on the World Wide Web regarding 'involuntary contact', there is also 'unconscious voluntary contact' where those contacted have made agreements in another timeline to have this type of interaction. The 'conscious voluntary' contact is something that usually happens between meditators and Beings of Light on the inner planes and most will say that contact of this type often happens unexpectedly when the contactee was not expecting it.
20. E.T. testimony sources are now quite varied – ranging from those with firsthand experience of alien abduction, some of whom have had physical interaction with U.F.O.'S; to those who have seen U.F.O.'s or been involved in Government projects re this; to the more mystical-meditative experiences that myself and many others have now enjoyed with the Beings of Light.
21. We wish to state again that just because an E.T. race is technologically advanced does not mean they are benevolent beings, it just means that they have been around longer than us and have had more time to develop such technologies. Many of the races now interacting with our Governments do so for mutually beneficial reasons that are not always for our collective good.
22. Again we wish to state that the point of this part of the Embassy's program is to provide education regarding Beings of Light from the interdimensional realms who are loving, wise and compassionate and who are here by the invitation of our metaphysicians to harmoniously assist us as colleagues to move collectively into the higher paradigm of the Universal Nations.

Before we move on to Part 3 of our Universal Harmonization Program, we would also like to add data regarding the first-borne Starborne, the Akashic records, the

Paradigm of the Universal Nations, the Intergalactic Federation, the Lords of Peace, telepathy and crop circle communication.

First-life Starborne:

Starborne:- this is a term often used to describe Earth's people as it is well known throughout the interdimensional realms that we were genetically 'seeded' by various intergalactic races. Our species is said to be quite envied by many as - since we are the blending of so many genetic streams - we have the potential to manifest great things once we align with DOW power, love and wisdom and apply Universal Law to Earth's operating systems.

Starborne-First-borne:- is the term that we wish to look at here. This term applies to many people who have descended from highly civilized realms to take embodiment for the first time on planet Earth to assist in the current shifting. In order for these ones to cope with being in a world of duality with its shades of darkness and light and the polarity of positive and negative, these Light Beings of advanced consciousness must pass through the Akashic Records to be imprinted with insights and virtues of others who have previously been on Earth. As such they have no karma or cellular memory that is their own as the information they carry within of such things are just imprints to help them understand the human race. First-life Starborne and the Starborne who are still relatively new to Earth - 1st or 2nd or even 3rd incarnation and can be identified by having experienced the things mentioned earlier in Brad Steiger's questionnaire.

Akashic Records:- The Akashic Records or "The Book of Life" can be equated to the universe's super computer system. It is this system that acts as the central storehouse of all information for every individual who has ever lived upon the Earth. More than just a reservoir of events, the Akashic Records contain every deed, word, feeling, thought, and intent that has ever occurred at any time in the history of the world. The Akashic Records are also interactive in that they have a tremendous influence upon our everyday lives, our relationships, our feelings and belief systems, and the potential realities we draw toward us.

The Akashic Records contain the entire history of every soul since the dawn of Creation. These records connect each one of us to one another. They contain the stimulus for every archetypal symbol or mythic story which has ever deeply touched patterns of human behavior and experience. They have been the inspiration for dreams and invention. They draw us toward or repel us from one another. They mold and shape levels of human consciousness and are a portion of Divine Mind. They are the unbiased judge and jury that attempt to guide, educate, and transform every individual to become the very best that she or he can be. They embody an ever-changing fluid array of possible futures that are called into potential as humans interact and learn from the data that has already been accumulated.

Information about the Akashic Records can be found in folklore, in myth, and throughout the Old and New Testaments. It is traceable at least as far back as the Semitic peoples and includes the Arabs, the Assyrians, the Phoenicians, the Babylonians, and the Hebrews. Among each of these peoples was the belief that there was in existence some kind of celestial tablets which contained the history of humankind as well as all manner of spiritual information.

Edgar Cayce when asked: “[What is meant by] The Book of Life?” responded: “The record that the individual entity itself writes upon the skein of time and space, through patience – and is opened when self has attuned to the infinite, and may be read by those attuning to that consciousness ...”

http://www.edgarcayce.org/about_ec/cayce_on/akashic/

The Paradigm of the Universal Nations:-

Some say that one of the reasons behind the huge spiritual awakening that is occurring on the planet, is that our civilization has been pre-programmed to move into the reality of the Universal Nations. In another space and time there exists amazing civilizations that are held within the Dimensional Biofield. These are realms of existence of respect, love, harmony, where all co-exist while honouring universal law, and each other. Until Earth’s people can mature beyond the reality of hate, violence, social injustice and war these higher perfected realms will remain hidden from us.

As was mentioned previously, half of the attending Andromedian Council members wanted nothing to do with Earth as long as humans here do not respect themselves, each other and our planet. Nonetheless many among us who have adopted a holistic lifestyle that sensitizes us enough to experience the inner planes are now finding that the veils between the worlds have disappeared and as a consequence we have begun to receive communications via such networks as the Intergalactic Federation of Worlds which operates on the inner planes in a manner similar to Earth’s United Nations as well as from other E.T.’s mentioned.

The revelation of the Universal Nations is occurring for more and more people every day as we fine-tune our Personal Biofields. The completion of the Embassy of Peace Programs will introduce the world to its rightful place among the Universal Nations as to embrace these programs is like saying that we are now choosing to operate in a more respectful manner towards all life on Earth.

The Intergalactic Federation of Worlds Council (I.G.F.W.C.):-

The I.F.G.W. has the role of monitoring the development of all civilizations within this universe; and to see how the actions of all beings in each sector are imprinting the Cosmological and Dimensional Biofields. The Intergalactic Federation of Worlds Council is similar in function to the United Nations in that one of its programs is to keep an eye on the development of various planets particularly when they choose to evolve in a more civilized manner where all life is honoured. When a planet and its inhabitants desire to move beyond the creation of war, poverty and violence and when they apply

their focus on the type of principles we offer in the Inter-Planetary Program with its pathways of Elysium and adhere to Universal Law, then the I.G.F.W.C. becomes more active with those who are open to their channel. Connecting telepathically via our meditations, and via the dreamtime, many meditators have been receiving conscious or subconscious communication with the I.G.F.W.C. for some time.

The Lords of Peace – Venus Sector:-

These beings gather in fifth dimensional space on Venus – usually in their Lightbodies - to oversee the rising of worlds out of third and fourth dimensional spaces into the fifth dimensional aspect of the Matrix of Oneness that runs through all life. It is via their invitation that we have now established the Embassy of Peace on Earth and now release this manual. Third dimensional Venus is a barren planet and life there exists in a higher energy band that can only be detected through the expansion of our own consciousness via dreamtime and meditation experiences.

Communications and Inter-Dimensional Language:

Interdimensional communication nearly always occurs via telepathy and the languages of light, data on which, plus practices to improve your telepathic abilities, can be found in the book "In Resonance" at the link: <http://www.lulu.com/content/424504>. However our clairvoyant, clairaudient and clairsentient abilities naturally improve as we apply the Personal Harmonization Program.

Crop Circles:-

Apart from telepathy, one of the most obvious communication devices being used by our Intergalactic and Interdimensional Colleagues are crop circles. Just for fun we have taken a few of the crop circles designs and simplified their background so that their design stands out more clearly.

Here are just a few examples: Crop Circles Education
<http://www.cropcircles.net/> by Freddy Silva

Crop circles are not a modern phenomenon. They are mentioned in academic texts of the late 17th Century, and almost 200 cases – some with eyewitness accounts – have been reported prior to 1970. Since then some eighty eyewitnesses from as far away as British Columbia have reported crop circles forming in under twenty seconds; cases are often accompanied by sightings of incandescent or brightly-coloured balls of light, shafts of light or structured flying craft.

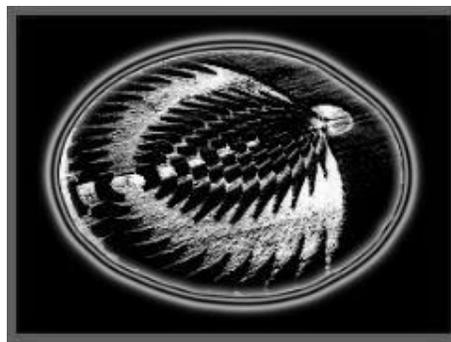
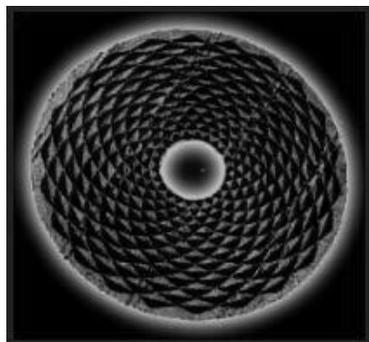
The issue is that no man-made crop circle has satisfactorily replicated the features associated with the real phenomenon, and this has baffled scientists and researchers. Crop circles are created by a force seemingly at odds with modern science.

Central to the hoax argument is that a physical object is required to flatten the crop to the ground, resulting in the breaking of the plant stems. In genuine formations

the stems are not broken but bent, normally about an inch off the ground at the plant's first node.

The plants appear to be subjected to a short and intense burst of heat which softens the stems to drop just above the ground at 90 degrees, where they rehardens into their new and very permanent position without damaging the plants. Plant biologists are baffled by this phenomenon and farmers, who know how the land ticks, are baffled by this.

It is the single most method of identifying the real phenomenon. Research and laboratory tests suggest that microwave or ultrasound may be the only method capable of producing such an effect.



UNIVERSAL HARMONIZATION PROGRAM - PART 3



With so many people now tuning to YouTube in this section we present video links for you to gain further educational insights into the work of:-

- ∞ The Embassy of Peace Educational Videos and also
- ∞ Barbara Marciniak – Bringers of the Dawn, Teachings of the Pleiadians.
- ∞ Edgar Mitchell on UFO's, ET's and more plus
- ∞ Dr. Michael Salla – ET's Among Us.

The Embassy of Peace Educational Videos:-

Extraterrestrial Intelligence - Universal Harmonization Program - A series of videos covering extraterrestrial intelligence, beings of light, universal law, telepathy, earth's future evolution and more as Jasmuheen and the Embassy of Peace help to prepare humanity for emerging into higher realms of consciousness. In this playlist are also offered meditations to expand our own consciousness so we can connect with beings of light from the interdimensional realms.

Go to link: http://au.youtube.com/view_play_list?p=9CEB4F49B912118E **to view the below videos.**

- ∞ E.T. technology, Light Beings - Introduction on the Embassy of Peace Universal Program.

- ∞ Beings of Light - the Intergalactic Federation, Beings of Light and preparing for contact.
- ∞ Summary of the Universal Harmonization Program including data on Exopolitics and CSETI.
- ∞ Universal Nations, CSETI and more.
- ∞ Message of Contact - Commander 8tlan of the Starship Elysium.
- ∞ Masters of Alchemy. Message on our changing times and Divine Alchemy from our Cosmic Colleagues.
- ∞ Message from Commander Ontar of the Intergalactic Federation of Worlds Council (I.G.F.W.C.).
- ∞ "An unexpected meeting with the Lords of Peace"
- ∞ Future Worlds, Future Humans.
- ∞ Telepathy & the Arcturians - the first in a series on telepathic communication.
- ∞ Telepathy - understanding higher communication with Beings of Light.
- ∞ Telepathy continued - Brain Dynamics.
- ∞ Plus videos on channelling and Universal Brotherhoods.

Barbara Marciniak:-

- ∞ Bringers of the Dawn: Teachings from the Pleiadians Pt. 1, 2, 3 & 4
- ∞ <http://www.youtube.com/watch?v=i7l0cJL7e4w&feature=related>
- ∞ <http://www.youtube.com/watch?v=mlgcJqn5N7k>
- ∞ <http://www.youtube.com/watch?v=rxx573UO8BY&feature=related>
- ∞ <http://www.youtube.com/watch?v=J-5NaezqFKo&feature=related>
- ∞ **parts 5 – 18 are also on YouTube.**

Barbara Marciniak is an internationally acclaimed trance channel, inspirational speaker, and best-selling author of Bringers of the Dawn, Earth, Family of Light, and Path of Empowerment, which collectively have been translated into more than twenty languages. She has a BA in social science, and states on her website that “the Pleiadians are here to assist humanity with the process of spiritual transformation in the years leading up to December 2012. Their distinctive style blends wit and wisdom, common sense, and cosmic knowledge in teachings that encourage expansive thinking and personal empowerment, and which have been compared to native shamanism.”
<http://www.pleiadians.com/>

Edgar Mitchell:-

- ∞ **Edgar Mitchell on UFO’s, E.T.’s and more ...**
- ∞ <http://www.youtube.com/watch?v=CwE0vDuTm48&feature=related>
- ∞ <http://www.youtube.com/watch?v=RhNdxdveK7c;>
- ∞ <http://www.youtube.com/watch?v=-7ByWIRZlq0&feature=related>
- ∞ <http://www.youtube.com/watch?v=olClOPvPiac&feature=related>

From the website: <http://www.noetic.org/about/founder.cfm> - "Traveling back to Earth, having just walked on the moon, Apollo 14 astronaut Edgar Mitchell had an experience for which nothing in his life had prepared him. As he approached the planet we know as home, he was filled with an inner conviction as certain as any mathematical equation he'd ever solved. He knew that the beautiful blue world to which he was returning is part of a living system, harmonious and whole—and that we all participate, as he expressed it later, "in a universe of consciousness."

"Trained as an engineer and scientist, Captain Mitchell was most comfortable in the world of rationality and physical precision. Yet the understanding that came to him as he journeyed back from space felt just as trustworthy—it represented another way of knowing.

"This experience radically altered his worldview: Despite science's superb technological achievements, he realized that we had barely begun to probe the deepest mystery of the universe—the fact of consciousness itself. He became convinced that the uncharted territory of the human mind was the next frontier to explore, and that it contained possibilities we had hardly begun to imagine. Within two years of his expedition, Edgar Mitchell founded the Institute of Noetic Sciences in 1973."

Dr. Michael Salla:-

- ∞ E.T.'s Among Us: Dr. Michael Salla Pt.1, 2, 3, 4 and 5
- ∞ <http://www.youtube.com/watch?v=eaUkGBV4eRU>
- ∞ <http://www.youtube.com/watch?v=5RqCudqjWFY&feature=related>
- ∞ <http://www.youtube.com/watch?v=EJTAnMBEdi4&feature=related>
- ∞ <http://www.youtube.com/watch?v=I3V5XeuKPsK&feature=related>
- ∞ <http://www.youtube.com/watch?v=uemWnJyfDnI&feature=related>

As we touched on some of Dr Salla's work previously, **for additional data on Dr Salla go to link:** <http://www.exopolitics.org/Director.htm>

**Before we move on to some channelled data,
let us look a little at the 2012 paradigm.**

The Paradigm of 2012 – Be Here Now

Jasmuheen

During January-February of 2010 I found myself with three members, including two Mamas or Shaman-Priests, of the Kogi Tribe of South America, who like the Mayan and also the North American Hopi Indians, have been concerned for some time regarding the ways that their Younger Brothers – or Western people – are utilising the earth's resources. In their high Andes Mountain retreat they are seeing the effects of this misuse of resources in many ways that are now also affecting their own culture. An unusually private race, the Kogi's of Colombia have kept to themselves for a long time, relatively happy for the rest of the world to do what they need to do as long as it did not interfere with the Kogi's ability maintain their own harmonious lifestyle. This is no longer the case and so they too, like the Mayans, have become vocal with predictions of what will occur in our world if we do not change our ways and seek to live in greater harmony with Mother Nature.

As we are aware, the Mayan's foretold that around the timeframe of 2012, there would be substantial shifts within the matrix of creation, changes that would occur because of how we have been existing on planet earth in this technological age. Like the Kogi Indians, they say that we need to come back into balance with more natural forces and become givers and compassionate caretakers of our world rather than people who disregard Earth as a living entity and who keep taking without thought of the consequences that this continual consumption of natural resources will bring.

Many metaphysicians, plus those of the indigenous worlds, say that we are individual cells vibrating in one huge energy body and that each one of us is also transmitting signals that influence the whole. The sum total of these signals is like a bowl of mixed ingredients that we use to make a soup. In this bowl there may be many different ingredients, spices, textures, flavours etc that when melded together will deliver a soup that may be spicy or sweet, a soup that we can change and control regarding its flavour. People are the main ingredients in the human soup bowl and each of us has a flavour.

Where we are at energetically with the human life-wave now, is that there are many people saying "Maybe we can change the flavour of this collective soup so that it pleases us all, so let's be a bit more conscious about how we are each adding to this soup and what we wish to add, because each flavour can be beneficial or detrimental to the collective whole of human evolution." Right now many have come to also understand that we can control our own flavour emissions and that we can make our collective experience here sweet or sour. We've done dour in the past with war, violence, poverty etc so now maybe we can change a few things and do sweet.

The Mayan prophecy with it's 2012 focus is acting now as a wake up call for us to be more aware that we can manifest our highest dreaming in ways that support the whole or that we can still play the game of victim and people who continue to misuse global

and individual resources. If we choose the latter then we will experience a grander scale of devastation in our world.

We say individual resources because each one of us holds within ourselves the most amazing resource, that we can encourage to blossom to the degree that this Divine inner resource can then free us from our need to keep taking from Gaia and allow us instead to be givers and energy transmitters on our planet in ways that benefit the human collective. In other words we can exist here in harmony or disharmony. The choice is ours. The more we focus on inner resource of our own divine nature, the smoother this current transition will be. If we ignore this reality then we will continue to experience chaos, disharmony and the crumbling of any system – economic, social or political – that does not serve our world and support this new paradigm of giving and compassion.

All of it is up to us for we are the creators of it all, here, now. And what the Mayans predicted to occur in 2012 actually began occurring in 2008 as a result of many people tuning to and listening to this divine inner resource which is in actuality our own enlightened nature.

This sector of creation that we call planet Earth, is a grid-point in the matrix of the Oneness that is currently being supported by three Universal Laws – the Law of Love, the Law of One and the Law of Resonance. The Law of Resonance was covered in the DVD/book 'The Secret' and is about like attracting like, in other words it says that what we focus on grows. If we choose to focus on a fear filled paradigm of the idea that 2012 will bring huge chaos, the collapse of our sun and such, then via our very focus we can manifest this into being.

However, when the Mayan's say that the physical sun will die and we will be reborn into the galactic sun all they mean is that our focus on the physical sun as a source of nourishment and energy will be put into a different perspective. It will become instead a very small part or a layer that belongs to the dual-natured world – the world that is governed by the Laws of Karma. However at the Embassy of Peace we interpret this to mean that we will instead become aware of the galactic sun rather than our physical sun, as our true source of nourishment.

As we expand our consciousness via the practice of meditation, we become aware that we are like a rock that has been thrown into a still pool from which ripples then flow out through the pool, ripples that have come from our presence, our Beingness. We can focus on our immediate existence in this energy pool – i.e. the area around which the pebble entered the pool - and just surviving, or we can expand our awareness into the global energy pool and make sure that our ripples are actually enhancing the whole.

Do our individual energy emanations allow us to experience harmony and peace, health and happiness or not? Do our energy emanations add to the global energy pool or the universal energy pool in a way that feeds us all, including the earth or not. These are questions many have been asking and this is also something that the Mayan, Hopi and Kogi tribal Elders have asked us to look at. Many from the indigenous worlds, having observed how we operate individually and collectively, would say that we tend to create

too much dis-harmony in the natural worlds and that we take too much from Gaia and do not use our resources as effectively as we can.

We've talked a lot about this in our YouTube videos for the Embassy of Peace but let's bring it back to energy field science. All that is happening for many on earth right now is that we have become aware of another power source that we connect into which is the grid point of the galactic centre, the galactic sun that the Mayan's are talking about. As we give recognition to this point of power and the love and the wisdom that it is radiating through this point, and as we learn to work with it and tap into it and have it nourish us, we then become freer so that the dual-natured world is just not part of our reality anymore. We then move from the 'me' game to the 'we' game in such a powerful way that we are suddenly in a state of both the 'revelation and the rapture' that the scriptures talk about. To tune to these higher paradigms that the Mayans and others have discussed is just about frequency matching. Enough people on planet Earth have been holding certain frequencies for us to move into a new membrane of reality but to do so en-mass requires us to be very aware of the power of focused thought and also the power of collective dreaming.

As we have mentioned, what we were expecting in 2012 actually started to happen in 2008. This speeding up of time occurred because again the collective frequency of human consciousness merged to a point that has allowed various interdimensional doors to open. So we've been receiving a lot of what people would call pure photon energy, which a metaphysician would say is a band of pure Christed consciousness. The word Christed just means an intense flow of love which carries a particular flavour in an energy field mix. So we have entered into an energy field of the most intense frequency of love, so any reality we are existing in that is not supporting love, that is not in alignment with this love field, are just being given a tweak now to get them into alignment.

So if you are having a hard time on any level in your life, ask to experience the highest of that situation; ask for perfect resolution for all conflict in your life; ask to live your life in a way that totally enhances your own BEingness, the expression of the true BEingness that you are in its pure and perfect levels; ask to experience the mutual enhancement of BEingness with all people that you spend time with, to have mutually enhancing relationships; ask to live your life on planet Earth in a way that is enhancing for the human life-wave here so that we may experience the purest nature of our being and live in a true heart, united, but also really enjoying the diversity that we offer and the flavours we offer as different frequencies in this bowl of soup we call the human life-wave. Ask to experience the true heart of our planet and how to live in harmony with all life upon her and with the earth herself. Ask to experience universal harmony, internal and external harmony and to also understand the purest teachings of our indigenous people and how they managed to live in harmony with the natural world for so long.

Remember also that the new energies that are coming through these inter-dimensional doors are about joy, celebration, fluidity and flexibility. These new energies that the

Mayan spoke of are not about stress or fear of what's happening or has been prophesized to happen. It's about "Wow, look what we've created, finally we've stepped into another energy field that is just so nourishing, it can take away all human hungers so we have no physical, emotional, mental or spiritual hunger anymore and finally we can be in harmony with all." Remember also that when we ask with a sincere heart for something that is beneficial for human evolution then the data and support must and will come simply because it is time now for us to understand what harmonious existence is all about. Planet earth is being birthed into a new realm of consciousness. This is a fact held by many. The question is only whether this birth is a smooth or rough transition which is something we can all control.



UNIVERSAL HARMONIZATION PROGRAM - PART 4

Communiqués from our Cosmic Colleagues Through Jasmuheen – founder of the Embassy of Peace

As many are now aware, I have been in contact for the last few decades with the Brotherhoods of Light, the Intergalactic Federation and the various Interdimensional Peace Councils that oversee the development of our evolution on this plane and I would like to share this message from them that I received in the 1990's. As I compiled the data for this manual, I felt the Presence of these Benevolent Beings beaming in to add more insights to this timeless message.

They share:-

"Yours is not the only planet in our stable. There are many active life forms with varying degrees of intelligence in gestation – as above, so below. Your planet mirrors the complexity of universal creation when you observe your realm of micro-organisms and subatomic particles. You yourselves, as a manifestation of the human form, are but a shadow in the scope of creation and yet your gods kindly gave you keys. Your gods are the great benefactors to be sure, yet dissension and separation comes from within your own hearts and minds. Your thoughts divide you and your focus divorces you from each other and from us.

To be an effective force of change in your world, we invite you to learn the mastery of divine alchemy. We invite you to release words of separation like fear and darkness as fear comes from ignorance of the unknown. When you yourselves know the unknowable you will relax and enjoy and fear will be no more. It is fear that will slow planetary progression just as easily as ice will freeze your blood. Your fear of the forces of darkness will no longer be valid when you understand truly that the dark and the light are the dual natures of the Oneness and from the dark, the light was born. And without the light, the dark would die and without the darkness the Light could not be experienced for the darkness is the void – the infinite nature of creation as the quantum field. To fear the darkness is to fear the force of creation itself.

As long as the language of separatist thinking remains in use by your peoples you will not have the unity that you seek for unity is the common factor that binds the fragments of the whole together in one common vision.

Find that which you can use to unify among you and do that first, then ask for the next piece of your blueprint and it will come, for when you seek to unify you will also unify the dimensions of creation unto yourself because that which is the unified part of the One must reveal itself to you. Just know that your pathway is golden. From highways of light you have come, breathed out on a Sigh as creation and into your being you were sung. Life is all about harmonics.

So many in life are so often filled with their own self-importance that they do not see beyond their immediate issues of survival. Personal survival when achieved so that you no longer stress about such things, will lead you to look at global survival then galactic survival, then universal. You are moving rapidly into a time of a more compassionate and community orientated world where human rights will be practically and lovingly attended to and you are the bringers of this change – you are the messengers, the activators, the transformers.

Those still absorbed in personal survival issues may not hear this message. Those focused on global survival are aware of this and have presented re-education packages to re-train and stimulate the remembering of those still struggling just to survive. This re-training surrounds each and every one of you. It comes through the healing arts, the performance arts, and life itself will teach you how to unlock the door to your own heart wherein lives your divine nature. How long it will take for you to master your personal reality is so personal and is just one of the challenges those among you face in this Earth apprenticeship.

The reward of an open and unified heart and mind is the key to universal abundance and harmony, to be able to take your place as honoured colleagues around the table in the game of divine alchemy. Perhaps for some – the knowing of, and experiencing the limitless nature of, your own divine nature is not a big enough enticement.

Nonetheless, choice of mastery of your being is no longer an option.

There is a force arisen upon your plane that is answering your own divine call. The Mother Gaia is igniting by the fire of the Christed consciousness so Her inhabitants can fulfil the prophecy of the second coming which is the Christed nature inherent in all now arising within all to unify and guide you. Know also that your body is the Temple that houses the Christed One, the Buddhic One, the Infinite One who dwells within your heart. It is not the appearance of one special Being but the rising within you all of the Gods that you are.

The second coming is the coming of the Christed ones together as one voice. It is the voices of the Muslims chanting prayers to Allah. It is the chants to Krishna, the mantras to Buddha and the hymns to Christ. It is the songs of farewell from the cetaceans as they hand the mantle of self-responsibility for care of Gaia back to you. This is a great honour. Know this.

Enough of you have pushed the button of your own desire to be of service, beyond the wills of lesser men – to serve the will of your inner God. So much is now unfolding in this time of revelation, resurrection and rebirth.

When you learn to listen to the Supreme Voice of the Divine One Within – that which we call your DOW – then you will need to be aware of your interpretations of your inner God's message. How you decode the message reflects your own level of awareness in life. So cease to look solely at your scriptures or your books on spiritual matters, and seek the answers in how you live your life from within yourself. We invite you to experience, know and retain your self sovereignty in this coming time for now is the time of the merging of the realms.

Is your work filled with purpose and passion?

Does your life here make a difference to this world?

Do you care enough for others to give freely of yourself while keeping yourself in your joy and in your power?

Are you truly happy and at peace where you are in the world? Not momentarily happy but happy in your soul? Joyful, contented, knowing and trusting that you are cradled in the arms of the God of the Greater Plan. For in knowing the loving heart of the Divine Creator you know that you are safe. You are the divine experiment of a passionate scientist cloning **itself**, with each version being so perfect unto itself that you will know without doubt that you are made in the image of the Divine.

We care not what you call your gods, just that you call them. For when they have inspired you to remembrance they will remain within your heart permanently – creation having merged creation back into its bosom for once you pledge your allegiance to the Greater Will of your inner God, then your instruction and training will begin in earnest.

When you were first delivered from the Higher Heaven Worlds millennia ago, each of you was encoded with your own treasure map so that you could explore and enjoy all the Kingdoms of Creation as co-creators of the Divine.

Many now have understood that personal happiness depends entirely on the choices that you each make and on the actions you each choose to then take. Will you continue to sit beside each other as mixed races, or as political opponents, or as enemies? Or instead can you be lovers of your gods together by finding that which your religions all agree upon? In all the religions – and now again in New Age thought – we have offered you the guidelines for the new millennium as common points of focus. So use your discernment and take from these guidelines that which feels right in your own heart. Apply them and they will guide you into the happiness that you seek. The true joy that many of you are still seeking, is the sound of your own divine name, for the voice of your God is within you, a fragmented part of a whole, and it longs to tell you Its story, and share Its vision with a far greater goal. As so many now have discovered, the God I AM within holds your complete blueprint, your map for the return journey home, and your assignment which is your reason for being here on Earth at this time.

Additional note from these Beings, September 2008, channelled through Jasmuheen

Yes it is true that Earth's people hold the genetic influences of 22 extraterrestrial races and for this you are most treasured. In our reality you are a synthesis of the best of us who just require a small realignment, a realignment that you must desire. This heartfelt desire is one to truly know yourself on all levels of your Being. For eons you have experienced your limited nature, that part of you so focussed on survival and the procreation of your species. Yet through this time many have risen in your field to express a different aspect of their own divine nature. For this they have received ridicule by those unaware of the Kingdom of Heaven that lies within all and yet they have also led the way into what we call a new portal of possibility.

The more of you who seek to experience your limitless nature then the easier it is for us to provide assistance to those who ask. This support comes without strings or conditions for we have been where you are now, we have experienced the trials and tribulations of our own evolving worlds, the struggle to survive in inhospitable environments, to be in harmony with the spirit consciousness of each planet, to be in respectful harmony with each other and within ourselves as we sought to be more congruent, more integrated on all levels.

This you face now and as you seek harmonious integration and unification, we stand beside you, like sideline supporters of a wonderful cosmic game called evolution. Beside you we provide inspiration, encouragement, insights and guidance where requested. This is your journey, your time and what awaits you truly is sublime for there are realms within realms that await your discovery, and yet all will unfold naturally within you and around you as you discover and experience more of your own divine nature.



Message from the Intergalactic Federation of World's Council

**Commander Ontar through Jasmuheen
message received mid 1990's and then added to in September 2008**

EMBASSY OF PEACE

Personal, Global & Universal Harmonization Programs

<http://www.jasmuheen.com/htm/embassy-peace.asp>

<http://www.selfempowermentacademy.com.au/htm/Embassy-Peace.asp>

"Good evening Star borne. You may be asking, what is the Intergalactic Federation of Worlds Council and why the greeting "Star borne"? There is an awakening upon your plane of existence and the ones that have been awakening are the Star borne. These are the ones who have been seeded across the galaxies of time and who have taken embodiment upon this physical plane for their own spiritual journey and to also take on the mantle of their pre-assigned roles at this point of time in your Earth's history. Humanity has another seeding of which you are not part but it is not our intention to begin a diatribe of your galactic heritage here.

The Intergalactic Federation of Worlds, and Council of such, are a grouping of beings who are commonly united in the desire for an harmonious existence through all the dimensions and who are united in the desire for true understanding of the God within all life-wave expressions that exist within the interdimensional realms.

Many of the Intergalactic Federation of Worlds Council are what you may call beings who seek and know 'enlightenment' in various degrees of experience and understanding. They are beings who seek to honour and enjoy the uniqueness of all God's creatures; who understand intuitively with a deep inner knowing that there is room for all diversity of Divine expression. They are beings who know that there is a common glue that binds the molecular structure of all expressions and that glue is simply that of Love.

As many of you are aware, the vibration that created all – through space and time, through all the dimensions of expression – is that of Love. It does not matter your tutelage, your lineage, your understanding of life as the common motivating factor of all is simply to seek and know within the heart, the experience of love and joy.

The power of love is the force that created the word and the interpretation of the word, while it has created so much chaos on your plane of existence, ceases to be of relevance when one moves into the true experience of the God I AM within, what many may call your divine essence, the force that gives all life.

There are billions of planets, billions of life-forms expressing the creative energy of the God force; and Earth, your planet, is graduating from one realm of existence. There is a consciousness, an awakening upon your globe that is lifting you, allowing you to step into a greater knowing, another realm of expression. It is like an energy field that has rolled through your space/time continuum moving through many doorways, what you may term points in your evolution. Now you have come to another specific doorway and on this doorway you may see the label "higher intelligence, extraterrestrials, alien life force".

But when you open the doorway – which this planet is about to do through the sheer force of the desire within the hearts of all to know a greater level of existence and expression – you will find that there are life-forms of vast Light and Intelligence already 'partying' on the other side of this door that you now confront.

You have all been issued the invitation to come to a party with 'grown ups' - for previously the Earth beings have been very much deemed to be those of, what you would call, kindergarten. This is not a judgment, it is simply a fact of observation of the

momentum of your evolution although this was not always so. And once more, many are again becoming aware that your origins were not from Earth.

There are beings on this Earth plane, in this room, whose origins are more aligned with the Pleiadian energy; there are those who have come from the energies of Sirius and from the Orion and Vegan system and there are those who have spent time within the Arcturian energy of which you have all passed at one point or another.

The 'why and wherefore' is really no longer relevant. The focus on things such as the photon belt are also not really relevant; though for some it may serve as a catalyst, motivating them to focus on or speed up their journey, but the 'why or wherefore or whenever' that it will all take place is not the issue. The issue has and always must be the joy in your heart plus the ability to stay in each moment and allow the higher knowing to express itself through you. You are channels for the Light; you are 'spies' upon this plane that have realized your true purpose and you have been sent as bastions of the Light. You have volunteered to be here now to be part of this grand time of change and while you may have forgotten this many have now remembered who they are and why they are here and the beauty that is to be experienced in this realm when the inner doors are open.

This awakening may seem to appear in miraculous ways and yet the more that you align yourself to the energies of this global awakening as it moves through you, the more the 'miracles' will appear to be an everyday occurrence so that what you will experience in your expression upon this plane will be continual joy and contentment. You know that you are in alignment with the higher energies of your own God nature rather than experiencing sporadic joy as it is an ongoing experience on a conscious level.

Where your training or exposure has been, in the myriads of choices given to humanity, does not matter. What matters is that you are awakened and understand that your journey is a purposeful one, that you are bastions of Light and that you are focal points for the higher energies to flow through to allow this planetary transition to be one of joy. The realms that you may term intergalactic or interdimensional are realms of great joy, harmony and unity.

The desire in the heart is a powerful magnetic attraction and it is the desire in your hearts that is drawing you into our realm of existence, for all here desire truth; you all desire a unified existence within humanity and its expression; you all desire love, harmony and balance within your expression. These desires are the magnet that is drawing our worlds together, fusing the dimensions.

These are also the desires within the hearts of all who sit upon the Intergalactic Federation of Worlds Council and these same desires are the unifying factor - regardless of our expression or our evolution and regardless of the colour of the skin or whether we are termed terrestrial or extraterrestrial.

Due to your lack of exposure, you may be quite horrified to see some of the creatures of God's expression who sit upon this council. There are beings that you may term to be strange in pallor and expression, who may not have five fingers and five

toes, whose facial features are not deemed to be quite as beautiful as you may care to expect. But we have learned to move beyond the external manifestation and read the energy that emanates from the hearts of all God's expression and it is that energy that draws like to like, according to Universal Law. The higher realms are governed by the understanding and conscious application of Universal Law and these realms are accessed by a being's desire for love, unity and complete knowing.

It is time that you acknowledge, what in your heart you already deem to be truth, that you are not alone. There is still much darkness and ego rampant upon your planet but it is being rebalanced as the Light within the hearts of all is now shining so brightly that it has set you on a spiral of evolution that cannot be stopped.

So how many of you now are prepared to stand up and say "we are not alone?" To be prepared to acknowledge that there are what you term extra-terrestrials? How many of you now are prepared to speak your truth, and how many believe within your hearts that such things exist?

In a short period of your linear time we will make our presence known. This has been prophesied and so it will be. Many such as this channel are now being contacted and given direct communiqué to stand up and be counted and to be aware of the influences coming upon your plane. But now is a time of preparation for how can you decide to join, within your hearts, something of which you know so little? And yet from the information and energy that is shared with you, you will find a resonance within your heart to the truth that is inherent there for you.

There are many past alliances that have been formed between your governments and extraterrestrial beings whose motivation has not been for the highest good of all and your internet is now filled with such data. As more data comes to light do not forget the innernet, your own ability to discern what is beneficial for your own evolution as an inherently peaceful species.

There will be many in this unveiling that will step forward with many claims and you will know within your heart what is truth for you. Much will be shared and there will be much chaos. Those that are completely aligned with the God within will know the truth for them and this alignment will allow their pathway, their individual transition to the higher realms to be smooth, free of fear and not chaotic."

[Note: the energy transmitting through, pauses, scans the energy fields of those present and then begins again.]

"So you are a 'hotch potch' of lifeforms are you not? You are awakening to the knowledge of your star seeding, your galactic heritage. You may ask for information as to your own personal heritage in your 'dream time' or in your meditation. You may ask further for the manner in which you may serve First Cause for you are here, as has been shared, on 'assignment'; to awaken the God within and to allow your Light to shine, to allow your Light to warm the Light within others so they may awaken the God

within and experience their own Divinity. That is your main assignment. Further details you may seek by your own alignment within.

If you could see from the vantage point of where we are, you would see swirling around the galaxy vast balls of Light, creating instantaneously and also destroying instantaneously. You would see planets being activated by the energy of Love, planets taking on the divinity, the true mantle of the God I AM, planets filled with Beings such as yourself understanding that they exist in all realms of expression within this web of love. Just as you have assumed physical embodiment in this dimension, know that you also exist in the fifth and sixth dimensions all the way through to the highest Source of energies and that all – except the experience of the God within when you merge with that – is simply an illusion. Still this illusionary world provides a pathway for you to know the Divine aspects of your nature.

In essence we are not star beings, we are simply energy forms of Light and Love that have the power to manifest form at will. There are things that on one level you cannot comprehend and yet you will remember, for you exist here with us already. It is a simple matter of shifting your awareness, of changing your perception for the reality that you are beginning to understand is created by a thought, and what you focus on grows as you know so well.

Do you wish to experience more of your Divinity dear ones of Light?

Do you wish to reclaim your galactic heritage to understand that you exist throughout all space time continuums, on all planes of expression, throughout all dimensions?

Or do you wish to continue to play the game within this reality that your society calls 'normal'?

We think not, from reading the energy within the hearts of all of you here, you cannot play it any longer for it holds no joy and joy is like a carrot that is being put before the donkey allowing it to continue further on. You have sensed joy, you have embraced joy, it has often filled your heart, spontaneously drawing you, enticing you back to continue on your journey to ONEness. You are ONEness. We are ONEness. And it is the sincerity of your heart's desire for permanent peace and joy that will open the inner doorways to our realms and allow your plane of existence to merge harmoniously with ours.

This is Commander Ontar signing out".



The Doorway of the Heart

“Salutations ones of Light; this is Arcturius with your gathering. Tis such a simple understanding is it not – that one has within them the power to move beyond dimensions and through dimensions, beyond space, beyond time.

We have shared with your gathering that your being knows expression upon all dimensions for you are connected, are you not, to the Source of Creation. All beings were birthed through the fire, the energy and the love of the Mother/Father Creator God and you have within you the knowing that you are not separate and that this Mother/Father God resides within your being and is not external to you.

You have glimpsed the understanding, and some have a deeper knowing, that the access to the greater part of your expression lies through the doorways within.

You have understood that you are Masters, that you are co-creators and that in the co-creation comes the creation; that you can create the experience your heart desires through your focus. It is simple, for example, every day that you focus on simply giving yourself, your physical being a shower of the inner Light so you will become Light.

Understand the vastness of consciousness. The consciousness that is I, Arcturius, is individualized yes, it has a note of knowing, but it is the same consciousness that resides within the vastness of the All That Is and that is you as well.

It has been a long while since my consciousness has identified with our star system. It is like an aspect of my being that oversees such, that resonates to the energy beams of that within the hearts of all upon that system. It is an aspect of my consciousness that has been drawn by the Light of the God I AM within your hearts to your grouping for you hold within you a desire for a little understanding of the Arcturian energies.

The consciousness is so elastic and is governed by the Divine Intelligence that resides within; the ability that you have to move into, that state of All Knowing. It is that aspect that the Light within will awaken, to allow you to simply shift your perception, your focus in this journey for reconnection to wherever you desire. If you desire to be once more upon the Sirian system you simply intend to be there.

It is like a fisherman that casts his line out into the vast oceans. It is the hook, the sinker, that lands so much further from the shore but it is the *intention* of the fisherman to cast his line, is it not, that creates that possibility.

And so it is where you move your consciousness across the galaxies and universes of this dimension to another. It is your intention, your focus of what you wish to achieve, of where you wish to go. There will be an aspect of your consciousness that will arrive thus. That aspect is like that hook, that sinker. It has the weight to emerge into that sea of energy that resides where you direct it. For it has the power of your thought, your focus, your intention, to send it winging across time and space.

Your inner plane meditative journeys, your inter-dimensional travel we achieve simply by that; the desire, the recognition that you are in essence, multi-dimensional

beings and it is this thought, this knowing that will propel your energy through the realms governed by your thinking. It is your thinking that you are learning to bring into discipline is it not? For you can think that you are limited or you can think that you are unlimited, you can see yourselves as one day being ascended or recognize that ascended part within you now.

Our star system is a system of Ascended Beings. All beings that move upon and within the energy fields that are known as the Arcturian system, understand the Divinity within. They understand the power of the mind to create and they understood the harm that was created when the mind was filled with impurities. When, through discipline, the mind was focused on the purity of creative expression of the Mother/Father God then we moved into the Ascended state.

We understood that we could ignite the Light of the Divine Being within, allow it to grow within our cellular form, creating a new matrix of energy – you term your Lightbody – and dissolve the molecular structure of solid form into Light. This we did eons of time ago and this is the challenge for beings upon this plane in this point of your linear time.

This is a journey you have all undergone before and you hold within you the cellular memory of having done so - where you were beings fed from the ethers, from the higher planes, from the Universal Force, before your base changed from what you would term your silicone to your carbon. And now you reverse the process and when you reverse the process, you once again become the purity of the energy of the silicone substance.

'Tis the same substance as your crystals for those beings that are refracted in these energy beams known as crystals, hold unlimited power. They are conduits for energy. They light great cities; they balance the energy beams of great cities in complete harmony and alignment with the thought-forms of the masses of individualized sparks of consciousness and energy that reside within the higher realms, in expression and acknowledgment of Divine Power. *And the key to the doorways of the higher realms is simply the desire within the heart.*

It is interesting to watch your planetary system for many are exploring new ways of energy, from the fusion, the fission, the splitting of the atom, to the desire to explore your space; to create vehicles of metal. Know that any civilization that works with the vehicles of metal have not yet understood the Divine energy matrix within their being for it is the vehicles of Light that will allow you freedom to access all the dimensions and travel so freely.

It is not until your physicists and scientists begin to open up to the Divinity within that they will be able to understand and then create these vehicles of light and move beyond the limited technology they are currently exploring.

The gifts of interdimensional travel are so simple yet you have been trapped within the physical plane for so long you have forgotten the simplicity. Has it not been shared that it is the children that will create this heaven and inherit this heaven? It is symbolic. It is symbolic in the sharing of humankind to embrace the child like innocence

within and be again the Gods that you are – the Divine sovereigns of yourselves and this world.

To understand simplicity as being the key, to understand that it is purity of heart, that it is the ability to love each other unconditionally; that the Higher Light Science is simply the ability to move energy through your body, the energy of Light and Love, for it is that alone that will propel you; hook you in to the next dimension.

Many of you know within your heart what this promises for you have journeyed there before. It brings with it the ability for all beings to live honouring the Light within and the rewards this brings via the Law of Resonance are unimaginable to you now.

On the Arcturian system all of the beings look the same. We do not have the desire for recognition on that level for we tune, as we do with your gathering, to the emission of energy, the emission of signals of Light and Love that emanate from the heart within all. We do not focus upon your physical form; we simply read the energy patterns of Light, the depth of Love that comes from each heart centre as it is the heart that is the doorway to the higher dimensions.

As with your system, the Arcturians are continuing to evolve back to the completeness of their being. Now that system is fifth dimensional. It is beginning to move into the higher octave of the fifth bordering on the sixth yet there are Beings among us who also have free access to dimensional layers way beyond that - all here intermingle freely as we work with both Ascended Masters and the other Light Beings that move within all dimensions of expression.

Among us there is free communication, telepathically and via using the languages of Light for the languages of Light are beyond your telepathic thought imprinting. The languages of light are the languages that allow you to recognize the vibration of the Light emanation of each individualized soul, of each individualized unit of consciousness.

From the fifth dimension, blending into the 6th and the 7th, consciousness moves from an individualized state to become a mass consciousness that works in unity and harmony beyond the individualization while retaining some uniqueness.

Your planetary system, and that of the 4th and the 3rd, has been a system of duality and of individual units of consciousness trapped in a limited form that is often run by ego and your lower mind. Still you are now beginning to awaken to the Supreme qualities within you and to the unlimited nature of your being and you are becoming aware that you are not just one being but many who are learning to play in harmony like an orchestra. As individual instruments you are feeling great change upon your planet as you learn to tune, work and harmonize your energy. There is a new song to be sung, a new tune to be played upon this Earth and the words of this song, the feeling of this song is one of harmony, of unity.

Some of you have spent so long in judgment, in the reality of: "This is the only way, this is my way, and you must do it my way, and if you do not you will be punished..." and yet to stand in judgment of one another has created only separation and pain.

The gathering here is a gathering of unified hearts that long for peace within and peace without; of hearts that long to know once more the greatness of your being, the unlimited nature of your being.

Often on the night realms you are freed from your physical body to go to the higher dimensions of Light, to other planetary systems for great learning and knowing and you are remembering this more. You also often find upon your return to your physical body that you still feel you are somewhere else – for you are. You do exist in every dimension of expression and with every breath you can know more and more of the God within, until you are consciously that. And on every level of dimension of expression you have the power to move freely through each level via the focus of your thinking; through the power of your intention of your thought and yet the inner plane doors open only in response to your individual resonance which you constantly alter by what you think and feel.

In order to embrace your Ascension all you have to instruct your being with, is the power of **one focused thought**, to chant to yourself with your heart and your soul and with the power of your intention, that:-

“I AM an Ascended Being of Infinite Light and Infinite Love” and thus you will become!

There is nothing else that you need to do in essence. And yet it is fun to play these games along the way is it not? 'Tis a process of rediscovery... Perhaps there is one or two who wish to share, to ask questions, we invite you to do so.

Question and Answer time

Q: *About bi-location and teleportation, what is your experience on that?*

Arcturius: Beings such as myself do not take physical form so there is no requirement to bilocate or teleport for we do not need to manipulate molecular structure. We have had the pleasure of being in physical embodiment yet have not chosen to be in physical embodiment for eons of time. Our beings, our energy fields are moved through the universal expressions, through thought alone which happens instantaneously.

An aspect of my consciousness resides within all atomic structure, within all space and time for we have understood that we are the All That Is, we are the Creative Energy. But we can, through focused thought, gather together beams of Light energy that we may project into form and trigger knowing within beings who witness this.

On the Arcturian system one may take a 'body' that is quite small and fine but when we materialize to your realms we may take the form of angels if that is what is required to make connection with you.

But back to the question for we digress...

With your beings, your focus is on your physical form rather than on your multi-dimensional nature and now you have begun to remember that you have the ability to dematerialize, to teleport and are not limited to the physical body at all.

As you change your energy matrix and thus your consciousness, and as you bring in more of the higher knowing of your unlimited being, you will be able to come and go freely from the physical body without concern of the physical form. If your focus

is limited to the physical body it will restrict you and none of this can be an experience for you.

The lessons and the knowing that you are understanding, is that you can move out from the physical plane at will and so you are learning tools and techniques of shifting consciousness which is what bilocation is.

Some of the beings of Light upon this plane that have embodied the Christ Self are in a role of teaching and igniting the hearts of many.

Others when they understand the ability to move beyond physical form decide not to play in these Earth realms - for there is not much upon this Earth plane that you have not experienced in this or in other embodiments - and so they spend their time cosmic traveling so to speak.

Others, when they begin to understand their ability to bilocate, do so to access the doorways to higher dimensions of expression and to explore what it is they have forgotten. That is all. Has that answered your question?

(Yes thank you more than answered it.)

Q: *Could you please elaborate on the meaning of Ascension, the changes we go through?*

Arcturius: Ascension is the state of being, that state of perfection that allows one freedom to move through each energy band of each dimension. Ascension is the embracing of the complete nature of your Self. It is about being filled and overflowing with Light once more for Light is the aspect of the God within.

Many beings are continually ascending. As you ascend from one dimension, you ascend to the next. It is like a graduation from your kindergarten, to your high school then your university.

And when you graduate you find yourself back in the arms of the Divine as a completely unified point of consciousness that is no longer a point of consciousness for it has become lost in the vastness of the All That Is. That is your graduation present. Does that make sense? *(Yes)*. You ask for more?

Q: *Perhaps some more on the changes involved?*

Arcturius: The fourth dimension is the last dimension that you need a body, that you carry your consciousness around in a physical form. When you move into the energy matrix of the 5th dimension you create a body at will. And having passed from the 3rd to the 4th the doorway is open to you freely.

Right now you are focusing on your form in this dimension with an awareness of doorways and access to other dimensions; when you are in the 5th it will be the opposite. The focus point of your consciousness will be in the 5th with the access back to the 4th and the 3rd as guided by your heart, and your contracts and your service, for every dimension has these contractual arrangements with the Divine One.

And when you are in the 5th you will begin to access the doorways to the higher dimensions which you can also do now for, of the Ascended Masters, many reside upon the 7th dimension and access doorways back through the different realities, tuning into the mass reality that each dimension creates if there is a service calling.

The mass reality of this dimension has been one of separateness, with limited beings of judgment, of disharmony. It is changing as the higher energies and the desire in the heart of all brings through a new formula of being and this formula brings with it Universal Law and the paradigm of the interdimensional worlds.

On the 5th dimension all is created instantaneously through thought. As you think so shall it be. If you wish to visit temples, there is a temple right there. If you think it, it manifests. And there needs to be a discipline of thought, of a universal recognition of harmony, of the knowing of the God I AM in its expression within all beings, so that none are harmed and so that all occurs for the highest which are the governing factors controlling manifestation. On that plane of expression one takes bodies as required, as we desire and there is no such thing as bilocation, as dematerialization is controlled thought that instantly brings things into being. There is an energy of complete unconditional Love and yet excitement, of recognition, of the desire to see every being embrace the God I AM in every moment for the being is the BE-ing here and all understand that level of expression.

And on the 6th it continues on becoming purer and purer points of expression of creative energies. Has that helped? (*Yes thank you*).

Q: *Can you explain a little of the difference of physical death and ascension and ascension with this body?*

Arcturius: Tis said to be nature is it not? The dying is really 'old hat' where we come from, on our plane of expression for we know that the God within created the body so therefore we can de-create it or re-create it at will as there is no 'me and the God within' - we are instead one. You become so attached to the physical form upon this plane because you do not recognize the unlimited nature of your Divine essence or the capability of your Divine essence.

If you did you could take a body at will and drop it at will. If you wished to be a blonde Scandinavian you could create that. If you wished to be a tall Negroid you could create that. Just for the fun of it, like when you change your clothes.

It is because of the acceptance of limitation that one clings so closely and fiercely to the physical form. The process of birthing on this plane is far more difficult than that of dying; for with birth comes the karmic repercussions, yet the understanding contractually of death is simply that - you come, stay and learn, then move on and rest and assess.

One may be awake enough to understand the immortality of the soul, like your Buddhists. Many Buddhists feel that the physical body is irrelevant for the soul is eternal. But if one is truly embracing mastery then cannot one healthily maintain the energy fields of the physical form until you have completed your service?

You can still move to a higher dimensional frequency after death and take your ascension. Because of what is happening upon this plane and because there is enough energy force building now that will shoot this whole energy matrix called the human life-wave into the next level, then both the disembodied ones attached to this plane and those still embodied can move into the ascended state and join our realms.

Ascension in this body is simply mastery of the now.

It is also understanding that if your contract is to be here for some time, then you can maintain the physical form in peak condition and when the contract has expired, you can take the physical body into Light. This way you can keep its memory pattern, its energy matrix, stored on the etheric realms for you to take that 'garb', that molecular visionary concept and use it at will when required. All of this is part of mastery, natural abilities of your ascended nature.

The Mother Mary that comes to many is a being of shimmering light, golden Light energy fields. She works with the Angelic Ones, is the Mother of the Angelic Ones and yet She has kept the imprinting, the imagery of her previous embodiment upon this plane because when She clothes herself in the garb of that molecular imagery, this is the image that will trigger a response within your heart.

If she came as little green monster, hairy with red eyes, people would not go "Oh that is Mother Mary" (*much laughter*) but when she comes in the garb of her blue robes and her angelic face they go "Oh Mother Mary, I recognize your image".

Thus it is with the One you know as Lord Sananda, the consciousness of that One is so vast. It is not Sananda that took embodiment in the being of Jesus but just an aspect of that – that sustained the vibration to the highest, finest frequency so that the individual known as Jesus could be used as a Holy Chalice, by all of the Ascended realms, to make the imprinting upon your plane at that time; to give the message.

The being Jesus had its own individual consciousness that continued its own evolution but was simply in service to the Greater Cause, sustained by that spark of Lord Sananda. And when that One brings forth an image it brings forth the image of Lord Jesus for it triggers the knowing in the heart. We have digressed but has that answered your question? (*yes thank you!*)

Q: *Can you explain a little of the relationship between the animal and plant kingdoms and man, and our role there?*

Arcturius: At which point of time? Understand that when humanity, the humanoids, took embodiment upon this plane of expression eons ago, that it was like you were being given, from the Mother/Father Creator God, the most incredible paradise. This earthly planet, the body of Mother Gaia, was abundant with everything the imagination could think of. The best of all creative expression that had been created on other planetary systems was brought into totality upon this plane – your life-forms, your animals, your birds and the expressions of nature were all here or being seeded here from other star systems.

The expression of the human ones, when they took embodiment upon this plane were given the guardianship of such beauty of expression; recognizing that every creature held within it a spark of the divine energy that pulses through your own very core. Initially you understood that they were your brothers, your sisters - in a different form but still your brothers, your sisters. Perhaps they did not have the complexity of intelligence that you have, but they have the life force nonetheless.

It was a wondrous time – you have forgotten such. The animals were working on intuitive levels of connected being, for they were so happy in the purity of their expression, and were honoured then by you.

The modern day discord with the animal kingdom has come from that of the human kingdom as it has abused and tested, maligned and murdered, and slaughtered senselessly in the name of survival. And yet if you understood the true essence of the energy that sustains you, you would not partake of such barbaric actions towards either the plant or animal kingdom for they too hold this essence and you are kin. As elder brothers and sisters your role is to caretake – take care of the kingdoms - and yet you have digressed from this.

We are not in judgment however.

What has unfolded on this plane has also been in part of divine perfection for as you have once moved away from your divinity in your conscious understanding, you can now embrace that divinity again and do so with heart-felt joy, having not felt it for so long. All is perfection. All is a cycle of learning.

The connectedness some of you now have with the plant and animal kingdom is just a deep knowing that they have an aspect of themselves – if you attune to them closely – that can blend into your being to allow you to be more complete in your expression as you share the same source energy which gives life to all and have much to gift each other. There is now a mutual exchange of energy and your loving acceptance is healing the energy matrix of suffering from previous times and so these kingdoms are now imparting an aspect of their resonance to your energy field as well.

So sweet ones of light, perhaps our message has been simple, repeated, for this expression of your true essence is simple as it is all powerful and its essence is love. As you know it is the essence of love that glues the molecular structure of all expression harmoniously together. Your true essence is also great light and you know that the darkness can be loved by the light and that it is all created by The One.

Love and honour all.

See the spark of the divine in all.

The next time you feel judgment or anger toward your fellow beings, choose to move beyond these emotions and to look instead for that spark of divine expression in their eyes, in their soul and in their heart, and when each one sees that you look upon them with eyes of unconditional love, they will reflect that love back to you.

So many of you now understand that it is the essence of love that will create the change upon this plane far more powerfully than that of your judgment. We love and honour the light of the God within you all. This is Arcturius dear ones.”



Thailand – Darkroom Retreat February 2007 – An Unexpected Meeting with the Lords of Peace

Our group have gone deeper and deeper into meditation. Over the last ten days we have had no external light, just absolute darkness so that the brain can change its production levels of melatonin and serotonin. We have also taken no food and many of us have taken very little fluid, if any.

Our bodies are strong, well adjusted and we check our weight and hydration levels daily before we dive deeper into the space of solitude and silence. We exist as one group energy field now, synchronized in harmony and movement as the darkness reveals itself to be like the Divine Mother's womb; a place of love and safety as we confront ourselves and each other on many levels. People have come from all over the globe with a diverse mix of spiritual realities and energy flavours, each one adding to the field.

Each guided meditation adds another layer until we enter that space where nearly everyone knows what I am about to say before I channel the words through, which is a sign that we are one group mind telepathically tuned.

It's been eighteen months since I wrote these words to try to capture this experience on paper and introduce the Lords of Peace on Venus as they were introduced to me that day.

As is always the way when we channel a meditation (we being myself and those Light Beings who work through me) I always get a vision, or a feeling which we add words to as we guide the group. We were bilocating off planet, with our DOW (Divine One Within) taking us somewhere we needed to go to gain more insight into our service work on earth at this time. Some of the group, who we were cosmically travelling with at this time, were completely enraptured with their own experience while a few others were more grounded, moving their consciousness back and forth between where their bodies sat in meditation and where their DOW was inviting them to go. After scanning the energy fields I left them to their inner plane wanderings and allowed myself to go deeper into my own experience.

I soon found myself being drawn through a vortex of pure light into the very loving and welcoming energy field of a planet that I sensed I'd been on before in my meditations. As I descended in my energy body onto a huge open campus-type area, a set of stairs presented themselves which I immediately alighted and was met at the top by a being of light that I felt at ease with. While this being stayed in his lightbody form,

all I saw and felt was his pure love emanation and that he had been awaiting my arrival and was to escort me somewhere. Within moments we entered into a huge building that appeared to be in the middle of a university and I realized that I was on Venus, in a fifth dimension reality band, and that my escort was Arcturius.

A set of doors opened before us and I saw a gathering of Beings of Light who seemed to be in the middle of a meeting. A holographic image of earth was suspended over their circular table and as we entered they paused their deliberations, beckoned us to join them and then continued on without fanfare or fuss, for obviously this is not my first time among them.

As the image of the earth span before us certain areas lit up and drew our attention, pulses in earth's matrix that seemed to enter into this realm as energy beams that were encoded with information. I realise as I write this now, that these were the collective emanations of everyone on earth who have already had contact with these beings.

During the course of the gathering I realised that I am in the presence of the Lords of Peace who come from many sectors and that one of their projects is to oversee the blossoming of any world whose people are seeking to be in permanent peace. As their meeting came to a close, the attention turned my way and a being arose before me. With a few succinct telepathic words I am handed an official looking scroll that was wrapped with a red ribbon and invited to establish the Embassy of Peace on earth.

"It is time," is all this one said then asked with a questioning smile, "You are ready?" and I knew that I was. It was as if lifetimes had led us all to this point in this ongoing unfoldment of collective evolution. All the while as this was occurring in my bilocated state, at times I was aware also of my body seated in meditation back on earth and that it was time to bring the group back from their inner plane travels. With this thought the Lords of Peace sent me on my way leaving me with the feeling that the Light Beings gathered there were part of my galactic family, that we are always connected and that they are only a thought away.

As usual when things are meant to be, over the next few months everything flowed with so much grace so that the Embassy could be launched on the 07-07-07 and so that we could put this manual together. So before we move on to the next part of our program, here are a few messages from some of the other Beings of Light that we have connected with at the Embassy.



Messages from other Cosmic Colleagues

Mother Mary shares: The energy shift that has been taking place will continue to do so to allow Humanity to feel. To really open up and to feel – to feel with discernment, to feel with the greatest of care in choice, to have empathy for their fellow man, to have compassion because without empathy, without compassion there can be no unity and this is the age of great unity...

It is important that you keep your commitment and your focus clear, that you find the inner strength to be true to your experience; the inner strength to put your commitment to Spirit first, above and beyond all to not allow yourself to be sidetracked in any way while also remembering to treat yourself lovingly every step of the way...

The more you quiet the inner mind of judgment, the more you strip away the limited you and the sooner the Divine You can be revealed. The more that you walk hand in hand with your own Divinity which is the true aspect of your Being, then the more you will find that your journey on earth is a joyous one. So often you sit in judgment of yourselves do you not? You judge your lack or limitation and even your beliefs of such. Yet for us in Spirit, all we see is each Light in you as it shines, some more brightly than others, but all shining none the less. ...

Also remember that spirit and reason go hand in hand and reason will deliver you to the embrace of spirit, for reason was birthed in spirit. Reason is like the sheep that come back home to the shepherd. Times of contemplation will allow you to make peace with all aspects of your Being. To recognize your humanness and love all parts of you without judgment. Remember also that love is the only real power of lasting transformation.

Sananda: Every atom, every molecule within Universal structure is perfect and the glue that binds the molecular structure of all is simply Love, Divine Love. It is said that the Son of God, the Son of the Mother/Father Creator God is the Son of Love – pure unconditional Love. What more could you strive for upon this plane at this time in your evolution, than the experience of pure, unconditional Love? This is your Christ nature, and this is the Christ Consciousness within all. It is the thread that binds the garland of life. This consciousness is inherent within your nature; it is the purest aspect of your Being. When it was said that none shall come to the Father except through me (Jesus), it was allegorical and symbolic of the necessity to seek and merge with the “Christ Consciousness” within. There are many ways that this merging can take place – the qualifying factor is *the purity of intention and sincerity of desire* which is a common factor within the hearts of many individuals of many religions and philosophies.

Triclon from the Intergalactic Federation of Worlds Council says: Do you understand that any game you wish to play is in your creative power to be real? You are the masters of creation so if you wish to engage in the game that there are entities of lower vibrations sucking off your energy fields, if you wish to play the game of lords of darkness, of satanic forces, of forces that perhaps you would label as not quite in

perfect alignment with divinity or whatever label you wish to give – then *as you think it, so it will be, for that is the game being played.*

The game we encourage instead is the game that gives you the key to the doorway to the fifth dimension which is the next energy matrix that you will find your beings, as mass consciousness, relating to and experiencing. The key to this doorway is instant manifestation through your abilities as creative beings.

So with these new energies now bombarding your planet, whatever you wish to give power to through your thought form will become real virtually instantaneously and you will feel the energy effects of such. You are no longer limited beings unless you allow yourself to be so.

If you wish to imagine yourself as beings that have gone through the 'ringer', called third dimensional life, of thousands of embodiments with much emotional and mental baggage, then that will be your reality. You will identify yourselves as beings of great light and love but with baggage – huge bags of this baggage on your back. Or you can decide to see yourself standing tall in your divinity, in complete perfection, living life in complete perfection, embracing, expecting the perfection of life to be in your reality. So see these bags of baggage disappear instantaneously off your back as you embrace this new paradigm and allow it to be your reality, and so it will be and the universe will rearrange itself to accommodate your new framework of reality for that is one of the magnificent abilities that the universe has.

Kuthumi states: The new paradigm being created is the one that you as awakened individuals are collectively creating. The old paradigm is that which you are continually building upon as you become aware of patterns that do not run limitlessly and as you become more aware of any thought forms that create limitation.

Now, as you step into your mastery - the unlimited nature of your Being - you are being asked to assess every thought form, every action, and every word that creates limitation individually, so that the collective whole may change.

These paradigms are simply patterns of energy.

The new paradigm is being structured according to your desire to treat each other in a way that is honourable and be together in a way that allows you to be joyous, to be free, to experience life upon this plane with ease, with grace and to know pleasure in this embodiment. ...

The old paradigm brought lack. The old paradigm brought conflict; the old paradigm has brought states of being of great separation and of competition but there is a prophecy that is unfolding upon this plane and it is the prophecy of the new millennium, the prophecy of the Golden Age.

The paradigm of this new age insists that you open up to your own inner guidance, so that you may discover your true mastery, so that you may recognize that the one master that is requiring honouring is the master within you. This is not a time of being disempowered - it is a time of empowerment, of standing true in your Light, of

having courage to act from the guidance that comes from within for the good of the collective whole.

From Saint Germain: The Master discerns which experience, he or she will have while dwelling in physical form in God's kingdom. The Master, through all realms of expression, creates around them that which serves them fully in the awakened state in each now moment ... What you are being asked to do is to embrace the Christed One within so you may be that magician in the stillness, in the power of that which you are; so that you may send out from your physical form, electromagnetic signals of deep wisdom and power and connectedness. This is the power that will bring the chaos into order once more for the good of the whole...

Forget the power of your addictions and become addicted to experiencing the Divine One Within you and, as Its power radiates through you, It will bring all your addictions into perspective and alignment – without struggle – for this is the power of the God that dwells within!

St Germain on Earth changes:

Let us talk then about these great changes, for they will come. In a period of fewer than decades you will find the continent of Europe greatly altered. In the period of similar time, you will find much of the United States greatly altered; a shifting of land mass and water, a simple rearrangement none the less. When you work with your full focus on aligning with and discovering and enjoying the God force within, then you may also trust that you will always find yourself at the perfect place in the perfect time.

As servants of the divine, you have the internal voice, that which you call your intuition, that will move you when you listen to it. It will guide you to be where you need to be and if that creates the ceasing of this physical embodiment, then so be it, it just means that your work is complete here and you as a soul will continue its journey of perfect evolution and may take another body at will, at another time. Or perhaps if it is not the end of your contract, you will find that you are one step ahead always of the supposed devastation for devastation is only that according to your interpretation.

Great change comes and will bring great glory for those tuned to the gifts that these changes bring. The energy of the Buddha teaches detachment, teaches to be dependant only on the divine one within, and it is great teaching.

Let us now see into future times, for there is the prophecy that the Federation is gathering masses, preparing for landings at this time and on one level of reality that is so. They have made contact with many beings upon this plane that are now in constant service doing what they have agreed as in their blueprint. But it is your planet, and we share this so often, that in the cycle of coming change much will remain but more will be transformed, for any system no longer operating for the good of the whole will crumble.

You will soon have access to technologies that will radically transform communication, that will radically transform your transportation and that will allow the resources upon this planet to be distributed in a more equitable manner.

Many of you will remain in embodiment for decades to come for you are the seeders of the new root race and you have long term contracts that see you here until the completion of this new phase of being. You are to bring in new technologies and systems that work for the collective whole.

We have positioned and communicated with many beings, like chess pieces upon a board. These pieces are your own embodiments, beings such as yourself who have tuned into the higher paradigms of creation. They now form what you term an energy matrix around the planet that is magnetizing you into another realm.

End of Messages from our Cosmic Colleagues.

For more on this read:-

COSMIC COLLEAGUES - Messages from the Masters:- A selection of loving, timeless and insightful channeled messages through Jasmuheen to inspire and support all through these changing times. In this book Jasmuheen shares of her personal relationship with these ones.

Additional Channelling thru Jasmuheen – June 2010
“Synopsis, keys and Solutions to Peace on Earth”
from the Intergalactic Federation of Worlds Council

“There comes a point in the evolutionary process of every planet, that its people begin to ask,

- Surely we can live in peace?
- Surely we can find a way to exist in harmony together?
- Surely we can find better solutions than waging war upon each other?
- Surely we can provide a better future for our children?
- Surely we can find better systems of energy that do not deplete our Earth’s resources?
- Surely we can ...

“And so the questions and ponderings go on, building and building until that planet begins to send a collective pulse of thought-form, that contains these questions, out into the quantum field with such force of enquiry and deep hearted desire, that the planet and her people attract the attention of streams of consciousness that hold the answers to such ponderings. And this Earth’s people have done.

“With this sincere desire leading your way, Earth came under our spotlight, you could say, in a manner that has coincided now with the fulfilment of prophecy.

“The Intergalactic Federation of Worlds Council is like your United Nations but on a cosmic level. One of our jobs, so to speak, is to oversee the rising of the worlds and when your collective frequency has matched the frequency that is required for this rising to be complete, then it will be so; and your world and her peoples will never know war, loss, loneliness, fear or separation again. It is time to put these things behind you if this be your desire. Your first key to this is to make the children of your world your number one priority rather than the creation of weapons of war.

“When you collectively decide to make the children of your world the number one agenda, to which all resources must go, then and only then will your world know permanent peace.

“It is time to reform the education systems on your planet, to provide holistic understanding, including the knowledge of Universal Law. It is time for the adults of your world to match frequencies with the new children who are arriving and help support this transition and consequent rising. The only way to match frequencies with, and thus understand the needs of all your children, including the new souls now arriving, is to strip away the illusion that you are anything but beings of great light and love. Yet this knowledge can only be a truth for you when it is a real experience rather than a spiritual ideology or goal.

“There are of course many pathways offered on your world for this to be an experiential truth, and thankfully you hold within you the perfect guide to lead you deep into this experience of Oneness, of your divine light and your supreme capacity for love and compassion, so that you *will* find the perfect solutions to harmoniously unify your world and provide a future for your children that you can be proud of.

“We state again,

“It is the time of the children. Peace will come to Terra when you make your children your main focus. So it is and so it always has been.

“When you know the pure essence of that which you are, only then will you see the pathway home and provide what your children need, so that your planet can ascend and be permanently anchored once more in the realm of light.

"This then becomes the second key to your ascension to a higher light; the experiential knowledge of your own Christed nature so that the time of the revelation and the rapture can come to pass in a way that unifies you all.

"The 'Christed' nature is your infinite aspect of love and wisdom that all carry within in the Kingdom of Heaven as once was told.

"As your planet shifts and changes and old systems crumble, it will become apparent that the only non-changing, completely nourishing, reliable source, on which you can rely, will be this already ascended, pure part of yourselves that is awaiting your marriage with it.

"Forces have convened now both globally and universally. There is no stopping this train of movement that you now find yourselves upon.

"Your transition into this light-filled path with its days of revelation and ways of rapture is unstoppable yet you do control both the timing and the intensity. You control this via your collective vibration.

"When you step out from the rivers of fear and separation and into the currents of love, then all will unfold smoothly as has been foretold so often before.

"It is time to marry your intellect and logic with your intuition and your heart. This too has been said so often before and this too is another key to the rising of your world.

"Meditate not then on things that separate and divide you. Meditate instead on that which will unify you all. This can only be, has always been, the force within that has given you life upon this Earth, the divine spark within you.

"So it is and so it always has been."

Descension and Ascension ...

It is said that only by experiencing darkness, can we recognise and be grateful for the light and so we descended into matter ...

Metaphysically, it is said that each one of us is a divine being of light, here to experience life in the dual natured realms.

Metaphysically, it is said that when we have feasted enough within the dual natured realms and satiated ourselves with all that it contains, we then begin to hunger for something more nourishing for our soul ... and that it is this hunger that begins to reveal our ascended nature.

Metaphysically it is said that the master is the best servant ... that only one who has found the Kingdom of Heaven within, can lead the way out of the darkness into the realm of everlasting love and its companion of nourishing light.

Metaphysically it is said that those who commit their life to selfless service, for the betterment of humankind, are in turn served by forces far greater again.

These are things that many now know as truth.

Metaphysically it is said that humanity has entered now into a new phase of revelation, of an experience of fields of possibility that will shine great light to end the times of darkness once again.

Metaphysically, ascension means to rise up, to merge our lower nature back into our higher frequency Divine pure self, an energy we all hold within us, that grows and blossoms when we pay attention to it, when we seek – with a sincere heart – to experience it as the Kingdom of Heaven within.

Metaphysically, descension applies to the descent of just a drop of our vast multidimensional divine nature or essence, into a denser plane such as our dual natured Earth-world. To descend or drop in frequency so molecules can gather around the drop to provide a home, i.e., a body with its 5 senses; to then add 2 more senses for this body-being to use when required.

This is our 6th sense of intuition and our 7th sense of higher knowing, senses that we activate when we expand our consciousness through living specific lifestyles, that allow our energy fields here to enhance this world, as we in turn are enhanced by everything in this world.



UNIVERSAL HARMONIZATION PROGRAM - PART 5
HARMONIOUS INTEGRATION METHODOLOGY

As understood now by many, the interdimensional worlds vary in complexity depending on which energy band of consciousness is being expressed. These realms are too vast for our mental comprehension. Given this we will focus primarily on the following:-

- a) Communication for Harmonious Integration – the innernet and the internet
- b) The assumption that we are beginning a “merging – revelation – integration” type process with both extraterrestrials and interdimensional Beings – WHY & HOW.
- c) Interdimensional protocol for harmonious integration

Communication for Harmonious Integration – the innernet and the internet

- ∞The Innernet is an incorruptible inner plane network that we access via the expansion of consciousness. Via applying the Luscious Lifestyle Personal Harmonization program we activate our higher, more intuitive abilities to telepathically communicate and be guided by the one energy that we all have in common – that is itself incorruptible - which is our DOW – the Divine One Within us.
- ∞Harmonious integration with advanced interdimensional civilisations may also require that we can communicate with them via telepathy.
- ∞The Internet – it is important to honour our own intelligence, do our own research and use personal discernment to formulate a model of reality regarding the things we cover in the Embassy of Peace; hence use the internet freely to formulate this.

Discussing the assumption that we are beginning a “merging – revelation – integration” type process with both extraterrestrials (E.T.) and interdimensional (I.D.) Beings plus the WHY & HOW of it all ...

According to many sources of prophecy - among our indigenous cultures and others - we have entered into a time of merging into a higher level of civilisation where other E.T. and I.D. races will be revealed and walk freely among us. This is because Earth’s people have collectively sought ways to live in great harmony or held the desire to live in peace. When a species does this they send out specific signals into the Universal Field

and when their collective desire is intense enough, this brings the planet and her people to the attention of the various inter-dimensional bodies that can help facilitate this.

The why of this is followed by the how ...

Our indigenous people plus many metaphysicians and meditators have been having contact with various beings of light – from the more refined inner realms – for many years. Via time in silence, deep prayer and meditation and living the lifestyle that magnetizes us to their realms, the existence of such is a given but needs to be confirmed by personal experience. We cannot enter these realms any other way than by the expansion of individual consciousness as this is not a reality of a mental paradigm of possibility, it must be a reality of personal experience.

Obviously just because these things are real for myself and many others doesn't mean that they are real for everyone else. Yet if this manual has somehow fallen into your hands, then we ask you again to do your own research, use your discernment and take only that which feels right for you. To the skeptical but open, ask that proof of these paradigms come to you in a way that you need, that will permanently remove you from all doubt. With a sincere heart, ask that the Universal Field of Infinite Intelligence brings you confirmation that being involved with the programs at the Embassy is right for you.

Interdimensional protocol for Harmonious Integration:-

- a) Self Knowledge – experiential knowledge of our Divine nature of higher self. Merged with this pure and perfect part of ourselves so that we always act with integrity, as the Masters that we are, in a manner that is for the highest good of all.
- b) Be well informed as to the things discussed in this manual via intelligent discussion and personal experiential research.
- c) Be pure-hearted and hold the clear intention that we co-exist in harmony with all, that all conflict can be resolved on earth via the Triple Win reality.
- d) Understand the power of mind in creation and manifestation – then exercise personal mind mastery.
- e) Apply the Personal Harmonization Program and attend to the Global Program so that we will be magnetized en-mass into this new paradigm without struggle and with great Grace.
- f) Understand and apply Universal Law.
- g) Ask to personally experience the interdimensional realms of the fifth dimension and above and
- h) to experience being in communities on the inner and outerplanes that already exist in harmony.
- i) Do what is required to be at one with your DOW.



UNIVERSAL HARMONIZATION PROGRAM - PART **6**
DIVINE MARRIAGE

Divine Marriage, in simplistic terms, is the merging of our higher and lower natures as they exist within the plane of duality. When this occurs - due to our lifestyle choices and desire - we find that we enter into an experience of personal paradise.

Global paradise and the state of permanent peace occurs when we all choose to exist in a state of divine marriage; first within ourselves and then with each other. While we have provided enough pragmatic data in this manual to bring us all into this state of being, for those wishing for more we have covered this in greater detail in the books "Four Body Fitness" and "Co-Creating Paradise" where we also share numerous tools for the co-creation of both personal and global paradise.

Divine marriage can also apply to the merging of higher and lower worlds.

We began our Universal Harmonization Program sharing that Earth and her people were destined to move into a higher state of awareness where we will find ourselves existing in another dimension as according to the Mayan prophecies and so we will end on the same point.

To enter into Divine Marriage personally, globally and universally, first we need the awareness that this state of being of Oneness is possible, next we need the desire to do so and finally we require simple, pragmatic tools and programs.

This is what we provide at the Embassy of Peace and while our programs may need refining until we achieve this objective, what we offer now is a beginning point.

The 8 point Luscious Lifestyle alone has so many personal and global benefits that must be experienced to be believed. The Prana Program has huge environmental and personal benefits that also help re health and hunger challenges and the Madonna Frequency Planetary Peace Program projects are not that difficult to adopt once we shift our priorities away from war and onto unification via meeting basic human rights.

Once this has been done, then what?

Then we will find ourselves in a new space, a new time, connecting with the type of realities we mention throughout this manual. United in common vision, pure hearted compassionate people can achieve so much.

Step by step.



UNIVERSAL HARMONIZATION PROGRAM – PART 7
STEP BY STEP Compassionate Action Plan

1. Change how the Universe responds to you and hence your reality stream by changing your personal resonance. Apply the Personal Harmonization Programs including the meditations suggested - particularly the Love Breath.
2. Get clear about what you wish to create in your own life and how you wish to live. Make sure that this supports the new peace paradigm of unification rather than the old paradigm of separation and conflict.
3. If involved in personal conflict, or witnessing global conflict, use the Triple Win tool of "Perfect Resolution – win, win, win NOW!" as described in more detail below.
4. Understand and apply Universal Law in your own life. Let these laws guide your action.
5. Understand and apply the power of dreaming. Dare to dream of brighter futures that are beneficial to us all.
6. See earth's people as one people living in harmony on one planet rather than as separate races with conflicting cultures. Use the "Perfect harmony all fields now!" mantra whenever you witness conflict knowing that this will call into being other ways of resolving conflict that you may not have thought of.
7. Minimize your dependence on the world's resources by becoming more self-sufficient and taking a lot more of your nourishment from chi or prana. This will aid in the reduction of global warming and help our earth on many levels - from reducing pollution, to saving the rainforests plus reducing our carbon footprints as well as reducing expenditure on health care systems, pharmaceuticals and weapons of war.

Tools & Mantras for Global Harmonization:

- ∞ Imagine 6 billion plus people all holding the intention of "Perfect Harmony all fields NOW!" as they go about their days and when they encounter any conflict. Use this mantra with conviction and see what happens in your life.
- ∞ The Triple-Win Perfect Resolution tool. Whenever you are in a position of conflict or where you are confused as to the right course of action, with a sincere heart request the U.F.I. to bring to you the perfect resolution that will deliver a win, win, win outcome for yourself, others and the world. Then expect the perfect resolution to come and do not indulge in negative or judgmental thinking.

EMBASSY OF PEACE
Personal, Global & Universal Harmonization Programs
<http://www.jasmuheen.com/htm/embassy-peace.asp>
<http://www.selfempowermentacademy.com.au/htm/Embassy-Peace.asp>



EMBASSY OF PEACE DATA & MADONNA PEACE PROGRAM in OTHER LANGUAGES

1. EMBASSY OF PEACE in English PLUS The Madonna Frequency Planetary Peace Program in PDF format. This data has now been incorporated into this manual.
2. VELEPOSLANSTVO:- Embassy of Peace data in Croatian PLUS Planetarni mirovni program 'Frekvencija Madone'.
3. AMBASSADE-VAN-VREDE:- Embassy of Peace data in Dutch PLUS 'De Madonna Frequentie' Planetair Vredesprogramma.
4. RAHU SAATKOND:- Embassy of Peace data in Estonian
5. RAUHAN LÄHETYSTÖ - Embassy of Peace data in Finnish PLUS Madonnavärähtely Planetaarinen Rauhanohjelma.
6. L'AMBASSADE DE LA PAIX:-
7. <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/LAMBASSADE-DELA-PAIX-French.pdf> Embassy of Peace data in French PLUS La Fréquence de la Mère Divine Programme de Paix Planétaire.
8. FRIEDENSBOTSCHAFT:-
<http://www.selfempowermentacademy.com.au/htm/files/e-books-free/EMB-PEACE-FRIEDENSBOTSCHAFT-German.pdf> Embassy of Peace data in German PLUS Friedensprogramm für die Erde in der 'Madonna-Frequenz'.
9. AMBASCIATA DI PACE:- Embassy of Peace data in Italian PLUS Il Programma di Pace Planetaria "La Frequenza della Madonna.
10. 平和使節団 Embassy of Peace data in Japanese PLUS マドンナ周波数'惑星平和プログラム
11. AMBASADA POKOJU:- Embassy of of Peace data in Polish PLUS Planetarny Program Pokoju 'Frekwencji Madonny'.
12. EMBAIXADA DA PAZ:- Embassy of Peace data in Portuguese PLUS Frequência da Mãe Divina' Programa para a Paz Planetária.
13. AMBASADA PACII:- Embassy of Peace data in Romanian PLUS Programul de Pace Planetară al Frecvenței Madonei.
14. ПОСОЛЬСТВО МИРА:- Embassy of Peace data in Russian
15. EMBAJADA DE PAZ - Embassy of Peace data in Spanish PLUS Programa de Paz Planetaria - Frecuencia Madonna.

<http://www.selfempowermentacademy.com.au/htm/peace.asp#LANGUAGES>



Glossary of Terms

Rather than provide a glossary of terms used in this manual, just google whatever word or idea that interests you. As you may have noticed throughout this manual, we have also provided specific links for you to follow and do more in-depth research.

Jasmuheen Background & Books:-

- ∞ Author of 33 books published in 19 languages;
- ∞ Founder of the Embassy of Peace and implementer of its Harmonization Projects
- ∞ Ambassador of Peace for Brazil's Favelas.
- ∞ international lecturer on metaphysics,
- ∞ leading researcher on pranic nourishment;
- ∞ founder of the Self Empowerment Academy ;
- ∞ co-facilitator of the C.I.A. – the Cosmic Internet Academy;
- ∞ publisher
- ∞ President of the Global Congress – Pyramid Valley Bangalore India
- ∞ 1957 – Born in Australia to Norwegian immigrants
- ∞ 1959 – Began focus on vegetarianism
- ∞ 1964 – Began to study Chi
- ∞ 1971 – Discovered the Languages of Light
- ∞ 1974 – Initiated into Ancient Vedic Meditation and eastern philosophy
- ∞ 1974 – Began periodic fasting
- ∞ 1974 – Discovered telepathic abilities
- ∞ 1975 - 1992 – Raised children, studied and applied metaphysics, had various careers
- ∞ 1992 – Retired from corporate world to pursue metaphysical life
- ∞ 1992 – Met the Masters of Alchemy
- ∞ 1993 – Underwent Prana Initiation and began to live on light
- ∞ 1994 – Began 7 year research project on Divine Nutrition and pranic nourishment
- ∞ 1994 – Began global service agenda with the Ascended Masters
- ∞ 1994 – Received the first of 5 volumes of channeled messages from the Ascended Masters
- ∞ 1994 – Wrote *In Resonance*
- ∞ 1994 – Founded the Self Empowerment Academy in Australia
- ∞ 1994 – Began to hold classes in metaphysics and Self Mastery

- ∞ 1994 – Began *The Art of Resonance* newsletter renamed later as *The ELRAANIS Voice*
- ∞ 1995 – Traveled extensively around Australia, Asia and New Zealand sharing Self-Mastery research
- ∞ 1995 – Wrote *Pranic Nourishment (Living on Light) – Nutrition for the New Millennium*
- ∞ 1996 – Invited to present the Pranic Nourishment research to the Global stage
- ∞ 1996 – Began re-education program with the Global Media
- ∞ 1996 – Set up the International M.A.P.S. Ambassadry – Established in 33 countries
- ∞ 1996 – Created the C.I.A. – the Cosmic Internet Academy – a free website to download data for positive personal and planetary progression. Web address:
 - ∞ www.selfempowermentacademy.com.au
- ∞ 1996 - 2001 – Traveled extensively to Europe, the U.K., the U.S.A. and Brazil with the 'Back to Paradise' agenda
- ∞ 1996 - 2004 – Talked about Divine Power and Divine Nutrition to > 900 million via the global media
- ∞ 1997 – Began to set up scientific research project for *Living on Light*
- ∞ 1997 – Began the Our Camelot Trilogy, wrote *The Game of Divine Alchemy*
- ∞ 1997 – Formed the M.A.P.S. Ambassadry Alliance – people committed to global harmony and peace
- ∞ 1998 – International tour to share the Impeccable Mastery Agenda
- ∞ 1998 – Wrote *Our Progeny – the X-Re-Generation*
- ∞ 1999 – Wrote the *Wizard's Tool Box* which later became the Biofields and Bliss Series.
- ∞ 1999 – Wrote *Dancing with my DOW : Media Mania, Mastery and Mirth*
- ∞ 1998 - 1999 – Wrote and published *Ambassadors of Light – World Health World Hunger Project*
- ∞ 1999 – Began contacting World Governments regarding Hunger and Health Solutions
- ∞ 1999 – International tour to share the Blueprint for Paradise
- ∞ 1999 - 2001 – Began M.A.P.S. Ambassadors International Training Retreats
- ∞ 2000 – International tour 'Dancing with the Divine' to facilitate the election of an Etheric Government in 28 key cities and also shared the Luscious Lifestyles Program – L.L.P.
- ∞ 2000 - 2001 – Wrote *Cruising Into Paradise* an esoteric coffee table book
- ∞ 1999 - 2001 – Wrote *Divine Radiance – On the Road with the Masters of Magic and*
- ∞ 2001 – Wrote *Four Body Fitness : Biofields and Bliss Book 1*
- ∞ 2000 - 2001 – Launched the OPHOP agenda One People in Harmony on One Planet
- ∞ 2001 – Wrote the book *Co-Creating Paradise : Biofields and Bliss Book 2*
- ∞ 2001 – Launched Recipe 2000> as a tool to co-create global health and happiness; peace and prosperity for all on Earth
- ∞ 2002 – Launched www.jasmuheen.com with its Perfect Alignment Perfect Action Holistic Education Programs; and its I.R.S. focus to Instigate, Record and Summarize humanity's co-creation of paradise.
- ∞ 2002 – Did the 'Divine Radiance FOUR BODY FITNESS – Unity 2002' World Tour

- ∞ 2002 – Received, wrote and launched *The Madonna Frequency Planetary Peace Program* as the free e-Book, *Biofields and Bliss Book 3*.
- ∞ 2002 - 2003 – Wrote *The Food of Gods*.
- ∞ 2003 – World Tour “Divine Nutrition and The Madonna Frequency Planetary Peace Project”.
- ∞ 2004 – Wrote *The Law of Love* then toured with “The Law of Love and Its Fabulous Frequency of Freedom” agenda.
- ∞ 2005 – Wrote *Harmonious Healing and The Immortals Way*, then toured with the “Harmonious Healing” agenda.
- ∞ 2005 – Began work on *The Freedom of the Immortals Way* plus continued with writing *The Enchanted Kingdom Trilogy & The Prana Program* for Third World Countries.
- ∞ 2005 – Presented THE PRANA PROGRAM to the Society for Conscious Living at the United Nations Building in Vienna – Nov. 2005
- ∞ 2006 – International tour with THE PRANA PROGRAM
- ∞ 2007 – International tour focus on THE SECOND COMING and SECOND CHANCE DANCES.
- ∞ 2007 – Launched THE EMBASSY OF PEACE on 07-07-07 & began training programs for Ambassadors of Peace & Diplomats of Love.
- ∞ 2007 – Released *The Bliss of Brazil & The Second Coming*
- ∞ 2008 – Released *The Enchanted Kingdom Series* after 6 years of writing *The Queen of the Matrix, The King of Hearts and Elysium*.
- ∞ 2008 - Toured with the Future Worlds Future Humans agenda.
- ∞ 2008 – Released the coffee table book *Sacred Scenes & Visionary Verse*
- ∞ 2008 – Began downloading book 4 in the Enchanted Kingdom series.
- ∞ 2009 – Released the Universal Harmonization Program for the Embassy of Peace, focusing on research into extraterrestrial intelligence.
- ∞ 2009 – Released *Meditation Magic*
- ∞ 2009 – Created and released the *Embassy of Peace Programs & Projects Training Manual* for the Embassy’s Ambassadors of Peace and the Diplomats of Love

Jasmuheen’s books are now published in 19 languages.

BOOKS BY JASMUHEEN

A selection of JASMUHEEN'S research manuals can be purchased from
<http://stores.lulu.com/jas-1>

- 1) THE ENCHANTED KINGDOM Trilogy - 3 books in one.
- 2) QUEEN OF THE MATRIX - Fiddlers of the Fields with Jasmuheen (book 1 in the Enchanted Kingdom Trilogy)
- 3) KING OF HEARTS - The Field of Love - with Jasmuheen (book 2 in the Enchanted Kingdom Trilogy)
- 4) ELYSIUM - Shamballa's Sacred Symphony with Jasmuheen (book 3 in the Enchanted Kingdom Trilogy)
- 5) The Food of Gods
- 6) The Law of Love & Its Fabulous Frequency of Freedom
- 7) THE PRANA PROGRAM - Effective & Enjoyable Evolution
- 8) PRANIC NOURISHMENT - Nutrition for the New Millennium
- 9) Ambassadors of Light : World Health World Hunger Project
- 10) The Bliss of Brazil & The Second Coming
- 11) In Resonance
- 12) Divine Radiance - On the Road with the Masters of Magic
- 13) HARMONIOUS HEALING & The Immortal's Way with Jasmuheen.
- 14) Darkroom Diary Downloads & The Freedom of The Immortal's Way
- 15) Cosmic Colleagues – Messages from the Masters
- 16) Biofields & Bliss Trilogy
- 17) Four Body Fitness : Biofields & Bliss
- 18) Co-creating Paradise
- 19) 'The Madonna Frequency' Planetary Peace Program'
- 20) Meditation Magic
- 21) Sacred Scenes & Visionary Verse
- 22) Cruising Into Paradise
- 23) Embassy of Peace Programs

Her other books are currently out of Print.



Embassy of Peace

Personal, Global & Universal
Harmonization Programs & Projects
for the co-creation of
unity and permanent peace on earth.

This manual, by metaphysical author and researcher, Jasmuheen, combines the Luscious Lifestyles Program with its 8 point lifestyle plan, with the Madonna Frequency Planetary Peace Program and adds the Embassy's interdimensional Universal Harmonization Program.

Designed to promote individual and global health and happiness, these programs also promote permanent peace and prepare earth en-mass to enter into higher paradigms.

Covering lifestyle practices, world health and hunger issues, the prana program plus extra-terrestrial realities, and more, this manual also helps in the training of the Embassy's Ambassadors of Peace and Diplomats of Love.

EMBASSY OF PEACE

www.jasmuheen.com



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