



EMBASSY OF PEACE

PERSONAL

HARMONIZATION

PROGRAM



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The Cosmic Internet Academy

PERSONAL HARMONIZATION PROGRAM

EMBASSY OF PEACE
PART 1

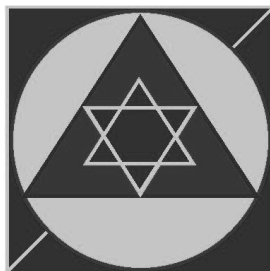
EMBASSY OF PEACE Programs & Projects Manual

PERSONAL HARMONIZATION PROGRAM EMBASSY OF PEACE – Part 1

**THE COMPLETE EMBASSY MANUAL was
First published in February 2009 by
Jasmuheen and the**

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ISBN 978-1-876341-82-4

<http://stores.lulu.com/jas-1>



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.

Note: While also being offered in its entirety at <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/EMBASSY-TOTAL-PROGRAM-2009-web.pdf>; this manual has been split into three separate sections:-

- 1) The Personal Harmonization Program
- 2) The Global Harmonization Program and the
- 3) Universal Harmonization Program

The following deals ONLY with the Personal Harmonization Program.



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:-

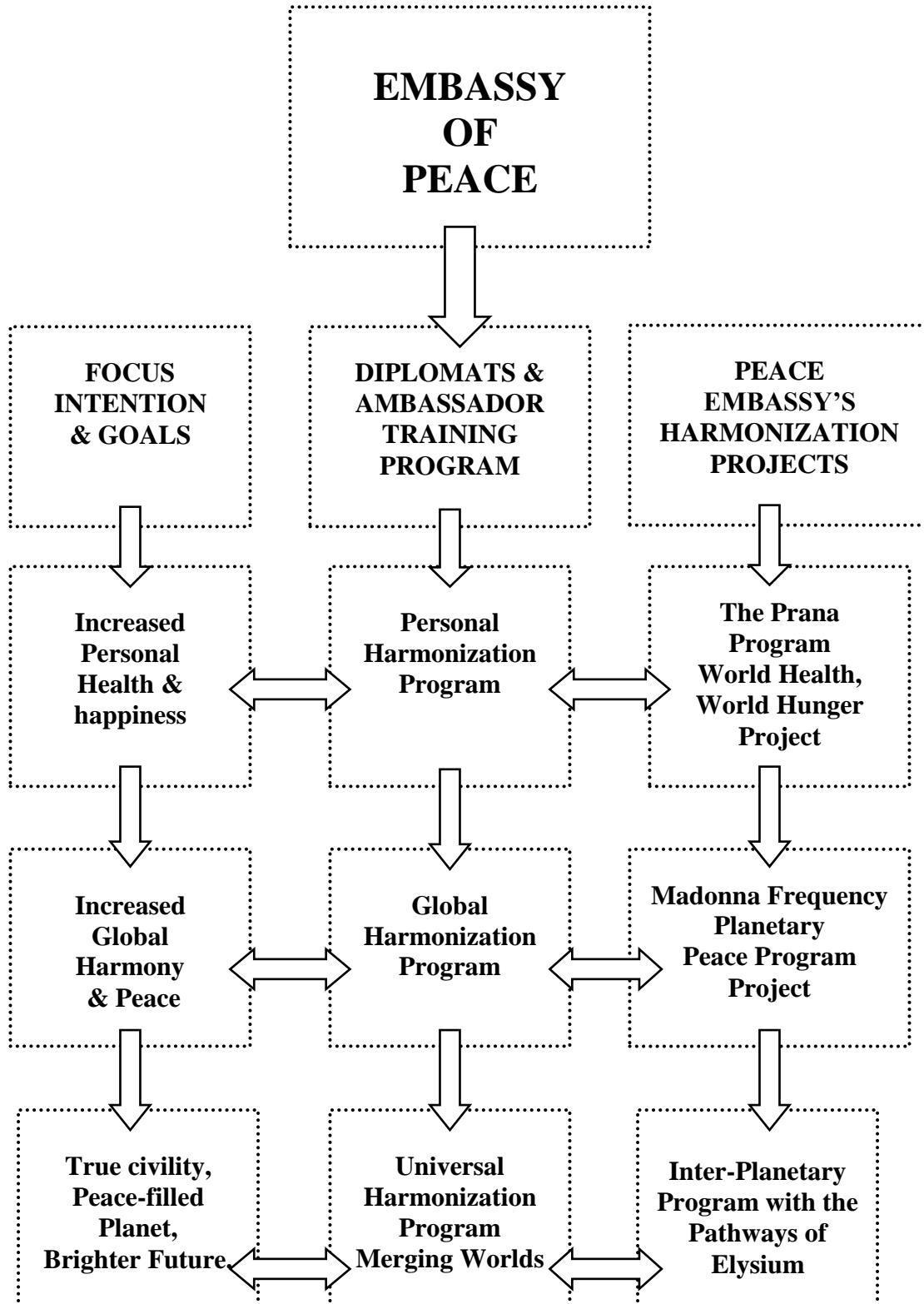
- ♥ The Prana Program Project and
- ♥ The Madonna Frequency Planetary Peace Program Project
- ♥ The Inter-Planetary Project

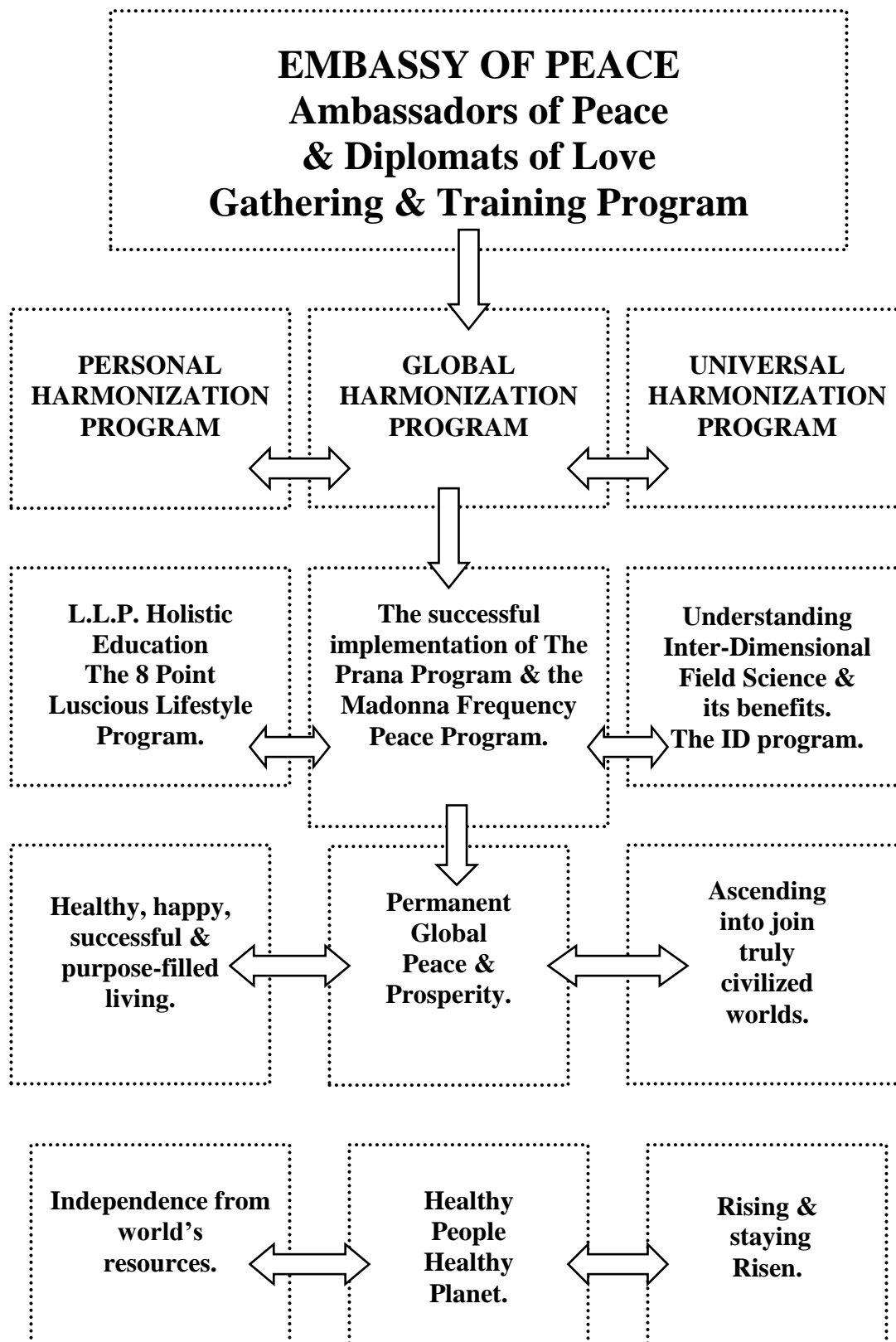
These 3 PROGRAMS with their 3 pragmatic PROJECTS are currently being implemented by many well trained individuals who align with the principles and vision of the EMBASSY OF PEACE. In this manual we now combine the 'what, why and how' so that more can join us. Please note the Embassy is not a cult of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





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



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.

- ❖ 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.

- 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 intelligence quotient) 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 heart’s 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 heart’s 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_h8To&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.

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 ourself, 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

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**

At the Embassy of Peace we also offer indepth data on Universal Law, which when understood, and applied, allow us to operate our lives with greater awareness, joy, ease and Grace.

The three main laws we need to be aware of are:-

1. The Law of One which basically says that we are all cells in one energy body, therefore we are all connected in the matrix and our vibrations continually affect the whole to greater or lesser degrees. What drives or feeds the Law of One, is the Law of Love.
2. The Law of Love states that all life, all atoms, all molecules, all energy fields have come into existence due to the Love of the original force of creation. It also states that when we treat all life with love, honor and respect as if It is part of us, then the Law of Love will magnetize us to Its river of Grace and embrace us back into Itself as one of Its own.
3. The Law of Resonance states that like attracts like, that the universe literally rearranges itself to mirror back to us our own consciousness because energy expands, attracts like frequencies and then comes back to its source of send-out.

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=vn8zAJMU_4&feature=Playlist&p=9CEB4F49B912118E&index=17

MEDITATION

Meditation Magic with Jasmuheen

It is said that meditation is pure and perfect concentration on a pure and perfect point. People are drawn to meditate for many reasons - to enjoy states of deep inner peace, to bathe in the currents of the deepest love that always flows within us, to gain clarity, higher visions and intuitive insights, to become physically, emotionally, mentally and spiritually healthier; to understand and experience the invisible realms of the INNER-NET, some meditate to connect with loving intelligence on the inter-dimensional realms.

Some meditate to download data from the infinite field of love and wisdom, the matrix that supports creation; some people meditate to listen to, and feel, their divine essence, the One that gives us life. Some people meditate to explore and understand the MATRIX OF CREATION with its multi-verses and inter-dimensional realms.

Others meditate to free themselves from limitation via out of body journeying. Via meditation we can reprogram our biological computers and rewire the neural pathways of our brain. Our biological computers are our physical, emotional, mental and etheric energy systems.

Some like to meditate to experience bliss or samadhi ... or to go beyond the plane of thought. Some utilize meditation to harmonize their internal and external energy fields. Meditation can change our brain wave patterns so that we become healthier and happier.

Meditation can provide us with the detachment to act rather than react. Common meditation techniques involve the use of breath, light, creative visualization and sacred sounds. Meditation can also be used to nourish us on many levels and to improve our telepathic abilities.

Focused individual and group meditation can achieve many positive things, including inner and outer lasting peace. Research more to find out how meditation can increase your health and happiness levels; alternatively ask the intelligent and loving universal field to bring you the perfect meditation tools you need. Meditation forms part of the Luscious Lifestyles Program offered by the Embassy of Peace.

Hence we provide the following CD's for you.

Advanced Bioshield Programming - discourse – meditation

Introduction to programming **plus Advanced Bio-shield Codes** and mantras for the violet light cocoon plus creating incorruptible networks via perfect manifestation and mastery.

NOTE: It is recommended that you apply the **Violet Light Cocoon** meditation first to create the cocoon and then apply advanced programming codes.

[Link to YouTube video Introduction to this meditation.](#)

Background music for this meditation by Brian Vale

Angelic Support Systems Meditation A detailed meditation with Jasmuheen connecting with inner plane, higher dimensional support systems - angels, guides & more. Manifesting a Grace-filled life. This guided meditation with Peace Ambassador & channel, Jasmuheen, uses using breath techniques, creative visualization, programming & intention. [Link to YouTube video Introduction to this meditation.](#) Background music for this meditation by Erik Berglund www.erikberglund.com

Akashic Records - Book of Your Life Meditation Accessing the Akashic Records & the book of your life, gaining clarity & insights on virtues & more. Plus fine-tuning to other energy streams to enhance our life today. This guided meditation with Peace Ambassador & channel, Jasmuheen, uses using breath techniques, creative visualization, programming & intention. [Link to YouTube video Intro to this meditation.](#) Background Music by Brian Vale – Modulations

BEingness & Blending Meditation A brief introduction of 3.50 mins followed by a deep guided meditation of 49 minutes, moving through various states of Beingness in the Matrix of Oneness; also blending energies with others in this same frequency field plus more. This guided meditation with Peace Ambassador & channel, Jasmuheen, uses using breath techniques, creative visualization, programming & intention. [Link to YouTube video Intro to this meditation.](#) Background Music by Tom “Beyond”

Christed Healing Initiation Meditation Brief Introduction (5.44 mins) followed by a 1 hour meditation initiation into working with the Cosmic Christed energies where Christed means pure love. This meditation reveals specific mantras for healing & activation that Jasmuheen received in the channeling state in the Amazon jungle in 2006 by the Christed One. This guided meditation with Peace Ambassador & channel, Jasmuheen, uses using breath techniques, creative visualization, programming & intention. [Link to YouTube video Intro & preview to this meditation.](#) Background Music by Tom “Beyond”

Cosmic Cable Health Hook-In Meditation Disc: \$14.95 plus P&H
The Cosmic Cable Health Hook-In meditation is designed to help to improve our health & vitality & to also nourish & rejuvenate the body. This meditation with Jasmuheen uses mind power, the Universal Law of Resonance, alchemical violet light transmissions & more. Background Music by: Brian Vale - Modulations
[Link to YouTube video Intro & preview to this meditation.](#)

Cosmic Connection - Galactic Kin Meditation A meditation with Jasmuheen on connecting with our Galactic Kin in the inter-dimensional realms & to understand how to enjoy harmonious co-existence & higher paradigms. Recorded by Jasmuheen for the Embassy of Peace and its personal, global & universal harmonization programs. [Link to YouTube video Intro & preview to this meditation.](#)

Etheric Pranic Feeding Devices Meditation A detailed meditation using the Higher Light Science & Alchemical practices to create inner plane, etheric body feeding devices to increase and boost our chi flows which can in turn improve health, happiness & harmony levels. Also enhancing our telepathic abilities via pituitary & pineal gland fine-tunement. This meditation with Jasmuheen uses mind power, the Universal Law of Resonance, alchemical violet light transmissions & more. [Link to YouTube video Intro to this meditation - coming soon.](#) **NOTE:** It is recommended that you also apply the **Pranic Nourishment Meditation** with this to get the full benefit of etheric feeding PLUS live the lifestyle recommended in our Food of Gods research Manual. [CLICK HERE](#) for details of this book. Background Music by: Brian Vale - Modulations

Gaia & Indigenous Connection Meditation A beautiful meditation that includes a brief introduction with Jasmuheen on tuning more deeply to the essence of Gaia, our

earth, to live a more harmonious existence with all. Also connecting with the Rainbow Serpent of wisdom & the Indigenous Elders, the dreamweavers and dreamkeepers beyond time to aid in a smoother transition into higher paradigms. Music from the Future Memories album by Amoraëa Dreamseed.

[Link to YouTube video Intro & preview to this meditation.](#)

Holy Ones Connection - Beyond Religion This beautiful audio CD, with Jasmuheen's soothing voice and Erik Berglund's wonderful Harp music, is about tuning in to the streams of consciousness within the Matrix, from where the Holy Ones have come & are now anchored, to gain insight into the purest essence of their teachings and as such this insightful cosmic meditation allows us to transcend religions. [Link to YouTube video Intro to this meditation.](#)

LIFE PURPOSE & PROMISES MEDITATION This album comprises a brief introduction plus a deep meditation going into the Akashic Records to discover the promises we made prior to embodiment regarding our life purpose, our support commitments to our spiritual family and also to ourselves plus recoding more in our Akashic Records book of life. Background music by Marcus - Astronautics. [Link to YouTube video introduction to this meditation.](#)

Love Breath Meditation A new improved version of our best selling "Love Breath Meditation" now includes a specific introduction, the new "Love's Pulse" poem-song channelled by Jasmuheen PLUS new meditation with specific mantras for attunement to the Christed essence of pure nourishment, also designed for group unification. Background Music by Robert Martin. [Link to YouTube video introduction to this meditation.](#)

Organ Message Meditation Improving our mind body connection. Listening to the voice of the body and receiving particular messages from the organs to improve physical and emotional health and vitality plus more. Also rebalancing & recalibrating each organ using violet light nutrition. This guided meditation with Peace Ambassador & channel, Jasmuheen, uses breath techniques, creative visualization, programming & intention. [Link to YouTube video Intro to this meditation coming soon.](#) Background music for this meditation by Erik Berglund www.erikberglund.com

Pranic Nourishment Meditation A relaxing meditation with Jasmuheen on accessing alternate nourishment pranic flows from both the inner plane cosmic particle streams and from nature – connecting with Gaia's heart & the cosmic heart plus some additional programming. Background Music by: Amoraëa Dreamseed "Future Memories"

Produced by Jasmuheen for The Embassy of Peace www.jasmuheen.com

NOTE: It is recommended that you also apply the **Etheric Pranic Feeding Devices Meditation** with this to get the full benefit of etheric feeding PLUS live the lifestyle recommended in our Food of Gods research Manual. CLICK **HERE** for details of this book. [Link to YouTube video Intro to this meditation.](#)

Tantra - Divine Marriage meditation with Jasmuheen. A brief Introduction (1.55 mins) plus a two stage meditation journey with Jasmuheen on Tantra, Divine Marriage & Sacred Sexuality (1.11 hrs) plus opening to & manifesting the perfect experience of Tantra where TANTRA = ONENESS. This guided meditation with Peace Ambassador &

channel, Jasmuheen, uses using breath techniques, creative visualization, programming & intention. Background Music by Tom "Beyond". [Link to YouTube video Intro to this meditation.](#)

Violet Light Cocoon An in-depth meditation with Jasmuheen on the alchemical Violet Light Cocoon - it's benefits & application in fine-tuning ourselves through the Matrix into healthier, happier paradigms, creation & purpose as an external mind & shield of selectivity. [Link to YouTube video Intro to this meditation.](#)

NOTE: This meditation can be followed by and made more powerful by using the **Advanced Bioshield Programming Codes.**

The above meditations plus many more from Jasmuheen can also be downloaded as an MP3 file from our [iTunes store.](#)

**In the next booklet we will address the
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.



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.

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

**For the complete
GLOBAL HARMONIZATION PROGRAM**
Go to:- <http://www.jasmuheen.com/what.asp>

For the UNIVERSAL HARMONIZATION PROGRAM
Go to:- <http://www.jasmuheen.com/what.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 Madonnavärahtely 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.

The complete Embassy of Peace 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.

ISBN 978-1-876341-82-4