



**EMBASSY OF PEACE**

**GLOBAL  
HARMONIZATION  
PROGRAM**

includes

**The Madonna Frequency Planetary Peace Program  
plus The Prana Program Project**



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



# GLOBAL HARMONIZATION PROGRAM

## EMBASSY OF PEACE PART 2

It is recommended that you also read  
our Personal Harmonization Program.

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

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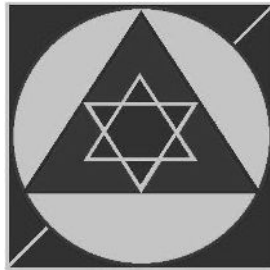
# **EMBASSY OF PEACE Programs & Projects Manual**

GLOBAL HARMONIZATION PROGRAM  
EMBASSY OF PEACE PART 2

**First published in February 2009 by  
Jasmuheen and the**

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**ISBN: 978-1-876341-89-3**

**<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 Global 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

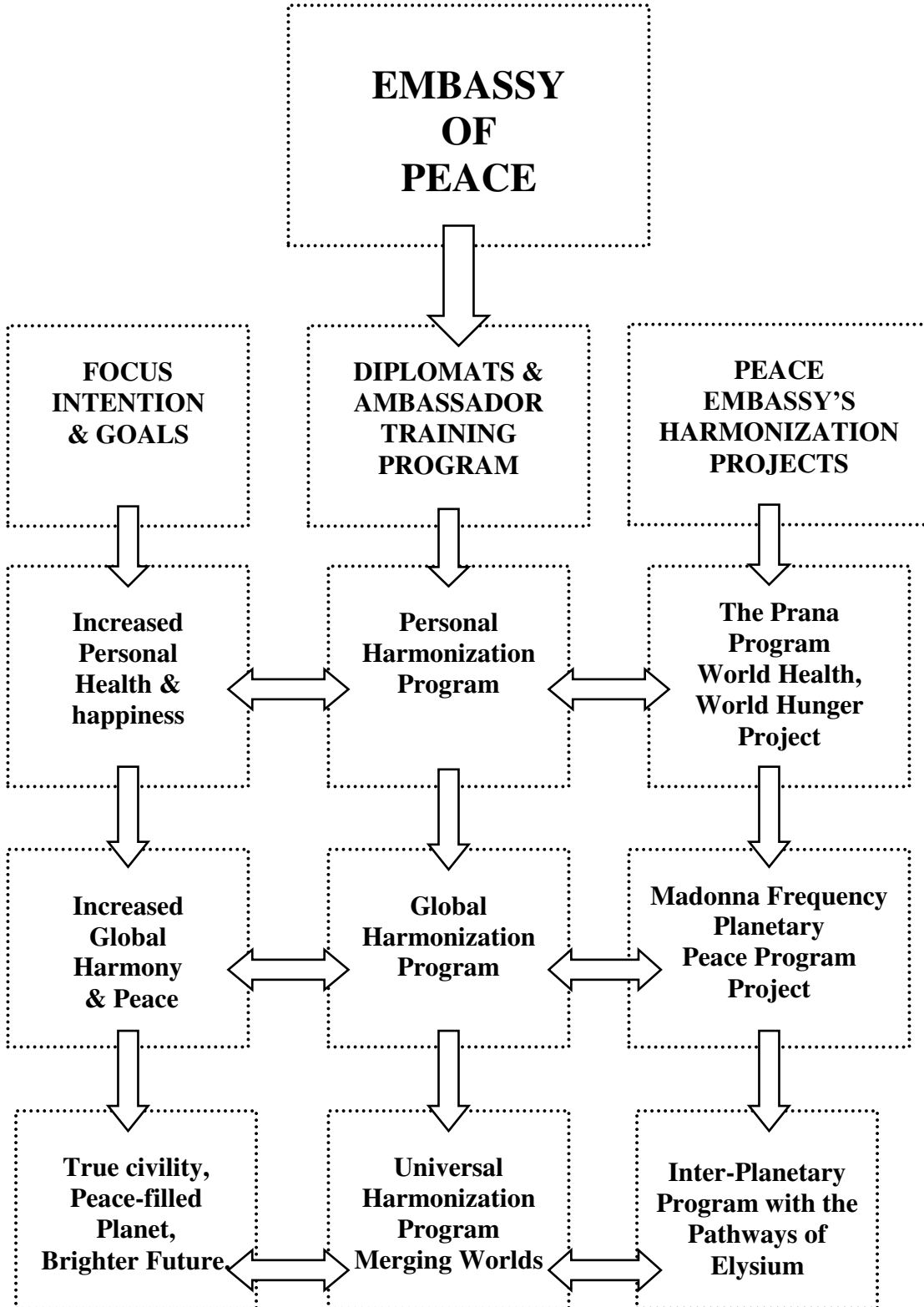
These 3 PROGRAMS with their 3 pragmatic PROJECTS are currently being implemented by many well trained individuals who align with the principles and vision of the EMBASSY OF PEACE. In this manual we now combine the 'what, why and how' so that more can join us. Please note the Embassy is not a cult of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

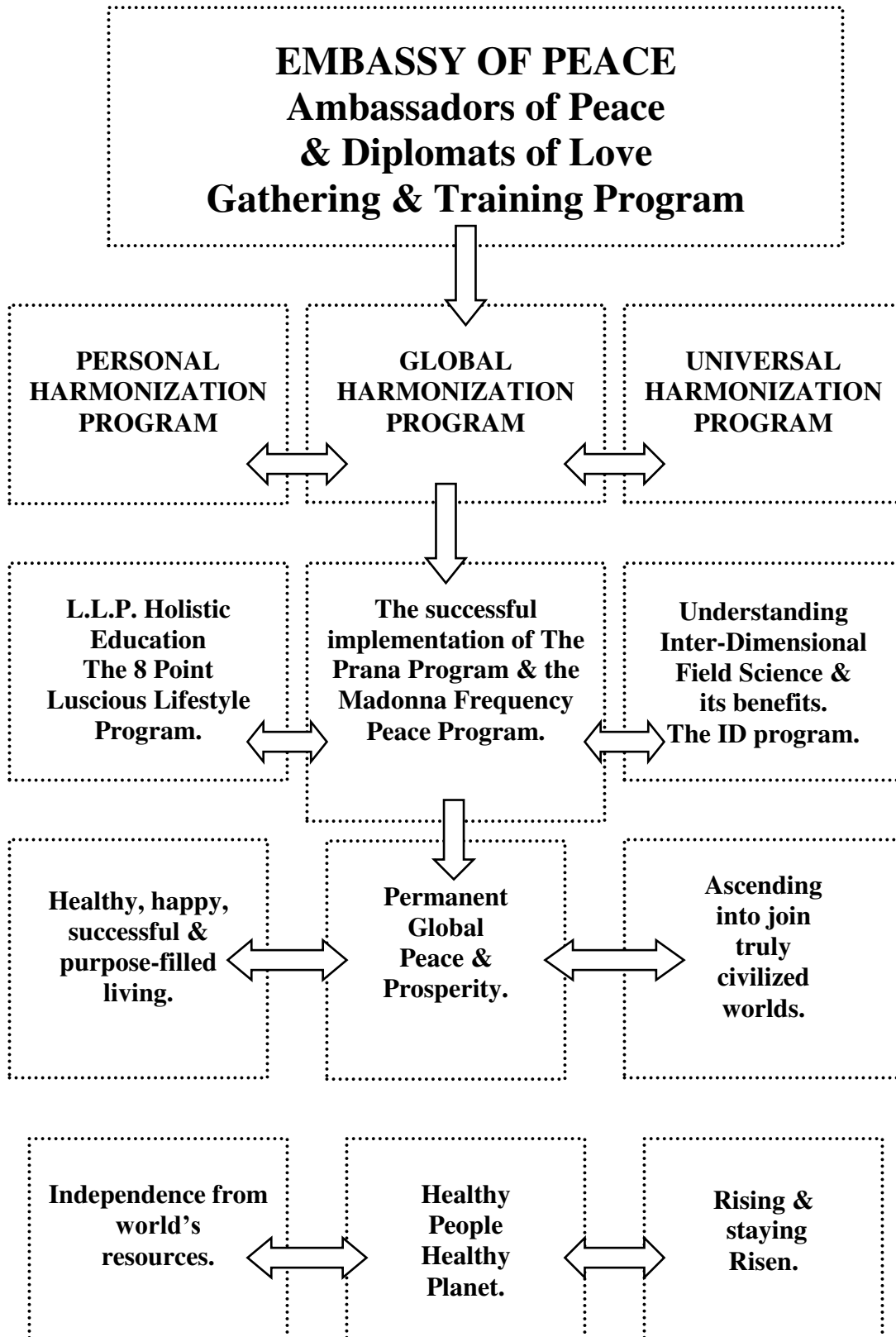
Video link to Embassy of Peace Projects:-

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



## BRIEF SYNOPSIS OF PROGRAMS & PROJECTS





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

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## **GLOBAL HARMONIZATION PROGRAM**

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

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

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



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

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



## GLOBAL HARMONIZATION PROGRAM 1

**Project 1 in our Global Harmonization Program** covers :-

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

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

So what is prana and where does it come from?

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

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

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

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

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

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

**\* VIDEO LINKS:**

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

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

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

At the Embassy we also work with Cosmic particle prana.

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

[http://au.youtube.com/view\\_playlist?p=EA87B2553D485FE1](http://au.youtube.com/view_playlist?p=EA87B2553D485FE1).

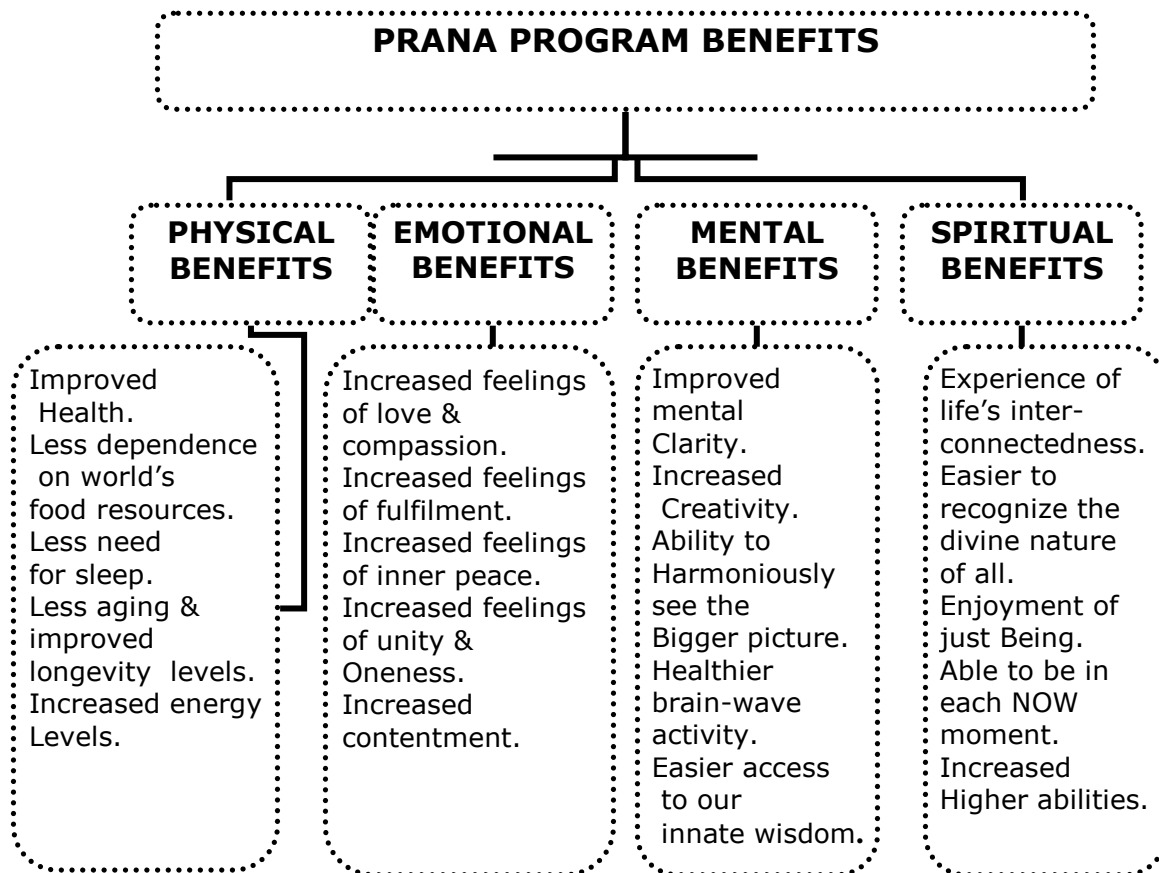
Here you will find the following videos.

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

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

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

### SYNOPSIS





## **PRANIC LIVING**

### **Addressing global health & hunger plus environmental issues**



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

#### Intentions & Outcomes

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

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

#### **Introduction:- Intentions, outcomes and definitions.**

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

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

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

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

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

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

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

***Q: How can this be most easily achieved?***

A: In four ways.

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

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

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

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

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

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

### **THE PRANA PROGRAM for 3rd World communities**

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

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

#### **Part A:-**

#### **MENTAL ATTITUDES, MINDSETS & MISCELLANEOUS QUESTIONS**

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

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

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

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

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

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

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

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

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

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

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

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

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

Apathy separates, constructive compassion unifies.

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

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

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

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

A: There are two levels to consider here.

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

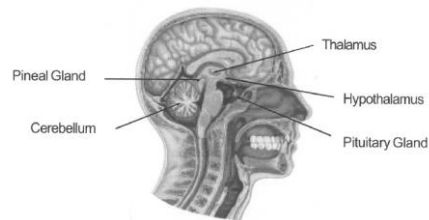
When these are attended to we begin to utilize the 4/5<sup>th</sup>'s of the brain not normally used so we can tap into other levels of ability.

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

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

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

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



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

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

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

**Q: How is this done?**

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

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

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

A: For successful pranic nourishment an attitude that:-

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

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

**Pranic Feeding from Nature:**

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

**Pranic Feeding from Cosmic particles:**

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

**Brain Food Meditation:**

[http://au.youtube.com/watch?v=Uy8op13HR9c&feature=channel\\_page](http://au.youtube.com/watch?v=Uy8op13HR9c&feature=channel_page)

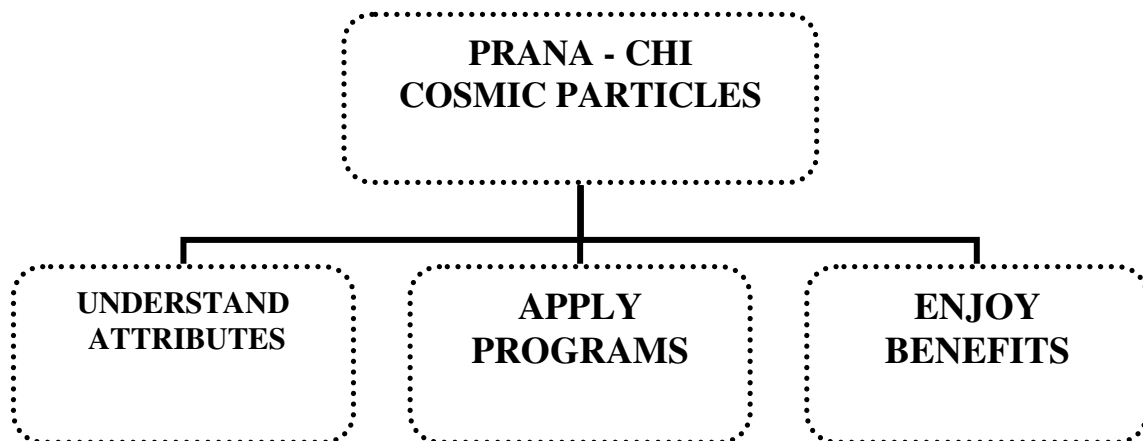
While the Luscious Lifestyles Program sets up a strong magnetic attraction flow for prana, it also rearranges our body's mix of element flow adding more cosmic fire, akasha and astral light to the earth, fire, water air mix that we usually work with in this realm.

Summary:

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

## THE PRANA PROGRAM

### Mental Attitudes



**Part B:-**

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

[http://au.youtube.com/watch?v=c2hI\\_ZmT9rc&feature=PlayList&p=EBDE93758594266D&index=5](http://au.youtube.com/watch?v=c2hI_ZmT9rc&feature=PlayList&p=EBDE93758594266D&index=5) – A brief meditation with Jasmuheen using three powerful mantras for reprogramming the cellular structure of the body and expanding limiting boundaries as we experience more of our divine nature.

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

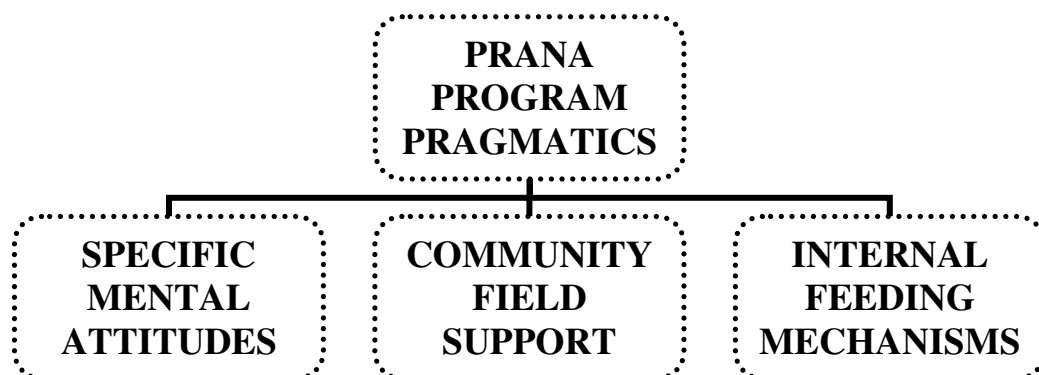
<http://au.youtube.com/watch?v=beRnsumgzn0&feature=PlayList&p=EBDE93758594266D&index=4> A simple meditation with Jasmuheen providing a powerful mantra to nourish our systems and change the energy flow through us and around us.

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

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

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

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



**Part C:-**

**ALTERNATE PRAGMATIC INTERNAL FEEDING MECHANISMS**

**Plus Breathing Rhythms**

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

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

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

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

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

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

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

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

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

***Breath Technique no. 1:***

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

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

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

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

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

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

**Technique no. 2:**

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

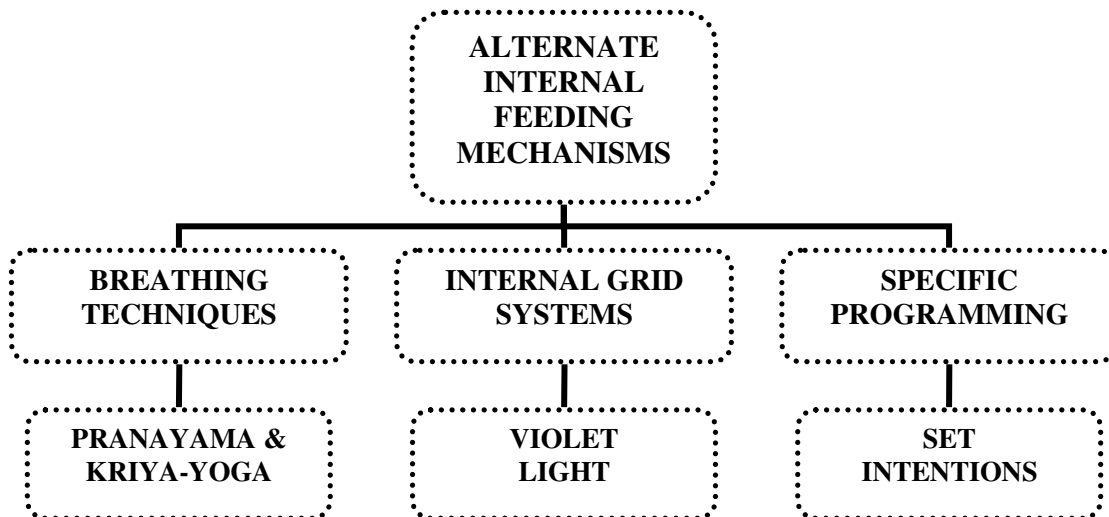
- ☺ Take a few moments and sit in stillness then,
- ☺ Breathe through your nose with deep, fine and connected breaths, no pausing as you inhale then exhale so that you are literally circular breathing.
- ☺ Once you have an even rhythm, move your awareness to the energy behind your breath and just watch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

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

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

**MIND POWER AND BREATHING RHYTHMS**

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



### **INTERNAL FEEDING SYSTEMS**

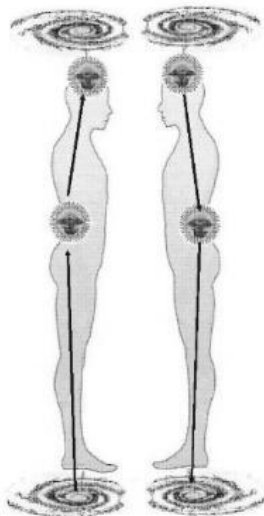
While we offer some more complex internal feeding and hydration systems in my books *The Food of Gods* and *The Law of Love*, I believe that the below is sufficient to begin our prana program within Third World countries. The meditations and visualization processes are simple enough and will be very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

#### ***Pranic System Flush and hydration with breath rhythm:***

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

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

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



- ☺ Next move your mind up to your crown chakra and imagine that all of the thousand petals of the lotus that sits in this chakra are open and that a thousand beams of violet light are radiating from each petal, searching out in a 360 degree direction to connect with and magnetize all the cosmic particles of pure chi energy that you need.
- ☺ Imagine these beams also now anchoring themselves into a vast, nourishing cool blue universal ocean – an ocean of pure hydrating and nourishing chi.
- ☺ Now establish a breathing rhythm where each inhale is connected with each exhale, breathe deep, fine and connected circular breathing.
- ☺ As you breathe in deeply, imagine that you are now drawing in through the soles of your feet, all the nourishing and hydrating liquid that your body needs, draw it from this pool, draw it up through your feet, through your ankles, through your calves, through your bones, through your muscular structure and blood lines and lymphatic system, draw this cooling liquid right up your legs, through the kidneys and your torso and through to the top of your head.
- ☺ Imagining as your mind follows your breath, and you draw it up through your body, that you are flooding your whole system with cool energizing chi filled water that comes from the heart of Mother Earth.
- ☺ Then as you breathe out imagine that as you push your breath gently downwards that you are drawing all the universal water through the beams that are anchored in the lotus in your crown chakra and that
- ☺ you are now sending, directing this universal liquid down through your system.
- ☺ Imagine that it flows through your brain hydrating and nourishing it with this magical cosmic particle violet and blue light liquid,
- ☺ imagine sending it down your throat, into your lungs, filling your lungs and then your heart with nourishing liquid from the universal ocean of pure cosmic particles,
- ☺ imagine it then being pushed gently with your exhale down into your kidneys and intestines, through your sexual organs, then down your legs and into your feet and send these universal streams of liquid light back into the pool.
- ☺ Imagine that as you inhale and exhale that you are literally flushing out your whole system, bringing in the water element of Earth from the pool at your



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

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

***Additional Inner Plane Feeding Codes & Meditation:***

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

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

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

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

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

A VIDEO of the spinning chakra column meditation is at:

[http://au.youtube.com/watch?v=2RySgR2Gcf0&feature=channel\\_page](http://au.youtube.com/watch?v=2RySgR2Gcf0&feature=channel_page)

**Additional mindset programs to use may be:**

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

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

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

## COSMIC PARTICLE FEEDING & HYDRATION

### Exercise



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

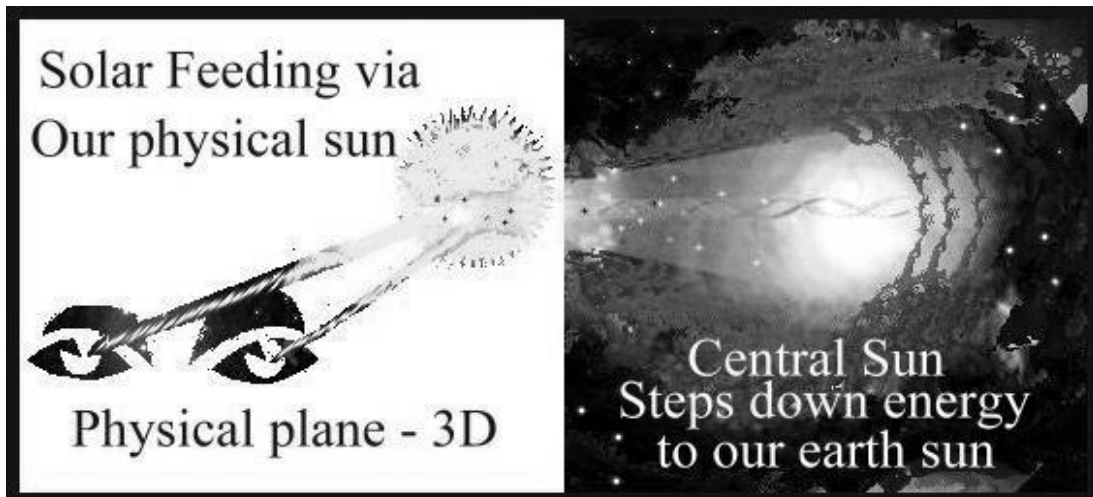
- ♥ will,
- ♥ intention and
- ♥ visualization.

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

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

### Part D:-

## SOLAR FEEDING PROGRAM – Micro Food and Research



**Q: What is solar nourishment?**

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

**Q: Who is HRM and what is micro food?**

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

**Q: What testing has been done with HRM?**

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

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

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

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

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

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

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

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

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

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

**Simple Solar Nourishment Program** (modified by Jasmuheen):-

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

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

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

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

### **ADDITIONAL RESEARCH ON PRANA, BIGU AND HEALING**

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

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

**Q: Are there any documented researched cases of Bigu?**

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

### **OTHER RESEARCH**

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

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

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

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

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

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

### **In Summary:**

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

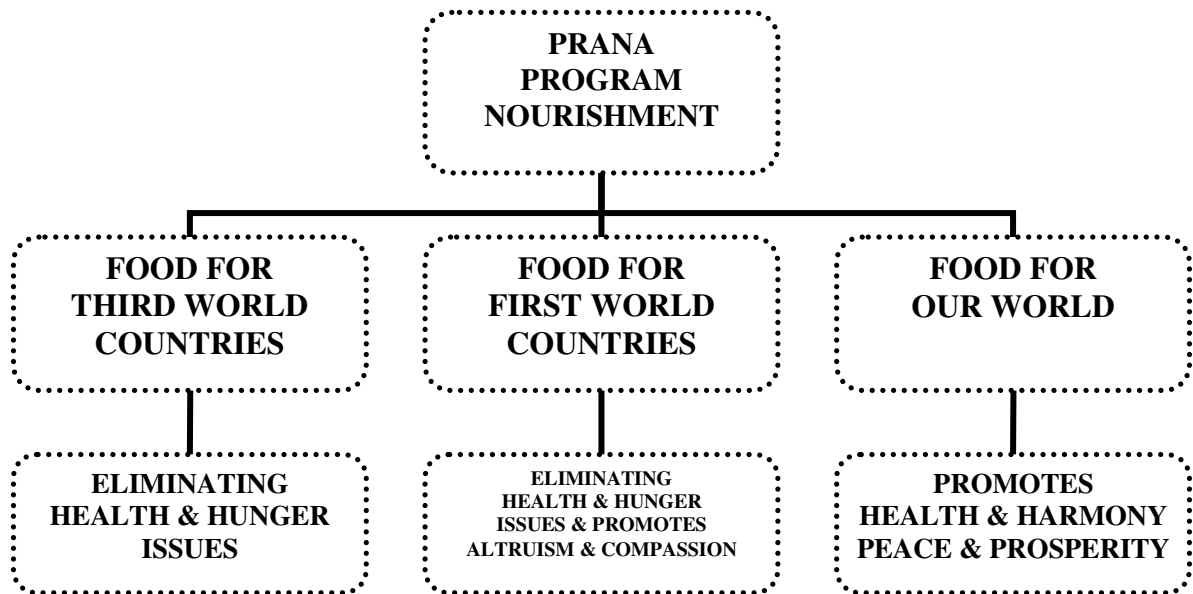
- a) People can healthily survive with minimum calorie intake as in Bigu.
- b) People in war torn areas can find inner resources to sustain them regardless of their circumstances although faith and trust cannot be taught as they come naturally to us through the trials of life.

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

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

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

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



## **OUR ENVIRONMENT – REDUCING OUR CARBON FOOTPRINTS**

### **Part E:- RESOURCE SUSTAINABILITY AND STATISTICS.**

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



## Soil

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

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

## Trees

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

## Rainforests

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

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

## Water

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

### **Petroleum and Energy**

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

### **Sewage Systems**

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

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

### **Part F:-**

#### **RESOURCE REDISTRIBUTION AND AID PROGRAMS.**

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

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

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

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

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

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

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

### **REDIRECTING RESOURCES:**

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

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

### ***Q: How do you suggest that we achieve this?***

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

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

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

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

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

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

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

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

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

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

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

**Summary of The Prana Program:**

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

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

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

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



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



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

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

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

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

Use the sway tool or kinesiology to test.

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

400 understanding & wisdom; 500 love & revelation;

540 unconditional love, oneness & serenity;

600 peace & illumination & perfection;

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

**‘THE MADONNA FREQUENCY’**

**PLANETARY PEACE PROGRAM**

**Biofields and Bliss Book 3**



**jasmuheen**

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

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## **GLOBAL HARMONIZATION PROGRAM – PROJECT NO. 2**

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

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

### **PLANETARY PEACE PROGRAM FOCUS**

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



**Introduction**  
**The Madonna Frequency Planetary Peace Program**

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

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

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

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

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

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

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

Why?

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

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

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

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

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

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

Chant this 3 times with sincerity and conviction.



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

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

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

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

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



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

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

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

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

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

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

The GRACE of 'The Madonna Frequency'

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

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

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

## PART I

### PLANETARY PEACE INVITATION

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

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

#### AGREEMENTS and PROGRAMMING CODES – DOING IT

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

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

**Recommended Action:**

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

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

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

Signed: \_\_\_\_\_

**Recommended Action:**

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

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**Planetary Peace Program no. 2 – for Divine Grace:**

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

Signed: \_\_\_\_\_

**Recommended Action:**

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

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

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

Signed: \_\_\_\_\_

**Recommended Action:**

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

**Planetary Peace Program no. 4 – for Divine Mastery:**

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

Signed: \_\_\_\_\_

**Recommended Action:**

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

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

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

Signed: \_\_\_\_\_

**Recommended Action:**

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



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

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

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

Signed: \_\_\_\_\_

***Recommended Action:***

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

**Planetary Peace Program no. 7 – for Divine Action:**

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

Signed: \_\_\_\_\_

***Recommended Action:***

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

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

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

Signed: \_\_\_\_\_

**Recommended Action:**

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

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

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

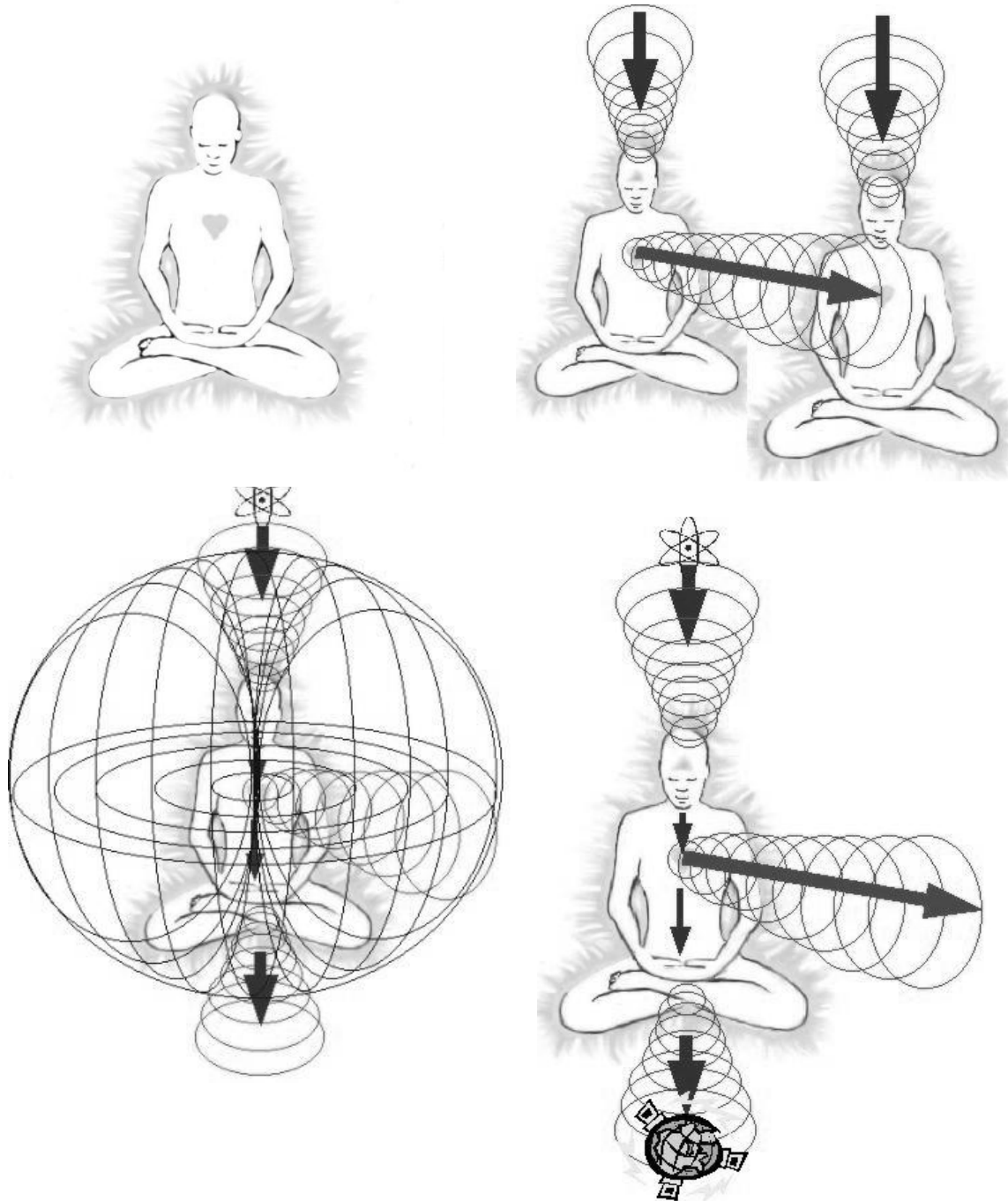
Signed: \_\_\_\_\_

**Recommended Action:**

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

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

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



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



## **PART II**

### **'The Madonna Frequency' Questions, Attitudes, Attributes**

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

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

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

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

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

Who am I?

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

What is the purpose of this life?

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

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

Can we create a more civilized and harmonious world?

What is true civility?

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

What does all life have in common?

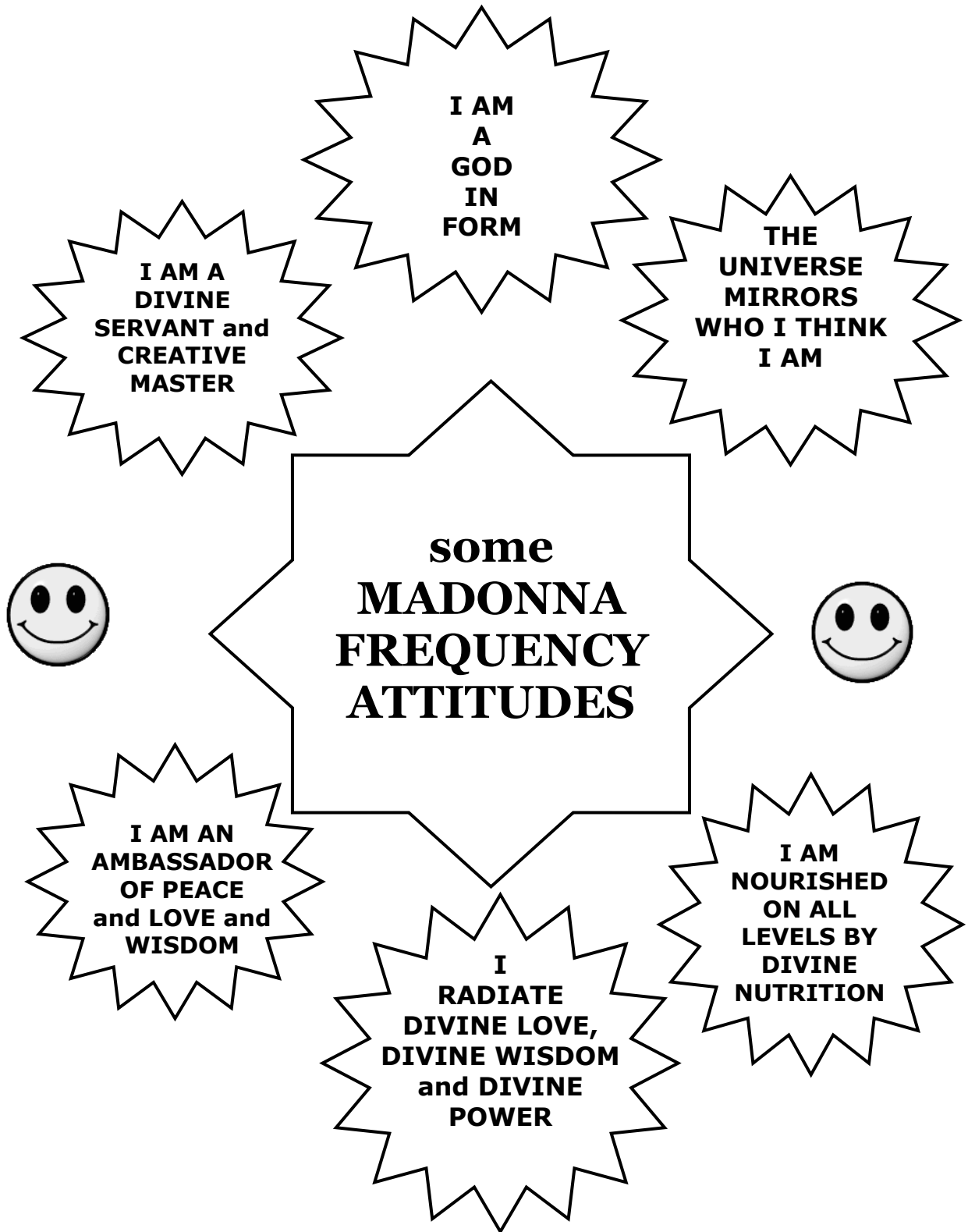
Can we really bridge the worlds? What of religion and science – where is their common ground? Can we take the best of all cultures and focus on what binds us in harmony?  
Can we be respectfully interdependent rather than co-dependant or selfishly independent? What about new fuel and energy systems?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



### **'The Madonna Frequency' Attitudes**

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

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



### **'The Madonna Frequency' Attributes**

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

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

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

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

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



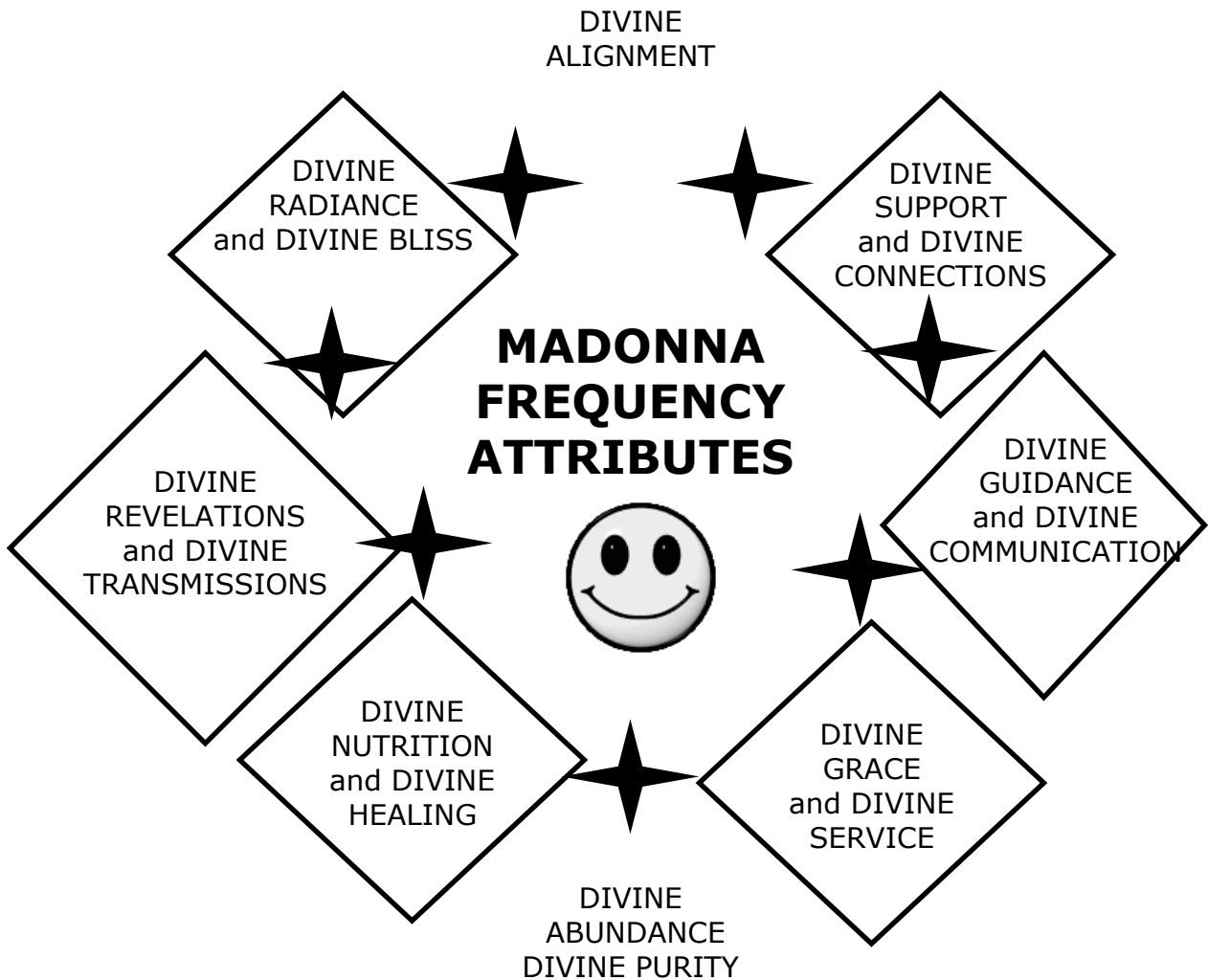
harmonious solutions and PERFECT RESOLUTIONS to those seeking the WIN, WIN, WIN game – the happy me, happy us, happy planet reality. The solutions support the creation of a truly civilized world where the motto is LOVE ALL, RESPECT ALL, HONOR ALL – in memorandum of St Francis of Assisi who always promoted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

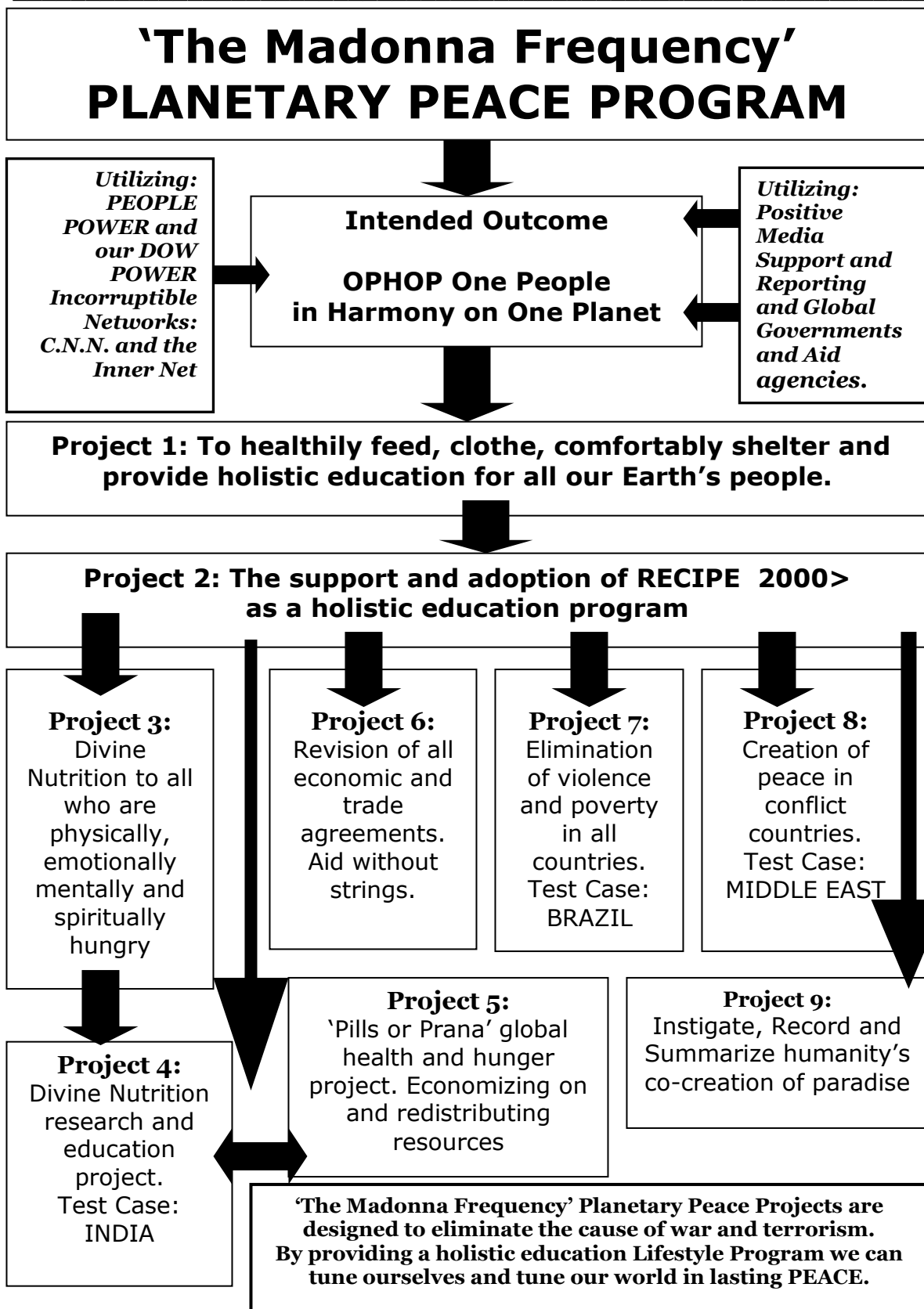
- j) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will be capable of DIVINE COMMUNICATION and hence understand how to bridge the worlds. They will be focused and trained in imprinting the world with some aspect of holistic education such as bridging the worlds of: Religion and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

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

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

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







**Peace Projects 1 – 9**

**MADONNA FREQUENCY PROJECT NO. 1.**

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

***How can an individual help?***

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

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

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

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*Signed:* \_\_\_\_\_

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

**We encourage:**

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

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

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

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

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

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

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

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

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## **MADONNA FREQUENCY PROJECT NO. 2.**

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

**RECIPE 2000>\* is a preventative medicine program.**

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

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

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

***How can an individual help?***

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

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

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

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*Signed: \_\_\_\_\_*

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

***We encourage:***

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



**MADONNA FREQUENCY PROJECT NO. 3.**

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

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

***How can an individual help?***

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

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

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*Signed: \_\_\_\_\_*

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

**We encourage:**



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

#### **MADONNA FREQUENCY PROJECT NO. 4.**

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

##### **TEST COUNTRY: INDIA**

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

##### ***How can an individual help?***

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

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

Signed: \_\_\_\_\_

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

**We encourage:**

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

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

**MADONNA FREQUENCY PROJECT NO. 5.**

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



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

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

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

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

***How can an individual help?***

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

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

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*Signed:* \_\_\_\_\_

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

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

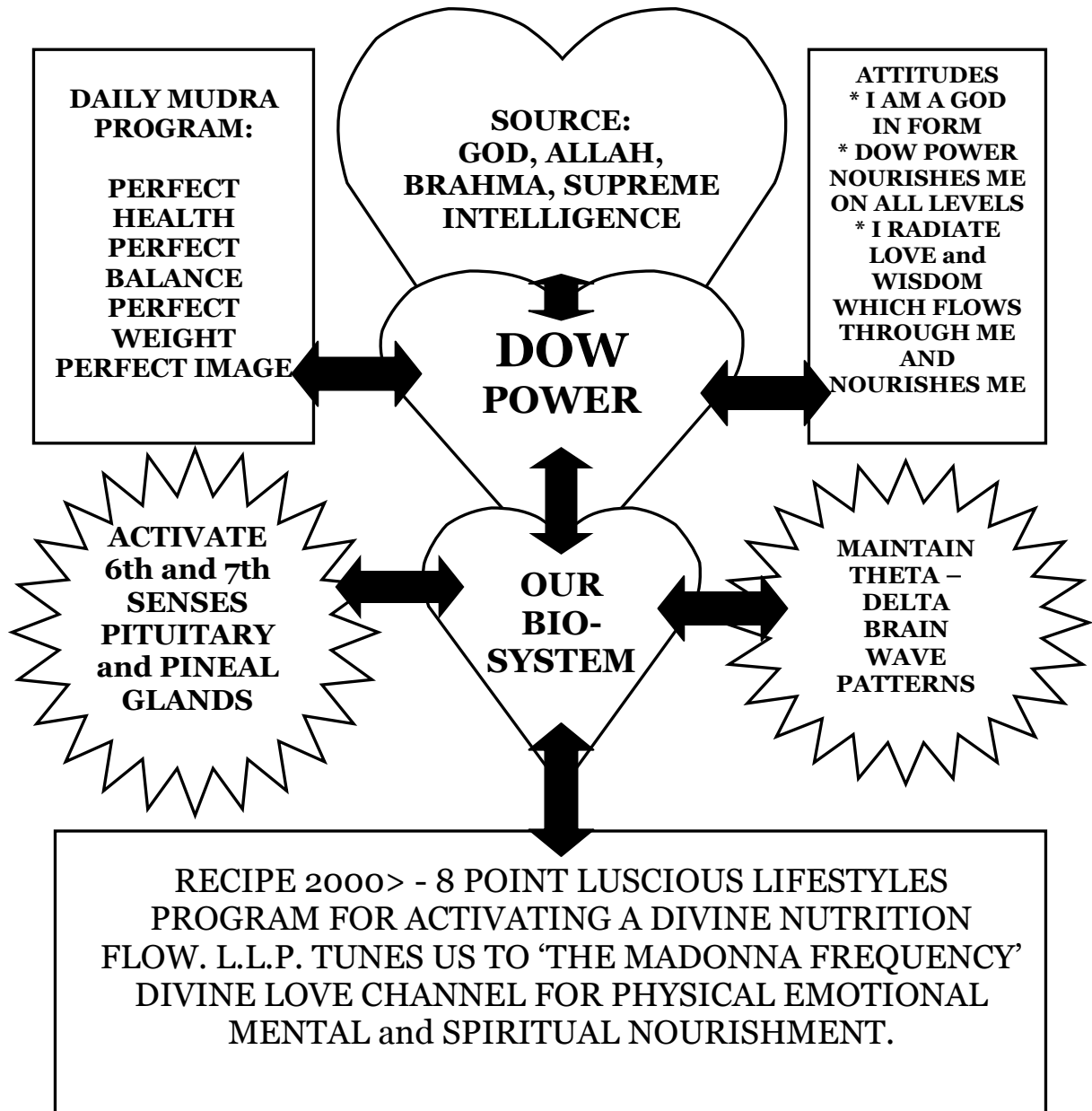
- ❖ We encourage Research \$\$\$ to be spent on proving and sharing the benefits of RECIPE 2000>
- ❖ We encourage the adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools and get, and keep, themselves health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

To those interested in Divine Nutrition, go to  
<http://www.selfempowermentacademy.com.au/htm/cia-education.asp#prana-research>  
for all our books on the Divine Nutrition series and more details on alternative nourishment.



# Divine Nutrition

for perfect nourishment



## **MADONNA FREQUENCY PROJECT NO. 6.**

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

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

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

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

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

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

***How can an individual help?***

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

**THEN ALSO:**

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

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

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*Signed: \_\_\_\_\_*

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

**We encourage:**

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

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

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### **MADONNA FREQUENCY PROJECT NO. 7.**

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

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

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

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

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

**Project 7 above will also help this.**

***So how can we help in the West?***



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

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

**And also:**

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

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

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*Signed: \_\_\_\_\_*

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

**We encourage:**

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

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

**VIDEOS – Link to Playlist** on Jasmuheen’s work in Brazil’s favelas - insights and suggestions. [http://au.youtube.com/view\\_playlist?p=CBCC1EBA3979380E](http://au.youtube.com/view_playlist?p=CBCC1EBA3979380E)

### **MADONNA FREQUENCY PROJECT NO. 8.**

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

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

#### ***How can an individual help?***

We invite you to join this focus by:

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

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

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

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Signed: \_\_\_\_\_

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

**We encourage:**

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

**MADONNA FREQUENCY PROJECT NO. 9.**

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

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

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

***How can an individual help?***

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

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

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

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

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

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*Signed:* \_\_\_\_\_

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

***We encourage:***

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

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



#### **PART IV**

#### **RECIPE 2000> RECOMMENDED LIFESTYLE**



#### **As outlined in detail in our Personal Harmonization Program.**

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

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

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



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

### **GLOBAL PARADISE – CURRENT STATUS**

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

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

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

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

### **PLANETARY POSITIVES**

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

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

### **WORLD HUNGER**

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

### **GLOBAL HEALTH and LONGEVITY**

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

The program

**“DOW, PERFECT HEALTH, PERFECT BALANCE,  
PERFECT WEIGHT, PERFECT IMAGE, NOW.”**

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

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

### **OUR FAITH and SPIRITUAL FITNESS**

Statistics share that:

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

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

#### **THE ENVIRONMENT:**

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

What else does Lonborg say about air pollution?

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

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

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



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

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

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

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

### **MILITARY MIGHT**

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

### **RE-EDUCATION**

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

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

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

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

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

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

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

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

### **New Millennium Guidelines for Peace**

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

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

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### **Launching 'The Madonna Frequency' Planetary Peace Program**

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

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

## INCORRUPTIBLE NETWORKS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

~ end of declaration ~

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

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

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

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### **M.A.P.S. VISIONS and AGENDAS**

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

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

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

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

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



### **GLOBAL & UNIVERSAL HARMONIZATION PROGRAM 3**

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

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



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

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

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



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

A brief look at these five fields:-

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**LINKS TO VIDEOS ON UNIVERSAL LAWS:-**



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

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

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

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

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

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

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

[http://au.youtube.com/watch?v=vnH8zAJMU\\_4&feature=PlayList&p=9CEB4F49B912118E&index=17](http://au.youtube.com/watch?v=vnH8zAJMU_4&feature=PlayList&p=9CEB4F49B912118E&index=17)

**For the PERSONAL HARMONIZATION PROGRAM**

**Go to:-** <http://www.jasmuheen.com/what.asp>

**For the UNIVERSAL HARMONIZATION PROGRAM**

**Go to:-** <http://www.jasmuheen.com/what.asp>



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

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

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

- ∞ Will we suddenly find ourselves existing in another dimension with other beings of advanced consciousness?
- ∞ If so who are they?
- ∞ What are the Universal Nations?
- ∞ Who are the Lords of Peace?
- ∞ What is the Intergalactic Federation of World's Council?
- ∞ How evolved do we need to be to attract the most supreme Cosmic Colleagues to us from within the web of life?
- ∞ Is there a science to explain the existence of Beings of Light?
- ∞ What is the paradigm of Divine marriage and how does it help to create a peace-filled world?

Also as Extraterrestrial existence has now been acknowledged via many sources, then:-

- ∞ What is Exopolitics and what has C.S.E.T.I. discovered?
- ∞ What are portals of possibility?
- ∞ What is the difference between wise Beings of Light and Extraterrestrials with advanced technology?
- ∞ How do we integrate peacefully with each other on Earth and within the interdimensional realms with extraterrestrial intelligence?

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

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

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



## **EMBASSY OF PEACE DATA & MADONNA PEACE PROGRAM in OTHER LANGUAGES**

1. EMBASSY OF PEACE in English PLUS The Madonna Frequency Planetary Peace Program in PDF format. This data has now been incorporated into this manual.
2. VELEPOSLANSTVO:- Embassy of Peace data in Croatian PLUS Planetarni mirovni program 'Frekvencija Madone'.
3. AMBASSADE-VAN-VREDE:- Embassy of Peace data in Dutch PLUS 'De Madonna Frequentie' Planetair Vredesprogramma.
4. RAHU SAATKOND:- Embassy of Peace data in Estonian
5. RAUHAN LÄHETYSTÖ - Embassy of Peace data in Finnish PLUS Madonnavärähtely Planetaarinen Rauhanohjelma.
6. L'AMBASSADE DE LA PAIX:-
7. <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/LAMBASSADE-DELA-PAIX-French.pdf> Embassy of Peace data in French PLUS La Fréquence de la Mère Divine Programme de Paix Planétaire.
8. FRIEDENSBOTSCHAFT:-  
<http://www.selfempowermentacademy.com.au/htm/files/e-books-free/EMB-PEACE-FRIEDENSBOTSCHAFT-German.pdf> Embassy of Peace data in German PLUS Friedensprogramm für die Erde in der 'Madonna-Frequenz'.
9. AMBASCIATA DI PACE:- Embassy of Peace data in Italian PLUS Il Programma di Pace Planetaria "La Frequenza della Madonna.
10. 平和使節団 Embassy of Peace data in Japanese PLUS マドンナ周波数'惑星平和プログラム
11. AMBASADA POKOJU:- Embassy of of Peace data in Polish PLUS Planetarny Program Pokoju 'Frekwencji Madonny'.
12. EMBAIXADA DA PAZ:- Embassy of Peace data in Portuguese PLUS Frequência da Mãe Divina' Programa para a Paz Planetária.
13. AMBASADA PACII:- Embassy of Peace data in Romanian PLUS Programul de Pace Planetară al Frecvenței Madonei.
14. ПОСОЛЬСТВО МИРА:- Embassy of Peace data in Russian
15. EMBAJADA DE PAZ - Embassy of Peace data in Spanish PLUS Programa de Paz Planetaria - Frecuencia Madonna.

<http://www.selfempowermentacademy.com.au/htm/peace.asp#LANGUAGES>



## Glossary of Terms

Rather than provide a glossary of terms used in this manual, just google whatever word or idea that interests you. As you may have noticed throughout this manual, we have also provided specific links for you to follow and do more in-depth research.

## Jasmuheen Background & Books:-

- ∞ Author of 33 books published in 19 languages;
- ∞ Founder of the Embassy of Peace and implementer of its Harmonization Projects
- ∞ Ambassador of Peace for Brazil's Favelas.
- ∞ international lecturer on metaphysics,
- ∞ leading researcher on pranic nourishment;
- ∞ founder of the Self Empowerment Academy ;
- ∞ co-facilitator of the C.I.A. – the Cosmic Internet Academy;
- ∞ publisher
- ∞ President of the Global Congress – Pyramid Valley Bangalore India
- ∞ 1957 – Born in Australia to Norwegian immigrants
- ∞ 1959 – Began focus on vegetarianism
- ∞ 1964 – Began to study Chi
- ∞ 1971 – Discovered the Languages of Light
- ∞ 1974 – Initiated into Ancient Vedic Meditation and eastern philosophy
- ∞ 1974 – Began periodic fasting
- ∞ 1974 – Discovered telepathic abilities
- ∞ 1975 - 1992 – Raised children, studied and applied metaphysics, had various careers
- ∞ 1992 – Retired from corporate world to pursue metaphysical life
- ∞ 1992 – Met the Masters of Alchemy
- ∞ 1993 – Underwent Prana Initiation and began to live on light
- ∞ 1994 – Began 7 year research project on Divine Nutrition and pranic nourishment
- ∞ 1994 – Began global service agenda with the Ascended Masters
- ∞ 1994 – Received the first of 5 volumes of channeled messages from the Ascended Masters
- ∞ 1994 – Wrote *In Resonance*
- ∞ 1994 – Founded the Self Empowerment Academy in Australia
- ∞ 1994 – Began to hold classes in metaphysics and Self Mastery

- ∞ 1994 – Began *The Art of Resonance* newsletter renamed later as *The ELRAANIS Voice*
- ∞ 1995 – Traveled extensively around Australia, Asia and New Zealand sharing Self-Mastery research
- ∞ 1995 – Wrote *Pranic Nourishment (Living on Light) – Nutrition for the New Millennium*
- ∞ 1996 – Invited to present the Pranic Nourishment research to the Global stage
- ∞ 1996 – Began re-education program with the Global Media
- ∞ 1996 – Set up the International M.A.P.S. Ambassadry – Established in 33 countries
- ∞ 1996 – Created the C.I.A. – the Cosmic Internet Academy – a free website to download data for positive personal and planetary progression. Web address:
  - ∞ [www.selfempowermentacademy.com.au](http://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](http://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: 978-1-876341-89-3**