



**EMBASSY OF PEACE**  
**UNIVERSAL**  
**HARMONIZATION**  
**PROGRAM**



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

UNIVERSAL HARMONIZATION PROGRAM  
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# **UNIVERSAL HARMONIZATION PROGRAM**

## **Part 3 of the Embassy of Peace Program**

To understand the complete program of the Embassy of Peace, it is recommended that you also read our:-

- Personal Harmonization Program
- Global Harmonization Program

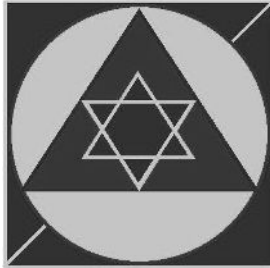
## **EMBASSY OF PEACE Programs & Projects Manual**

UNIVERSAL HARMONIZATION PROGRAM  
EMBASSY OF PEACE – Part 3

First published in February 2009 by  
Jasmuheen and the

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**ISBN 978-1-876341-83-1**

<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

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- 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 Universal Harmonization Program plus a small amount of data from our Global Inter-planetary Program that is relevant to this section.**



### **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 – as covered in this booklet.**

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 – as covered in this booklet.**

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>





**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 into 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 Childe 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)

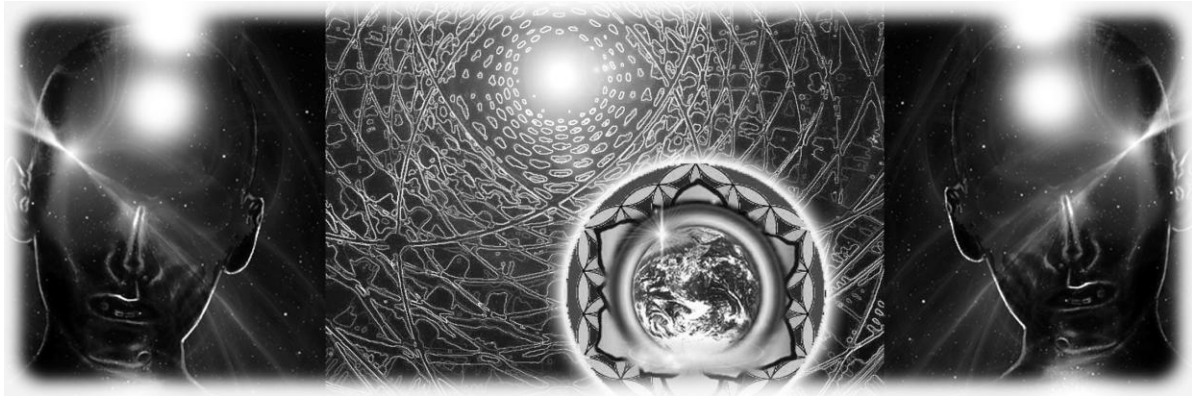


“Something happens to an individual who sits still in silent meditation over time. Other, more subtle energy planes – or dimensions – can eventually open and reveal an experiential awareness of many alternate realms.

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

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

Jasmuheen



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

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



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

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

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

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

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

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

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

This manual and the UHP videos at our YouTube Playlist link [http://au.youtube.com/view\\_playlist?p=9CEB4F49B912118E](http://au.youtube.com/view_playlist?p=9CEB4F49B912118E) shares a series of videos covering extraterrestrial intelligence, beings of light, universal law, telepathy, earth's future evolution and more as Jasmuheen and the Embassy of Peace help to prepare humanity for emerging into higher realms of consciousness. This Playlist also offers meditations to expand our own consciousness so we can connect with beings of light from the interdimensional realms.

While organizations such as C.S.E.T.I. – The Center for the Study of Extraterrestrial Intelligence are doing their own work into the search for extraterrestrial intelligence, this data from The Embassy of Peace will add another more metaphysical layer to this research.

In our Universal Harmonization Program we will include various articles plus video links to our own and other people's insights, and we will also cover the interdimensional field science viewpoint and answer various questions raised by C.S.E.T.I. and others. Steven Greer of C.S.E.T.I. – the Centre of Study for E.T. Intelligence once said: "It is an understatement to say that the time has arrived for a serious and open international dialogue regarding the possibility of future interplanetary relations. In no other area of human experience has so much evidence existed for so long, and yet been attended by such a paucity of serious research and analysis – at least in the civilian domain. I was once asked at a conference what was the most astounding aspect of this subject, and I replied that, while the subject matter itself is extraordinary, it is the absence of a serious human response to it that is most extraordinary."

The Universal Harmonization Program is designed to fulfil this need as the Embassy of Peace now steps up to fill this role. It is our intention to offer good quality research and protocol for harmonious integration and our work will focus on providing this via this manual.

But before we begin I would like to share a little more about my own background with telepathic communication with various Beings of Light.



## **UNIVERSAL HARMONIZATION PROGRAM - PART 1** **DATA TO CONTEMPLATE - A PERSONAL EXPERIENCE**

**August 14<sup>th</sup>, 2008, Sunshine Coast, Australia**

It is autumn, mid afternoon and I am sitting on my veranda in a hanging rainbow coloured swinging chair, weightless. I'm surrounded by a cacti garden and a few Indian statues that have been activated to add very specific frequencies into the surrounding energy field. Birds are singing in the nearby trees and I begin the process of deep fine connected breathing and focus my mind on the chant "I AM LOVE"; intoning silently "I AM" on the inhale and "love" on the exhale, chanting slowly in rhythm with my breath. Specific music plays gently in the background which synchronizes both hemispheres of my brain and allows me to go quickly into the Theta brain wave pattern where intuitive insight is always easier.

My body begins a process of subtle realignment and I feel an energy flow rising up my spine then pulsing through my being as it floods my cells with love. Joy saturates me, overflowing champagne-like as inner plane doors begin to open and my whole body is realigned into another realm and then it begins.

It's as if someone has pushed a button in a high speed elevator where doors open at every floor to allow an influx of energy from each level to move through me. It happens in an instant in the most harmonious dance as golden waves of iridescent light flood through every level of my being, recalibrating me so that I have perfect access through the most amazing interdimensional realms. It feels as if every part of me knows what is happening and why and how to realign and merge perfectly and so I let go and enjoy the flow. Intuitively I telepathically begin to connect in with the Light Beings that exist in each realm and yet it feels more like collective groups of consciousness rather than individual streams of intelligence. All are at peace, all feel so loving, so welcoming, encouraging me to open further, expand my heart and flow on.

Every step along the way into this field I feel myself intuitively claiming a new space within these realms, acknowledging my place within them and that I already exist there as part of them, as if I am a traveller reconnecting with another part of myself in a realm that I left behind on my descent to Earth's world. Finally there is a mass explosion within as if I have been dissolved into billions of cosmic particles and in the most loving way I melt into a field of energy that defies description and yet it helps to know they are there. It benefits us all to understand about what I call portals of possibility that are revealed as we explore our innate potential for harmonious co-existence within the worlds.

I cannot find the words to describe anymore except to say that all was done, all is done, all is acknowledged and locked in with spaces claimed, programs and intentions pronounced and clarified and everything enjoyed. Nor can I describe the experiential wonder of these inner plane realms of the interdimensional worlds and what happens within us when we find the key to such kingdoms. Do we find the keys or do the keys find us? How do we stumble upon such places or is it a result of magnetic attraction where like attracts like and when we are ready these experiences simply appear? I feel as if I have magically stumbled into the most advanced civilization of futuristic humans and that Earth and her people are destined to all also enter this zone. I don't know how I know this but I do with every fibre of my being. It also feels as if I am just part of an scouting team that has been unexpectedly pulled into this zone and that every time I dive deep into meditation something incredible occurs for we have entered into such special times of revelation.

I have been in the presence of some amazing beings of light before where my whole system rejoiced in celebration at the encounter but never have I been among so many. There are realms with layers and levels within levels as I move through the dimensions until finally settling into a space of such Oneness where all feels so whole. A kaleidoscope of colour, sounds and movement flow around me for all are just energy beams that have both an individual and also a collective consciousness, that is expressed beyond words. All of this blinks in and out of existence holographically around me while constantly changing with the pulse of my intuitive recognition radiating pure love and perfect peace and constant joy.

∞

How this type of experience is possible to have – without the use of a mind altering substance except meditation – is something we will cover in this next part of our program.

∞

I am told that part of the success of my book "*In Resonance*" is that we combined my personal stories with good research from a large variety of metaphysical sources. Many love the 'human' touch of stories as its makes things more relatable, so we will continue to use this format here as we introduce our Universal Harmonization Program.

Another reason for the addition of personal stories is that we are now delving into realms of reality that so far have very little scientific background of support. This is because contact with the Beings of Light of the interdimensional realms is accessed via an expansion of our own consciousness, and while we covered things like telepathy and universal law in the "*In Resonance*" manual, we will of course add this data here in context with this new program.

Basically interdimensional communication happens naturally when we tune to specific channels, just like television. If we cannot access the frequency band that these realities are beaming through, then we cannot have an experiential connection and have to rely instead on mental paradigms. Still whether these ideas are based on a



personal experience or stay just as a mental possibility, education removes ignorance and also its companion of fear.

In 1974, shortly after I was instructed in the art of meditation, I began to receive telepathic imprints from people I knew who had died and wanted me to pass messages on to their loved ones. These messages were so clear and came with such an energy that it was impossible to accept them as anything other than telepathic messages from another realm.

In 1987, after a decade of regular meditation, I started to receive telepathic contact with Biblical figures such as Elias and Elijah who provided very basic insights that helped me in my own life. These uplifting messages were always to do with the power of faith, trust and love and I found when I accepted and applied these insights my life experience improves.

In the early nineties I entered into a decade of almost daily telepathic contact with the Ascended Masters during which I received very clear communication with a group called the Intergalactic Federation of Worlds Council (I.G.F.W.C.). While I had had contact with this group before, it was not until I underwent a particular spiritual initiation that this contact became regular. It was these Beings of Light who brought through the initial processes that have allowed many people to now live purely on prana and be free from the need to consume physical food.

The Intergalactic Federation of Worlds Council (I.G.F.W.C.) is similar in function to the United Nations in that one of its programs is to keep an eye on the development of various planets particularly when the planet's inhabitants choose to evolve in a more civilized manner and move beyond the creation of war, poverty and violence. Connecting telepathically via our meditations and via the dreamtime, many meditators have been receiving conscious or subconscious communication with the I.G.F.W.C. for some time.

At the beginning of the new millennium I began to download from the Universal Field of Infinite Intelligence (the U.F.I.) the Enchanted Kingdom series, which although written as fiction is based on a very specific interplanetary education program. I mention this as some of you may prefer to read more of this in fictional form. If so you may wish to download our Enchanted Kingdom series which covers these realities in another way. (The link to more data re this series is <http://www.lulu.com/content/2453011> )

In 2002 over a two month period I also received the Madonna Frequency Planetary Peace Program. Later in February 2007 I connected with the Lords of Peace in the 5<sup>th</sup> dimensional Venus sector and was guided to later establish the Embassy of Peace, on the 07-07-07, for the purposes outlined in this manual. At the end of 2007, again in meditation I heard the loudest voice with the clearest telepathic message that simply stated: *Prepare them for Contact.*

This statement raises many issues, as before we can have contact with the type of Light Beings that are beneficial for us to connect with; we need to have deep experiential contact with our own Divine nature as it is the connecting force or bridge for interdimensional access. Contact with and understanding our own divine nature is

something that my previous 26 metaphysical manuals have always focused on. Being guided intuitively by the Divine One Within us is also the answer to maintaining sovereignty and independence as world's merge.

*"Prepare them for contact"* also means providing educational data so that we can understand the different realms and differentiate between extraterrestrial intelligence – that is technologically advanced enough to connect with us – and the type of higher intelligence of the truly civilized worlds that exist interdimensionally. Just because beings are technologically proficient enough to travel the galaxy doesn't mean that they are beings who are always loving and wise, it just means that they have been around longer than us and have had more time to evolve within the linear timeframe of the 3<sup>rd</sup> dimensional realm. The Beings of Light that I am focused on regarding 'contact preparation' are those from the fifth dimensional realms and above.

Fifth dimensional life forms have a very different frequency to those in third dimensional realities. Firstly their clairvoyant, clairaudient and clairsentient abilities are highly refined therefore making telepathy the normal method of communication. Secondly due to their vibration they no longer need to have physical forms and can manifest bodies at will to suit their own requirements. Generally they manifest themselves holographically or as energy bodies that can be seen on the inner planes via our own clairvoyant nature.

I would like to point out that I never consciously sought out any of these experiences, nor can I turn on telepathic contact with these Beings of Light at will. They come to me when our frequencies match and there is a need to communicate. All I ever did was engage in heartfelt prayer and consciously seek answers to the numerous questions I have had in life regarding both personal and global issues. All my inner plane visitations and bilocation experiences with these Beings of Light from the interdimensional realms have come when I have least expected it and have been content to just sit in meditation and feel the love flow there. This to me is the key, just being in the field of the purest love, bathing in its currents for it is here where miracles seem to occur and Grace flows most freely.

All of what I have just stated above raises many questions which we will address throughout our Universal Harmonization Program. Suffice to say that after experiencing more than two decades of clear telepathic contact with these Beings of Light from the interdimensional realms, I have come to call myself a cosmic reporter as most of what I have been recording has come via my connection with them. As already stated, my work with the Madonna Frequency Peace Program and the Prana Program came to me via these ones in response to my own long held desire to find a solution to world health and hunger issues.

I would also like to state that these beings never interfere with free will; they are not here to colonize our world or harvest our material resources. They are available in this realm of reality because many have sought solutions to a variety of issues, via prayer and meditation, while others have just been focusing on the expansion of their own consciousness and in the process of their personal unfoldment they have found

that they are now able to access and enjoy the interdimensional realms and the beings that dwell there.

There is no mystery as to how and why this occurs as it is the lifestyle of many shaman, metaphysicians and spiritual seekers that has opened very particular energy vortices to allow information to flow freely between the realms and I am not unique in my experiences with these beings.

It is time to broaden the traditional mass perception of extraterrestrial intelligence just as it is time to look more pragmatically at our place within such a paradigm and to also finally go beyond the hype of such things. We have long been subjected to Hollywood movies that show E.T. realities as a 'them and us' game of evil (them) versus good (us) as the aliens try to take over our world. As Edgar Mitchell announced to the global press in July 2008 the technology of the E.T.'s who are in contact with world governments, is so superior to ours that if they had of wanted to conquer us they could have done this a long time ago. We have also enjoyed many other insights into the E.T. realms via Star Wars, Gene Rodenbery's Star Trek Series and many more.

Just what is real and what is pure fiction? How much of what is termed fiction is actually intuitive insight by those receiving data from other realms in the dreamtime? What about the metaphysical idea that if enough people believe something to be true they will bring it into reality via a parallel world?

There are so many unanswered questions and while I do not propose to have all the answers hopefully the Universal Harmonization Program offered by the Embassy of Peace will be a basic start and add another valuable layer to the work of others.



We provide the following data for you to contemplate and draw your own conclusions.

- ∞ Articles from C.S.E.T.I. – The Center for the Study of Extraterrestrial Intelligence
- ∞ An article on dealing with the E.T. reality from the newspaper The Canadian that is based on the work of Dr Michael Salla who is a pioneer in the development of exopolitics, the scholarly study of the political implications of the extraterrestrial presence.
- ∞ Excerpts from Dr Michael Salla's book: "EXOPOLITICS"

**C.S.E.T.I. – excerpts from <http://www.cseti.org/>**

The **Center for the Study of Extraterrestrial Intelligence** (C.S.E.T.I.) is an international non-profit scientific research and education organization dedicated to the furtherance of our understanding of extraterrestrial intelligence. **C.S.E.T.I.** was founded in 1990 by Dr. Steven M. Greer, who is the International Director. C.S.E.T.I.'s projects include the **CE-5 Initiative** <http://www.cseti.org/ce5.htm>

C.S.E.T.I. is the only worldwide effort to concentrate on putting trained teams of investigators into the field where 1) active waves of UFO activity are occurring, or 2) in an attempt to vector UFOs into a specific area for the purposes of initiating communication. Contact protocols include the use of light, sound, and thought. Thought – specifically consciousness – is the primary mode of initiating contact.

**Core Principles**

- ☺ There is strong evidence for the existence of E.T.I, civilizations and spacecraft.
- ☺ E.T.I/E.T.S have been and are currently visiting the Earth.
- ☺ Careful bilateral communications between E.T.I and humans is of continuing importance and will increase in the future.
- ☺ C.S.E.T.I. approaches the study of E.T.I with cooperative, peaceful, non-harmful intentions and procedures.
- ☺ The establishment of a lasting world peace is essential to the full development of the E.T.I-Human relationship.
- ☺ Both humans and E.T.I, as conscious, intelligent beings, are essentially more alike than dissimilar; C.S.E.T.I. is dedicated to the study of both our shared and unique characteristics.

- ☺ C.S.E.T.I. operates on the premise that E.T.I net motives and ultimate intentions are peaceful and non-hostile.
- ☺ It appears probable that more than one extraterrestrial civilization is responsible for the E.T.I/E.T.'s contact so far observed. It is likely that this represents a cooperative effort.

Extracts from The Foundations of Interplanetary Unity by Steven M. Greer, M.D.

“The evidence that at least one extraterrestrial civilization has visited Earth is extensive both in scope and detail. In its totality it comprises a body of evidence which at the very least supports the general assessment that extraterrestrial life has been detected, and that a vigorous program of research and serious diplomatic initiatives is warranted. Consider the following overview of facts:

- There are numerous day-time and night-time photographs and videotapes of clearly non-human spacecraft from all over the world; these films and videotapes have been evaluated and deemed authentic by competent experts in optical physics and related fields.
- There are more than 3500 military and commercial aircraft pilot reports of encounters worldwide; many cases have corroborating radar documentation and multiple witnesses both on the ground and in the air.
- There are more than 4000 landing trace cases from around the world.
- There are hundreds of electromagnetic cases where spacecraft have been observed by police, military personnel and civilians to affect car engines, radios and other electric devices.
- There are more than 100 first and second hand witnesses to the retrieval of an extraterrestrial spacecraft and at least four extraterrestrial bodies from a crash which occurred in July, 1947, 75 miles northwest of Roswell, New Mexico; written and videotaped testimony from several first-hand witnesses who are respected military officers have been obtained.
- There are hundreds of credible reports, many with multiple witnesses, of humanoids in association with landed spacecraft.
- There are several multiple-witnessed events where humans have been taken on board spacecraft.
- C.S.E.T.I. (The Center for the Study of Extraterrestrial Intelligence) has in the past 18 months succeeded in intentionally establishing contact with extraterrestrial spacecraft, on two occasions at very close range, and with multiple witnesses present.
- Various polls have indicated that approximately 10% of Americans (25 million people) have seen them at close range so that details of the structure of the object can be discerned.
- Numerous US. Government documents exist which indicate that these objects are real and have been involved with observing Earth for several decades.”

Dr Greer goes on to say ...

“For witness how difficult it has been for humanity to come together in peace among the diverse peoples of the world. Notwithstanding the fact that we are all

human, living on the one homeland called Earth, yet wars, prejudices and enmity have repeatedly submerged the world into chaos and destruction. As the world moves, in fits and starts, towards a true world civilization, and the people of the world increasingly realize their essential unity as humans, the potential for increasingly open contact between humans and other intelligent life-forms is likely to increase exponentially.

“However, before we can entertain this concept, we must first ask ourselves some basic questions:

- What global developments must occur before full open contact can take place?
- How will communication occur, and what should be communicated?
- Prior to full, open contact, what form of contact and communication is possible, in a pioneering or preliminary framework?
- And most important, what are the fundamental points of unity between humans and other intelligent life forms in the universe? What is our universal common group?”

In the same article Dr. Greer raises issues re approach, motivation, contact, involvement, open sharing of information where “Secret or covert contact should be viewed as intrinsically dysfunctional and should be avoided to the fullest extent possible.”

To read more on this go to: <http://www.cseti.org/position/greer/foundation.htm>

In the article: Extraterrestrials and the New Cosmology by Steven M. Greer, M.D., he goes on to discuss core principles of the new cosmology plus categories of intelligent life - from biological types, manifestations and presentations while also looking at non-biological life forms such as astral or Light Beings of Earth and non-Earth origin; causal or Thought Beings; ghosts or spirits; Spirit guides or angels; Archangels; Ascended enlightened beings and others.

Dr Greer states: “Three main factors contribute to this cosmological confusion. First, the innate nature of advanced extraterrestrial technology is so far advanced that it appears 'supernatural' rather than just super technology. For this reason (and good old fashioned scientific arrogance), even rigorous scientists are inclined to dismiss certain aspects of the extraterrestrial phenomenon out of hand, or regard it as not real, supernatural or superstitious.”

Dr Greer also recognises, that “The flip side is technology-assisted consciousness (TAC). Here, specialized machines assist the function of mind, thought or consciousness. A basic example is the Monroe Institute's Hemisynch tones, designed to assist the development of deep states of relaxation, expansion and, eventually, heightened powers and abilities. A more advanced application, though bizarre to modern scientists, is the E.T.'s ability to use certain technologies to communicate with each other and with humans telepathically. There are literally hundreds of cases from diverse and credible people worldwide describing this.”

Read the complete article at: <http://www.cseti.org/position/greer/etcosmo.htm>

End of data from C.S.E.T.I.'s website.



### Further Data to contemplate:-

#### Insight with Jasmuheen ...

One morning as I was thinking about the work of the Embassy of Peace and our assignment to provide good quality educational data to bridge the worlds and prepare humanity en-mass for contact with extraterrestrial intelligence from the interdimensional worlds, I found a link to the below article in my email inbox. The timing of this was perfect and as I read the below data that was published on the 18<sup>th</sup> August 2008 in The Canadian, I immediately felt how perfect it was as an addition to this section of our program. At the link:

<http://www.agoracosmopolitan.com/home/Frontpage/2008/07/22/02494.html> in an article called: **Safeguarding Human Free Will, Public Policy, Organized Religion and Extraterrestrials** - Adapted from Dr. Michael Salla and covering issues such as:-

- ∞ intervention of Extraterrestrials (E.T.'s) in human affairs
- ∞ humanity maintaining its sovereignty and independence
- ∞ the belief that E.T.'s that will intervene during a possible global environmental, economic and/or political disaster
- ∞ the Danger Posed by a Military Response to E.T. Intervention,
- ∞ how to respond to the E.T. intervention and the use of E.T. technology,
- ∞ the continued non-disclosure of the E.T. presence, and the focus on an increasing militarized response to E.T. interventions,
- ∞ the danger of a staged Second Coming orchestrated though clerical elites
- ∞ the danger of leaders in new thought who support individual sovereignty being discredited by religions who support the second coming reality.

The article goes on to state: "The key for global humanity navigating these present and future dangers is to be alert to belief systems that allow the possibility of interventionist E.T.'s subverting human sovereignty and independence. Put in its simplest terms, the prescription for responding adequately to E.T. intervention in human affairs is that *individuals should not give their power away to others claiming to hold the means to save humanity either through technological means or a new religious belief system proclaiming a new saviour.*

“Each individual needs to develop in a fashion suitable to their own temperament and spiritual sensibility, that leads to a reconnection to a part of themselves, their 'higher self', 'soul', 'spirit', etc., toward Human Development. Given the present focus of much of global humanity in dealing with the challenging material conditions that confront individuals in terms of shrinking labour markets, erosion of state welfare, and threats posed by global terrorism, this will be a great challenge to many who have been forced into mental slavery in association with the pursuit of greed that is associated with global capitalism.

“The preservation of human sovereignty and independence lies in humanity affirming its free will as sentient beings in the universe, that are connected with each other socially, and spiritually, in relation to a context of Human Development, and with Nature. ... These likely events require some forethought into how individuals and global humanity can best respond to such events/announcements while preserving human sovereignty and independence. While the idea of military defence and/or a strong leader/saviour appeals to many, a strong and healthy connection to one's 'higher self' is the narrow passage through which individuals and global humanity can navigate the *Scylla and Charybdis* of prospective E.T. intervention in human affairs.”

**END OF ARTICLE excerpts**

**In the CANADIAN NEWS published on the 22/07/08** – complete article at  
<http://www.agoracosmopolitan.com/home/Frontpage/2008/07/22/02494.html>





### **Dr Michael Salla**

Dr. Michael E. Salla, is a pioneer in the development of 'Exopolitics', the scholarly study of the main actors, institutions and processes associated with an extraterrestrial presence that is not acknowledged to the general public, elected officials or the mass media. His interest in exopolitics evolved out of his investigation of the sources of international conflict and its relationship with the undisclosed extraterrestrial presence.

Dr. Salla is an internationally recognized scholar in international politics, conflict resolution and US foreign policy, and has conducted research and fieldwork in the ethnic conflicts and organized peacemaking initiatives involving mid to high level participants from these conflicts. For additional data on Dr Salla go to link:  
<http://www.exopolitics.org/Director.htm>

Some of Dr Salla's papers include:

- ∞ The History of Exopolitics: Evolving Political Approaches to UFOs and the Extraterrestrial Hypothesis
- ∞ "The Need for Exopolitics: Implications of the Extraterrestrial Conspiracy Theories for Policy Makers and Global Peace."
- ∞ A Report on the Motivations and Activities of Extraterrestrial Races – A Typology of the most Significant Extraterrestrial Races Interacting with Humanity"

The links for these can be found at: <http://www.exopolitics.org/recommended.htm>

### **Excerpts from Dr Michael Salla's book: EXOPOLITICS**

Data from the website: <http://www.etfriends.com/conference/addinfo/salla.html>

Excerpt 1: "There are an extensive number of extraterrestrial races known to be currently interacting with Earth and the human population. In a 1998 interview, Clifford Stone, a retired US army Sergeant who served in the US Army for 22 years and participated in covert operations to retrieve crashed extraterrestrial ships and extraterrestrial biological entities (EBE's), revealed there were a total of 57 extraterrestrial races known to the US military. From this pool of extraterrestrial races,

a number are more active than others, and can be claimed to have the most significance for human evolution and sovereignty. The extensive number of reports and testimonies concerning different extraterrestrial races indicates that the motivations and activities of extraterrestrial races vary greatly, and an idea of these motivations can be distilled from close examination of these reports and testimonies.”

Excerpt 2: “On February 20, 1954, a delegation of 'human looking' extraterrestrial races met with the Eisenhower administration in an unsuccessful effort to reach an agreement on the US's thermonuclear nuclear weapons program. The apparent stumbling block was that these extraterrestrial races were not willing to provide technology that might be used by the military-industrial interests that dominated the Eisenhower administration and set the tone for subsequent extraterrestrial – human dialogue. The principled opposition of this group of extraterrestrials to being co-opted into an emerging military-industrial-extraterrestrial complex (MIEC) marks an important indicator of a large grouping of 'human' extraterrestrial races who lie outside of the web of interlocking interests that make up the MIEC in the US and elsewhere on the planet.

“This second group of extraterrestrials is primarily 'human' and can easily integrate with human society in the manner described by Dean and others where they can be indistinguishable from the rest of humanity. These races are described to be from star systems such as Lyra, Pleiades, Sirius, Procyon, Tau Ceti, Ummo, Andromeda and Arcturus who have provided some of the genetic material for the seeding of humanity on Earth. ... According to Alex Collier, a total of 22 extraterrestrial races have provided genetic material for the 'human experiment'. ... As a result of this genetic linkage, the extraterrestrials in this group outside of the MIEC apparently view humanity in much the way a protective parent might view an adolescent son/daughter in a dangerous environment.”

Excerpt 3 from this article goes on to describe some of these E.T. groups. Firstly:-

**Telosians** - The subterranean 'extraterrestrials' are described to be remnants of previous human civilizations on the Earth's surface such as Lemuria and Atlantis and are thus genetically related to humanity. ... Prominent UFO researcher, William Hamilton, claims to have met representatives of Telos who described to him the advanced technology and structure of Telos and their connection to the former civilization of Lemuria.”

Next the article discusses the 'off-world' human looking extraterrestrial who are said to “be 'benevolent' as described by 'contactees' such as George Adamski, Orfeo Angelucci, George Van Tassell, Howard Menger, Paul Villa, Billy Meier and Alex Collier who each explain the nature of their voluntary interactions with these human looking extraterrestrials.” These are outlined in the following table at link:

<http://www.etfriends.com/conference/addinfo/salla.html> where you can also read the complete article.

### **Extraterrestrial Races Outside the Military-Industrial-Extraterrestrial Complex**

<b>E.T. Races</b>	<b>Main Activities</b>	<b>Assist in Global Solutions</b>
Telosians (Earth)	Helping surface humanity learn of its ancient Earth history, restore human longevity, changing unhealthy belief systems & protecting the environment	Environmental Protection· Promoting bio-diversity human health & longevity· recovery of humanity's history
Lyrans (Lyra)	Disseminating the unique history of the human race in the galaxy, and assisting in the understanding human motivations and potentials.	recovery of humanity's history understanding galactic history discovery of the human essence diplomacy & conflict resolution· global education
Pleiadians (Pleiades)	Helping humanity find freedom from oppressive structures through consciousness raising	universal human rights participatory democratic systems, evolution of human consciousness global education
Procyons (Procyon)	Promoting effective resistance to extraterrestrial subversion, developing 'multidimensional consciousness', using mental imagery to prevent E.T. mind control, monitoring unfriendly E.T. activity	Exposing E.T. subversion· ending global secrecy of E.T.'s· multidimensional consciousness· deprogramming mind control universal human rights internet & global communication
Tau Cetians (Tau Ceti)	Exposing E.T. subversion & control, identifying corrupt elites & institutions, uplifting human consciousness, negating E.T. mind control and dealing with militarism.	exposing government/ financial corruption & elite manipulation monitoring E.T. infiltration, multidimensional consciousness deprogramming mind control conflict resolution
Andromedans (Andromeda)	Facilitating decisions of the Galactic community in dealing with the current Earth situation, innovative strategies for resolving conflict, & the education of youth.	education of psychic/crystal kids peace education exposing elite manipulation improved global governance diplomacy & conflict resolution
Sirians	Assisting in building a	Environmental Protection·

(Sirius A)	suitable ecological system for (human) evolution on Earth by altering the 'bio-magnetic energy grid' of the planet.	Promoting bio-diversity raising human consciousness evolution of the biosphere
Ummites (Ummo)	Sharing technical information, transforming scientific culture, and global	Transforming scientific paradigms

**Additional data from Jasmuheen:-**

In Part 4 we will share a few insightful messages from my Cosmic Colleagues, some of those beings who have inspired the creation of our world's religions, as well as messages from other Beings of Light, including Arcturius. While the Arcturian system was mentioned in the preceding table that showed some of the Extraterrestrial Races Outside the Military-Industrial-Extraterrestrial Complex, often many of us who have enjoyed contact tend to receive most of our data via one particular grouping. For me this grouping has been the Arcturians and so I wish to elaborate a little on these Light Beings here.

**The Arcturians** are known as the Masters of the Higher Light Science and we include a channelled message from them later. Beings of blue to violet auras their focus is on education and using mind-heart power for harmonious creation. According to the text *"The Prism of Lyra"* by Lyssa Royal and Keith Priest; "**Arcturius** is seen as a golden yellow star, with a magnitude of 0.3. Its' energy works with humanity as an emotional and spiritual healer. It is also an energy gateway through which humans pass during death and birth. It functions as a way station for non-physical consciousness to become accustomed to physicality."

And of the **Arcturius/Sirian Matrix**: "The combined energies of Arcturus and Sirius provide a balance of physical, emotional and spiritual healing. This matrix has been tapped into by humanity since its inception and has been known through many archetypal ideas" (where archetype suggests a pattern of evolvment).

"The Arcturian purpose is multifaceted. One idea is that they serve humankind as an ideal. They represent the future self of an individual or a society. Their energy is, by its nature, a magnet that draws out positive potential and integration from the very depths of being. They reflect to Earth where it is heading in its evolution. Once humanity evolves into non-physicality, the ideal goal is to achieve a consciousness similar to that of the Arcturian mass consciousness. They recognize themselves as a group matrix, committed to the idea of the evolution of consciousness".

*"The Prism of Lyra"* goes on to say that very often the Arcturians manifest themselves as angels and they learn about physicality through their interaction with physical beings and that, "They are etheric in nature. Their energy can be felt as a presence, a surge of creativity or unconditional love. They will manifest according to the belief system of the person with whom they are interacting."

I have been communicating telepathically with a being known as Arcturius since mid 1993 though mainly on a personal guidance basis. (I spell the name phonetically while others spell it Arcturus. Arcturus is known as one of the Elohim and also as Lord Arcturus who governs the energy fields of the Arcturian system in a similar manner to that of Sanat Kumara and planet Earth). When we have connected energetically He initially presented himself to me as a tall being in long robes with flowing silver hair and a beard but later he always beamed in as just a sparkling field of energy. When I have asked of his true appearance he has said that he manifests a form that will trigger knowingness and comfort according to the individuals belief system.

Arcturius also told me that he is rarely involved with his home planet anymore as they do not require him and so he is free to be an Intergalactic-type Peace Emissary of the Universal Nations. My last meeting with him was in 2007 with the Lords of Peace from Venus.

Dr. Norma Milanovich, the author of "We, The Arcturians" asks them to describe themselves in the book. They state that they are short, wispy and slender and all are similar in appearance by a choice for uniformity as "we are past the pettiness of comparison". They say their skins are greenish of color, with large almond shaped eyes that sense light frequencies. They have three fingers and legs but move by thought similar to levitation. They live on light or effervescent liquids of a high vibration and stable chemical composition. More about the Arcturian culture can be understood by reading her book but it was the Arcturians who brought me into the living on prana reality along with some of the Light Beings from the Great White Brotherhood.

*C.W. Leadbeater, one of the early influences of the Theosophical Society, in his book The Masters and the Path writes: "The consciousness of the Great White Brotherhood is an indescribably wonderful thing. It is like a great calm, shining ocean so strongly, One that the least thrill of consciousness flashes from end to end of it instantaneously, and yet to each member it seems to be absolutely his own individual consciousness, though with a weight and a power and a wisdom behind it that no single human consciousness could ever have. This magnificent sea of 'cosmic consciousness' of the brotherhood is something so great, so wonderful, that there is nothing else in the world like it: even those who belong to it by virtue of having passed the first great initiation can only catch glimpses of it, can remember only a little of it here and there. It can be felt fully only on the nirvanic plane, on which the brotherhood primarily exists, though it has its manifestation on the lower planes, even down to the physical world."*

The Great White Brotherhood has been in contact with humanity for eons of time. I have been advised that Lord Maitreya and other Ascended Masters including the Sananda energy, 'overshadowed' Jesus. St Germain was connected with the Rosicrucians. El Morya and Kuthumi worked directly with Madame Blavatsky, the founder of the Theosophical Society. Djwhal Khul worked with Alice Bailey. Throughout history and all religions, the brotherhoods have been interwoven. In the last few decades they have again made their presence more widely known through many reputable channels.

The Spiritual Hierarchy can be likened to our government structure, but is far more complex. Again, there are many texts available that explore this hierarchy in great detail, including some wonderful work in the Theosophical Society. There are also a multitude of texts and channeled information regarding the Ascended Masters and the Universal Brotherhoods that is available via both the internet and the innernet. As usual we recommend that you use your discernment and only accept information that supports the new paradigm of unity and Oneness; nonetheless in Part 4 we will include some of the messages that I have also received from them.

- ∞ But what about the experiences of others?
- ∞ What surveys have been done regarding the types of experiences we discuss in this manual?
- ∞ What do 40,000 other people have to say?

Brad Steiger, offers the following data at the web link:  
<http://www.bradandsherry.com/question.htm>

DATA TO CONTEMPLATE continued ... the work of Brad Steiger.

**Brad Steiger** is the author/co-author of 166 books with over 17 million copies in print. Steiger's first published articles on the unexplained appeared in 1956, and he has now written more than 2,000 articles with paranormal themes. From 1970-'73, his weekly newspaper column, *The Strange World of Brad Steiger*, was carried domestically in over 80 newspapers and overseas from Bombay to Tokyo

The Steiger Questionnaire of Mystical, Paranormal, and UFO Experiences

The following questionnaire evolved to its present state from its beginning in 1967 as an effort by Brad Steiger to form a pattern profile of paranormally talented individuals, contemporary mystics, and/or spiritually oriented men and women. In 1968, Steiger developed the questionnaire further and it became associated with the worldwide phenomenon known as "The Star People."

"In 1987, he combined elements from the research of Sherry Hansen, who had created a similar analytical questionnaire in 1970 as a counselor at the State University of New York at Stonybrook. Both Steiger and Hansen found that their respondents were often the "helpers" here on Earth, for they spoke of being often sought out for advice and counsel by friends and strangers alike. Steiger and Hansen found such individuals in all ethnic groups, all social strata, all occupations and professions. Although these men and women expressed the feeling of being "strangers in a strange land," great numbers of them actively served in such helping professions as nurses, doctors, teachers, clergy, social workers, law enforcement, media professionals, and psychic and psychological counselors."

Results of the Steiger Questionnaire as updated in February 2008. To read the full findings go to: <http://www.bradandsherry.com/2008update.htm>. Note that the number of respondents to the questionnaire now number over 40,000, from nearly every part of the globe.

#### Religious/Spiritual Background

- ∞ Protestant church background: 44%
- ∞ Roman Catholic orientation: 39%.
- ∞ New Age spiritual expression: 22%
- ∞ Judaism: 11%
- ∞ Hindu: 4%
- ∞ Muslim: 2%
- ∞ An "Eastern" religion: 9%
- ∞ Other/Free Form: 7%
- ∞ None:1%
- ∞ 93% believe that their physical or spiritual ancestors came to Earth from some other world or dimension.

#### Dream Scenarios

- ∞ 59% have had dreams or visions in which they were viewing a city or a planet made of crystal or diamonds.
- ∞ 49% describe being in a doctor's examination room with smallish figures examining them. [possibly an abduction experience]
- ∞ 60% state that since childhood they have "dreamed" that they were taken during sleep to receive special teachings in an unusual classroom or temple setting.
- ∞ 79% regularly experience flying dreams
- ∞ 69% have had vivid dreams in which they are in a spacecraft and viewing Earth from a perspective far away from the planet.
- ∞ 36% have memories of having been asked to eat a strange food during a dream.
- ∞ 39% recall having to drink a peculiar liquid that was offered to them.
- ∞ 53% experienced dreams in which they see Earth as it might have appeared in prehistoric times.
- ∞ 54% perceive themselves in dream scenarios as being an actual member of a UFO crew.
- ∞ 43% state that they have in dreams observed themselves coming to Earth as a Being of Light.
- ∞ 44% have dreams in which they sense themselves encircled by smallish entities [perhaps suggestive of an abduction experience] .
- ∞ 49% have regular dreams or visions in which they are drawn aboard a UFO to receive counsel and instructions.
- ∞ 79% have viewed themselves in "biblical" times communicating with known religious figures, such as Jesus, Moses, Elijah, or one of the Disciples.

### Mystical Experiences

- ∞ 94% have experienced a sense of oneness with the universe.
- ∞ 70% report an intense religious experience.
- ∞ 86% claim an illumination experience.
- ∞ 92% have experienced telepathic communication with another entity, material or nonmaterial, human or alien.
- ∞ 76% have seen a ghost.
- ∞ 79% have perceived the spirit of a departed loved one.
- ∞ 72% accept reincarnation as reality and have experienced prior-life memories.
- ∞ 85% believe that they have lived a prior existence on another planet or in another dimension.
- ∞ 95% report out-of-body experiences.
- ∞ 62% claim the ability to perceive auras.
- ∞ 71% have experienced a white light during meditation.
- ∞ 69% have been able to accomplish dramatic healings of themselves or others.
- ∞ 41% practice automatic writing.
- ∞ 87% believe that they have received some form of communication from a higher intelligence.
- ∞ 77% have perceived spirit entities.
- ∞ 75% have experienced clairvoyance.
- ∞ 66% have made prophetic statements or experienced prophetic dreams or visions that have come to pass.

### Interaction with Light Beings, Angels, and Guides

- ∞ 79% report the visitation of an angel.
- ∞ 77% reveal the manifestation of a Light Being.
- ∞ 54% feel that they have been blessed by the appearance of a Holy Figure.
- ∞ 93% are convinced that they have a spirit guide or a guardian angel.
- ∞ 87% admit to having had an invisible playmate as a child.
- ∞ 43% state that they once spotted an elf, a "wee person."
- ∞ 73% have perceived devas or nature spirits.
- ∞ 87% are certain that they have encountered alien entities of an extraterrestrial or multidimensional nature.

### Physical Anomalies and Elements in a Pattern Profile

- ∞ Chronic sinusitis: 96%
- ∞ Extra or transitional vertebrae: 46%
- ∞ Unusual blood type: 58%
- ∞ Lower than normal body temperature: 90%
- ∞ Low blood pressure: 71%
- ∞ Hypersensitivity to sound, light, odors, etc.: 87%
- ∞ Swollen or painful joints: 88%
- ∞ Pain in the back of the neck: 78%
- ∞ Adversely affected by high humidity: 87%



- ∞ 72% have difficulty in expressing or dealing with emotions
- ∞ 97% experience a persistent feeling of great urgency to accomplish one's mission.
- ∞ 49% have survived a life-threatening illness.
- ∞ 58% have been involved in a severe accident.
- ∞ 72% have had a near-death experience.
- ∞ 87% are "night people."
- ∞ 89% have been told that they have unusual or compelling eyes
- ∞ 87% have experienced the "activating vision/experience of seeing an angel, elf, alien, Light Being, Holy Figure," etc. around the age of five.
- ∞ 88% have experienced a life-altering event around the age of eleven.



UNIVERSAL HARMONIZATION PROGRAM - PART 2  
Embassy of Peace Additional Insights to the  
'Data to Contemplate' section with Jasmuheen

To summarize and elaborate on the previous 'Data to Contemplate' section:

- Extraterrestrial intelligence exists and falls into many categories and we need to be able to wisely differentiate between them and use our discernment in dealing with them.
- 2. For example, according to Exopolitic author and E.T. researcher Dr Michael Salla, there is a total of 17 different extraterrestrial races now interacting with Earth and some 57 races known to the US military. Exopolitics is the study of the key individuals, political institutions and processes associated with extraterrestrial life.
- 3. According to various metaphysicians and shaman, Earth will soon move en-mass into a more civilized state of existence that will include regular contact with E.T realities of various dimensions.
- 4. For the purpose of our discussions, a dimension is a band of energy that is classified by the consciousness of the species within it. 3<sup>rd</sup> dimensional reality is what we are used to within the earth plane but there are beings of intelligence that exist in dimensions higher than ours.
- 5. Also note that due to the frequency of these higher realms dense bodies molecular structure cannot be kept and beings here move as telepathically interconnected fields of consciousness and light.

## UNIVERSAL HARMONIZATION PROGRAM

The Embassy of Peace – Sponsored by Jasmuheen & the Cosmic Internet Academy  
[www.jasmuheen.com](http://www.jasmuheen.com) & [www.selfempowermentacademy.com.au](http://www.selfempowermentacademy.com.au)

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6. Which E.T. band of reality we access is determined by how integrated and in our Mastery we are. Integrated means being healthy and happy on all levels of our being – physically, emotionally, mentally and spiritually and at one with the Divine Force that gives us life.
7. The difference between E.T.'s with advanced U.F.O. type technology and Beings of Light from the interdimensional realms, who can teleport or send holographic projections of themselves, is consciousness. Our consciousness determines which dimension we have been magnetized into and thus operate from.
8. The Embassy's Personal Harmonization Program expands our consciousness so we can explore other realms of reality beyond 3<sup>rd</sup> dimensional earth based paradigms.
9. Regarding sovereignty issues raised in the article printed by the Canadian News, we do not need to be rescued by either E.T.'s or Light Beings. We are driving this change and expansion as the Masters we are. It is our frequency and our individual and collective desire that is creating this moving of our worlds into a higher paradigm. We do not need to give away our power to any external force but need instead to experience the wonder of the internal force that has gifted us with life that can guide us perfectly through all situations. Our path with the Embassy of Peace is always to maintain personal sovereignty as the Divine Beings we are in essence.
10. The timing is now up to us but certain things need to be attended to which will then determine which realm we will individually and then collectively enter. These things have been covered in the first part of our manual under the Personal and Global Harmonization Programs.
11. While most of humanity has been 'tuned' to a specific channel i.e. our 3<sup>rd</sup> dimensional world, ignorance of other channels does not negate their existence
12. and as we refine our frequencies we can tune into and be aware of other 'channels' or dimensions of existence.
13. Other beings, and beings of light, exist on other realms or dimensions that we can access by simply changing our frequency and, consequently, our channel.
14. Not all who exist on other realms are beings of light or beings motivated by the highest good of all, e.g. disembodied spirits on the astral plane and also extraterrestrials who are technologically advanced with space craft and time travel but whose consciousness and awareness levels are still very third dimensional.
15. All beings of light are by nature spiritually evolved and are called beings of light because of the degree of light they manifest in their form. Light is the visual aspect of our God essence – our DOW – who knows who these ones are.
16. All beings of light are in conscious and committed service to First Cause or harmonious co-creation.
17. The service of the Great White Brotherhood is to aid Earth and her inhabitants in their reawakening and reunification with their God Self – the Divine One Within.
18. Earth's evolutionary game is a speck in a corner of a quadrant in a universe which is a speck in the total galactic picture yet in the web of life everything is

interconnected and so each part influences the whole via the Universal Law of One.

19. Contact with E.T.'s and Beings of Light can occur on various planes of existence. While much has been placed on the World Wide Web regarding 'involuntary contact', there is also 'unconscious voluntary contact' where those contacted have made agreements in another timeline to have this type of interaction. The 'conscious voluntary' contact is something that usually happens between meditators and Beings of Light on the inner planes and most will say that contact of this type often happens unexpectedly when the contactee was not expecting it.
20. E.T. testimony sources are now quite varied – ranging from those with firsthand experience of alien abduction, some of whom have had physical interaction with U.F.O.'S; to those who have seen U.F.O.'s or been involved in Government projects re this; to the more mystical-meditative experiences that myself and many others have now enjoyed with the Beings of Light.
21. We wish to state again that just because an E.T. race is technologically advanced does not mean they are benevolent beings, it just means that they have been around longer than us and have had more time to develop such technologies. Many of the races now interacting with our Governments do so for mutually beneficial reasons that are not always for our collective good.
22. Again we wish to state that the point of this part of the Embassy's program is to provide education regarding Beings of Light from the interdimensional realms who are loving, wise and compassionate and who are here by the invitation of our metaphysicians to harmoniously assist us as colleagues to move collectively into the higher paradigm of the Universal Nations.

Before we move on to Part 3 of our Universal Harmonization Program, we would also like to add data regarding the first-borne Starborne, the Akashic records, the Paradigm of the Universal Nations, the Intergalactic Federation, the Lords of Peace, telepathy and crop circle communication.

First-life Starborne:

Starborne:- this is a term often used to describe Earth's people as it is well known throughout the interdimensional realms that we were genetically 'seeded' by various intergalactic races. Our species is said to be quite envied by many as - since we are the blending of so many genetic streams - we have the potential to manifest great things once we align with DOW power, love and wisdom and apply Universal Law to Earth's operating systems.

Starborne-First-borne:- is the term that we wish to look at here. This term applies to many people who have descended from highly civilized realms to take embodiment for the first time on planet Earth to assist in the current shifting. In order for these ones to cope with being in a world of duality with its shades of darkness and light and the polarity of positive and negative, these Light Beings of advanced consciousness must pass through the Akashic Records to be imprinted with insights and

virtues of others who have previously been on Earth. As such they have no karma or cellular memory that is their own as the information they carry within of such things are just imprints to help them understand the human race. First-life Starborne and the Starborne who are still relatively new to Earth – 1<sup>st</sup> or 2<sup>nd</sup> or even 3<sup>rd</sup> incarnation and can be identified by having experienced the things mentioned earlier in Brad Steiger's questionnaire.

**Akashic Records:-** The Akashic Records or "The Book of Life" can be equated to the universe's super computer system. It is this system that acts as the central storehouse of all information for every individual who has ever lived upon the Earth. More than just a reservoir of events, the Akashic Records contain every deed, word, feeling, thought, and intent that has ever occurred at any time in the history of the world. The Akashic Records are also interactive in that they have a tremendous influence upon our everyday lives, our relationships, our feelings and belief systems, and the potential realities we draw toward us.

The Akashic Records contain the entire history of every soul since the dawn of Creation. These records connect each one of us to one another. They contain the stimulus for every archetypal symbol or mythic story which has ever deeply touched patterns of human behavior and experience. They have been the inspiration for dreams and invention. They draw us toward or repel us from one another. They mold and shape levels of human consciousness and are a portion of Divine Mind. They are the unbiased judge and jury that attempt to guide, educate, and transform every individual to become the very best that she or he can be. They embody an ever-changing fluid array of possible futures that are called into potential as humans interact and learn from the data that has already been accumulated.

Information about the Akashic Records can be found in folklore, in myth, and throughout the Old and New Testaments. It is traceable at least as far back as the Semitic peoples and includes the Arabs, the Assyrians, the Phoenicians, the Babylonians, and the Hebrews. Among each of these peoples was the belief that there was in existence some kind of celestial tablets which contained the history of humankind as well as all manner of spiritual information.

Edgar Cayce when asked: "[What is meant by] The Book of Life?" responded: "The record that the individual entity itself writes upon the skein of time and space, through patience – and is opened when self has attuned to the infinite, and may be read by those attuning to that consciousness ..."

[http://www.edgar cayce.org/about\\_ec/cayce\\_on/akashic/](http://www.edgar cayce.org/about_ec/cayce_on/akashic/)

**The Paradigm of the Universal Nations:-**

Some say that one of the reasons behind the huge spiritual awakening that is occurring on the planet, is that our civilization has been pre-programmed to move into the reality of the Universal Nations. In another space and time there exists amazing civilizations that are held within the Dimensional Biofield. These are realms of existence of respect, love, harmony, where all co-exist while honouring universal law, and each other. Until

Earth's people can mature beyond the reality of hate, violence, social injustice and war these higher perfected realms will remain hidden from us.

As was mentioned previously, half of the attending Andromedian Council members wanted nothing to do with Earth as long as humans here do not respect themselves, each other and our planet. Nonetheless many among us who have adopted a holistic lifestyle that sensitizes us enough to experience the inner planes are now finding that the veils between the worlds have disappeared and as a consequence we have begun to receive communications via such networks as the Intergalactic Federation of Worlds which operates on the inner planes in a manner similar to Earth's United Nations as well as from other E.T.'s mentioned.

The revelation of the Universal Nations is occurring for more and more people every day as we fine-tune our Personal Biofields. The completion of the Embassy of Peace Programs will introduce the world to its rightful place among the Universal Nations as to embrace these programs is like saying that we are now choosing to operate in a more respectful manner towards all life on Earth.

The Intergalactic Federation of Worlds Council (I.G.F.W.C.):-

The I.F.G.W. has the role of monitoring the development of all civilizations within this universe; and to see how the actions of all beings in each sector are imprinting the Cosmological and Dimensional Biofields. The Intergalactic Federation of Worlds Council is similar in function to the United Nations in that one of its programs is to keep an eye on the development of various planets particularly when they choose to evolve in a more civilized manner where all life is honoured. When a planet and its inhabitants desire to move beyond the creation of war, poverty and violence and when they apply their focus on the type of principles we offer in the Inter-Planetary Program with its pathways of Elysium and adhere to Universal Law, then the I.G.F.W.C. becomes more active with those who are open to their channel. Connecting telepathically via our meditations, and via the dreamtime, many meditators have been receiving conscious or subconscious communication with the I.G.F.W.C. for some time.

The Lords of Peace – Venus Sector:-

These beings gather in fifth dimensional space on Venus – usually in their Lightbodies - to oversee the rising of worlds out of third and fourth dimensional spaces into the fifth dimensional aspect of the Matrix of Oneness that runs through all life. It is via their invitation that we have now established the Embassy of Peace on Earth and now release this manual. Third dimensional Venus is a barren planet and life there exists in a higher energy band that can only be detected through the expansion of our own consciousness via dreamtime and meditation experiences.

Communications and Inter-Dimensional Language:

Interdimensional communication nearly always occurs via telepathy and the languages of light, data on which, plus practices to improve your telepathic abilities, can be found in the book "In Resonance" at the link: <http://www.lulu.com/content/424504>. However

our clairvoyant, clairaudient and clairsentient abilities naturally improve as we apply the Personal Harmonization Program.

Crop Circles:-

Apart from telepathy, one of the most obvious communication devices being used by our Intergalactic and Interdimensional Colleagues are crop circles. Just for fun we have taken a few of the crop circles designs and simplified their background so that their design stands out more clearly.

Here are just a few examples: Crop Circles Education  
<http://www.cropcircles.net/> by Freddy Silva

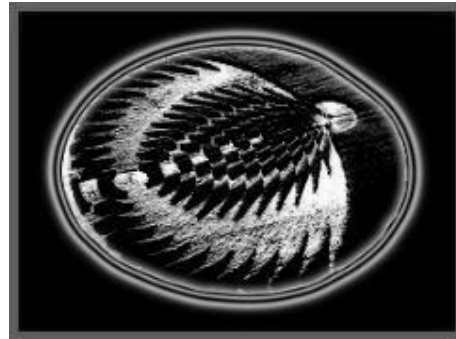
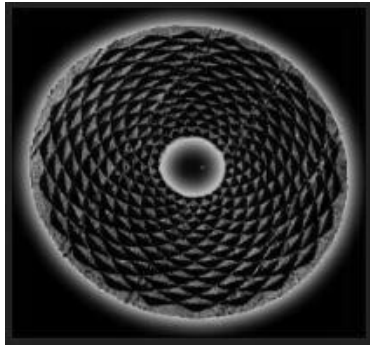
Crop circles are not a modern phenomenon. They are mentioned in academic texts of the late 17th Century, and almost 200 cases – some with eyewitness accounts – have been reported prior to 1970. Since then some eighty eyewitnesses from as far away as British Columbia have reported crop circles forming in under twenty seconds; cases are often accompanied by sightings of incandescent or brightly-coloured balls of light, shafts of light or structured flying craft.

The issue is that no man-made crop circle has satisfactorily replicated the features associated with the real phenomenon, and this has baffled scientists and researchers. Crop circles are created by a force seemingly at odds with modern science.

Central to the hoax argument is that a physical object is required to flatten the crop to the ground, resulting in the breaking of the plant stems. In genuine formations the stems are not broken but bent, normally about an inch off the ground at the plant's first node.

The plants appear to be subjected to a short and intense burst of heat which softens the stems to drop just above the ground at 90 degrees, where they reharden into their new and very permanent position without damaging the plants. Plant biologists are baffled by this phenomenon and farmers, who know how the land ticks, are baffled by this.

It is the single most method of identifying the real phenomenon. Research and laboratory tests suggest that microwave or ultrasound may be the only method capable of producing such an effect.



### UNIVERSAL HARMONIZATION PROGRAM - PART 3



With so many people now tuning to YouTube in this section we present video links for you to gain further educational insights into the work of:-

- ∞ The Embassy of Peace Educational Videos and also
- ∞ Barbara Marciniak – Bringers of the Dawn, Teachings of the Pleiadians.
- ∞ Edgar Mitchell on UFO's, ET's and more plus
- ∞ Dr. Michael Salla – ET's Among Us.

#### **The Embassy of Peace Educational Videos:-**

Extraterrestrial Intelligence - Universal Harmonization Program - A series of videos covering extraterrestrial intelligence, beings of light, universal law, telepathy, earth's future evolution and more as Jasmuheen and the Embassy of Peace help to prepare humanity for emerging into higher realms of consciousness. In this playlist are also offered meditations to expand our own consciousness so we can connect with beings of light from the interdimensional realms.

**Go to link:** [http://au.youtube.com/view\\_playlist?p=9CEB4F49B912118E](http://au.youtube.com/view_playlist?p=9CEB4F49B912118E) **to view the below videos.**

- ∞ E.T. technology, Light Beings - Introduction on the Embassy of Peace Universal Program.
- ∞ Beings of Light - the Intergalactic Federation, Beings of Light and preparing for contact.

- ∞ Summary of the Universal Harmonization Program including data on Exopolitics and CSETI.
- ∞ Universal Nations, CSETI and more.
- ∞ Message of Contact - Commander 8tlan of the Starship Elysium.
- ∞ Masters of Alchemy. Message on our changing times and Divine Alchemy from our Cosmic Colleagues.
- ∞ Message from Commander Ontar of the Intergalactic Federation of Worlds Council (I.G.F.W.C.).
- ∞ "An unexpected meeting with the Lords of Peace"
- ∞ Future Worlds, Future Humans.
- ∞ Telepathy & the Arcturians - the first in a series on telepathic communication.
- ∞ Telepathy - understanding higher communication with Beings of Light.
- ∞ Telepathy continued - Brain Dynamics.
- ∞ Plus videos on channelling and Universal Brotherhoods.

**Barbara Marciniak:-**

- ∞ Bringers of the Dawn: Teachings from the Pleiadians Pt. 1, 2, 3 & 4
- ∞ <http://www.youtube.com/watch?v=i7l0cJL7e4w&feature=related>
- ∞ <http://www.youtube.com/watch?v=mlgcJgn5N7k>
- ∞ <http://www.youtube.com/watch?v=rxx573UO8BY&feature=related>
- ∞ <http://www.youtube.com/watch?v=J-5NaezgFKo&feature=related>
- ∞ **parts 5 – 18 are also on YouTube.**

**Barbara Marciniak is an internationally acclaimed trance channel, inspirational speaker, and best-selling author of Bringers of the Dawn, Earth, Family of Light, and Path of Empowerment, which collectively have been translated into more than twenty languages. She has a BA in social science, and states on her website that "the Pleiadians are here to assist humanity with the process of spiritual transformation in the years leading up to December 2012. Their distinctive style blends wit and wisdom, common sense, and cosmic knowledge in teachings that encourage expansive thinking and personal empowerment, and which have been compared to native shamanism."**  
**<http://www.pleiadians.com/>**

**Edgar Mitchell:-**

- ∞ **Edgar Mitchell on UFO's, E.T.'s and more ...**
- ∞ <http://www.youtube.com/watch?v=CwE0vDuTm48&feature=related>
- ∞ <http://www.youtube.com/watch?v=RhNdxdveK7c;>
- ∞ <http://www.youtube.com/watch?v=-7ByWIRZlq0&feature=related>
- ∞ <http://www.youtube.com/watch?v=olClOPvPiac&feature=related>

From the website: <http://www.noetic.org/about/founder.cfm> - "Traveling back to Earth, having just walked on the moon, Apollo 14 astronaut Edgar Mitchell had an experience for which nothing in his life had prepared him. As he approached the planet we know as



home, he was filled with an inner conviction as certain as any mathematical equation he'd ever solved. He knew that the beautiful blue world to which he was returning is part of a living system, harmonious and whole—and that we all participate, as he expressed it later, "in a universe of consciousness."

"Trained as an engineer and scientist, Captain Mitchell was most comfortable in the world of rationality and physical precision. Yet the understanding that came to him as he journeyed back from space felt just as trustworthy—it represented another way of knowing.

"This experience radically altered his worldview: Despite science's superb technological achievements, he realized that we had barely begun to probe the deepest mystery of the universe—the fact of consciousness itself. He became convinced that the uncharted territory of the human mind was the next frontier to explore, and that it contained possibilities we had hardly begun to imagine. Within two years of his expedition, Edgar Mitchell founded the Institute of Noetic Sciences in 1973."

**Dr. Michael Salla:-**

- ∞ E.T.'s Among Us: Dr. Michael Salla Pt.1, 2, 3, 4 and 5
- ∞ <http://www.youtube.com/watch?v=eaUkGBV4eRU>
- ∞ <http://www.youtube.com/watch?v=5RqCudqjWFY&feature=related>
- ∞ <http://www.youtube.com/watch?v=EJTAnMBEdi4&feature=related>
- ∞ <http://www.youtube.com/watch?v=I3V5XeuKPsK&feature=related>
- ∞ <http://www.youtube.com/watch?v=uemWnJyfDnI&feature=related>

As we touched on some of Dr Salla's work previously, **for additional data on Dr Salla go to link:** <http://www.exopolitics.org/Director.htm>

**Before we move on to some channelled data,  
let us look a little at the 2012 paradigm.**

## **The Paradigm of 2012 – Be Here Now**

Jasmuheen

During January-February of 2010 I found myself with three members, including two Mamas or Shaman-Priests, of the Kogi Tribe of South America, who like the Mayan and also the North American Hopi Indians, have been concerned for some time regarding the ways that their Younger Brothers – or Western people – are utilising the earth's resources. In their high Andes Mountain retreat they are seeing the effects of this misuse of resources in many ways that are now also affecting their own culture. An unusually private race, the Kogi's of Colombia have kept to themselves for a long time, relatively happy for the rest of the world to do what they need to do as long as it did not interfere with the Kogi's ability maintain their own harmonious lifestyle. This is no longer the case and so they too, like the Mayans, have become vocal with predictions of what will occur in our world if we do not change our ways and seek to live in greater harmony with Mother Nature.

As we are aware, the Mayan's foretold that around the timeframe of 2012, there would be substantial shifts within the matrix of creation, changes that would occur because of how we have been existing on planet earth in this technological age. Like the Kogi Indians, they say that we need to come back into balance with more natural forces and become givers and compassionate caretakers of our world rather than people who disregard Earth as a living entity and who keep taking without thought of the consequences that this continual consumption of natural resources will bring.

Many metaphysicians, plus those of the indigenous worlds, say that we are individual cells vibrating in one huge energy body and that each one of us is also transmitting signals that influence the whole. The sum total of these signals is like a bowl of mixed ingredients that we use to make a soup. In this bowl there may be many different ingredients, spices, textures, flavours etc that when melded together will deliver a soup that may be spicy or sweet, a soup that we can change and control regarding its flavour. People are the main ingredients in the human soup bowl and each of us has a flavour.

Where we are at energetically with the human life-wave now, is that there are many people saying "Maybe we can change the flavour of this collective soup so that it pleases us all, so let's be a bit more conscious about how we are each adding to this soup and what we wish to add, because each flavour can be beneficial or detrimental to the collective whole of human evolution." Right now many have come to also understand that we can control our own flavour emissions and that we can make our collective experience here sweet or sour. We've done dour in the past with war, violence, poverty etc so now maybe we can change a few things and do sweet.

The Mayan prophecy with it's 2012 focus is acting now as a wake up call for us to be more aware that we can manifest our highest dreaming in ways that support the whole or that we can still play the game of victim and people who continue to misuse global and individual resources. If we choose the latter then we will experience a grander scale of devastation in our world.

We say individual resources because each one of us holds within ourselves the most amazing resource, that we can encourage to blossom to the degree that this Divine inner resource can then free us from our need to keep taking from Gaia and allow us instead to be givers and energy transmitters on our planet in ways that benefit the human collective. In other words we can exist here in harmony or disharmony. The choice is ours. The more we focus on inner resource of our own divine nature, the smoother this current transition will be. If we ignore this reality then we will continue to experience chaos, disharmony and the crumbling of any system – economic, social or political – that does not serve our world and support this new paradigm of giving and compassion.

All of it is up to us for we are the creators of it all, here, now. And what the Mayans predicted to occur in 2012 actually began occurring in 2008 as a result of many people tuning to and listening to this divine inner resource which is in actuality our own enlightened nature.

This sector of creation that we call planet Earth, is a grid-point in the matrix of the Oneness that is currently being supported by three Universal Laws – the Law of Love, the Law of One and the Law of Resonance. The Law of Resonance was covered in the DVD/book 'The Secret' and is about like attracting like, in other words it says that what we focus on grows. If we choose to focus on a fear filled paradigm of the idea that 2012 will bring huge chaos, the collapse of our sun and such, then via our very focus we can manifest this into being.

However, when the Mayan's say that the physical sun will die and we will be reborn into the galactic sun all they mean is that our focus on the physical sun as a source of nourishment and energy will be put into a different perspective. It will become instead a very small part or a layer that belongs to the dual-natured world – the world that is governed by the Laws of Karma. However at the Embassy of Peace we interpret this to mean that we will instead become aware of the galactic sun rather than our physical sun, as our true source of nourishment.

As we expand our consciousness via the practice of meditation, we become aware that we are like a rock that has been thrown into a still pool from which ripples then flow out through the pool, ripples that have come from our presence, our Beingness. We can focus on our immediate existence in this energy pool – i.e. the area around which the pebble entered the pool - and just surviving, or we can expand our awareness into the global energy pool and make sure that our ripples are actually enhancing the whole.

Do our individual energy emanations allow us to experience harmony and peace, health and happiness or not? Do our energy emanations add to the global energy pool or the universal energy pool in a way that feeds us all, including the earth or not. These are questions many have been asking and this is also something that the Mayan, Hopi and Kogi tribal Elders have asked us to look at. Many from the indigenous worlds, having observed how we operate individually and collectively, would say that we tend to create too much dis-harmony in the natural worlds and that we take too much from Gaia and do not use our resources as effectively as we can.

We've talked a lot about this in our YouTube videos for the Embassy of Peace but let's bring it back to energy field science. All that is happening for many on earth right now

## UNIVERSAL HARMONIZATION PROGRAM

The Embassy of Peace – Sponsored by Jasmuheen & the Cosmic Internet Academy  
[www.jasmuheen.com](http://www.jasmuheen.com) & [www.selfempowermentacademy.com.au](http://www.selfempowermentacademy.com.au)

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is that we have become aware of another power source that we connect into which is the grid point of the galactic centre, the galactic sun that the Mayan's are talking about. As we give recognition to this point of power and the love and the wisdom that it is radiating through this point, and as we learn to work with it and tap into it and have it nourish us, we then become freer so that the dual-natured world is just not part of our reality anymore. We then move from the 'me' game to the 'we' game in such a powerful way that we are suddenly in a state of both the 'revelation and the rapture' that the scriptures talk about. To tune to these higher paradigms that the Mayans and others have discussed is just about frequency matching. Enough people on planet Earth have been holding certain frequencies for us to move into a new membrane of reality but to do so en-mass requires us to be very aware of the power of focused thought and also the power of collective dreaming.

As we have mentioned, what we were expecting in 2012 actually started to happen in 2008. This speeding up of time occurred because again the collective frequency of human consciousness merged to a point that has allowed various interdimensional doors to open. So we've been receiving a lot of what people would call pure photon energy, which a metaphysician would say is a band of pure Christed consciousness. The word Christed just means an intense flow of love which carries a particular flavour in an energy field mix. So we have entered into an energy field of the most intense frequency of love, so any reality we are existing in that is not supporting love, that is not in alignment with this love field, are just being given a tweak now to get them into alignment.

So if you are having a hard time on any level in your life, ask to experience the highest of that situation; ask for perfect resolution for all conflict in your life; ask to live your life in a way that totally enhances your own BEingness, the expression of the true BEingness that you are in its pure and perfect levels; ask to experience the mutual enhancement of BEingness with all people that you spend time with, to have mutually enhancing relationships; ask to live your life on planet Earth in a way that is enhancing for the human life-wave here so that we may experience the purest nature of our being and live in a true heart, united, but also really enjoying the diversity that we offer and the flavours we offer as different frequencies in this bowl of soup we call the human life-wave. Ask to experience the true heart of our planet and how to live in harmony with all life upon her and with the earth herself. Ask to experience universal harmony, internal and external harmony and to also understand the purest teachings of our indigenous people and how they managed to live in harmony with the natural world for so long.

Remember also that the new energies that are coming through these inter-dimensional doors are about joy, celebration, fluidity and flexibility. These new energies that the Mayan spoke of are not about stress or fear of what's happening or has been prophesized to happen. It's about "Wow, look what we've created, finally we've stepped into another energy field that is just so nourishing, it can take away all human hungers so we have no physical, emotional, mental or spiritual hunger anymore and finally we can be in harmony with all." Remember also that when we ask with a sincere heart for something that is beneficial for human evolution then the data and support must and

will come simply because it is time now for us to understand what harmonious existence is all about. Planet earth is being birthed into a new realm of consciousness. This is a fact held by many. The question is only whether this birth is a smooth or rough transition which is something we can all control.



#### UNIVERSAL HARMONIZATION PROGRAM - PART 4

### **Communiqués from our Cosmic Colleagues Through Jasmuheen – founder of the Embassy of Peace**

As many are now aware, I have been in contact for the last few decades with the Brotherhoods of Light, the Intergalactic Federation and the various Interdimensional Peace Councils that oversee the development of our evolution on this plane and I would like to share this message from them that I received in the 1990's. As I compiled the data for this manual, I felt the Presence of these Benevolent Beings beaming in to add more insights to this timeless message.

They share:-

“Yours is not the only planet in our stable. There are many active life forms with varying degrees of intelligence in gestation – as above, so below. Your planet mirrors the complexity of universal creation when you observe your realm of micro-organisms and subatomic particles. You yourselves, as a manifestation of the human form, are but a shadow in the scope of creation and yet your gods kindly gave you keys. Your gods are the great benefactors to be sure, yet dissension and separation comes from within your own hearts and minds. Your thoughts divide you and your focus divorces you from each other and from us.

To be an effective force of change in your world, we invite you to learn the mastery of divine alchemy. We invite you to release words of separation like fear and darkness as fear comes from ignorance of the unknown. When you yourselves know the unknowable you will relax and enjoy and fear will be no more. It is fear that will slow planetary progression just as easily as ice will freeze your blood. Your fear of the forces of darkness will no longer be valid when you understand truly that the dark and the light are the dual natures of the Oneness and from the dark, the light was born. And without the light, the dark would die and without the darkness the Light could not be experienced for the darkness is the void – the infinite nature of creation as the quantum field. To fear the darkness is to fear the force of creation itself.

As long as the language of separatist thinking remains in use by your peoples you will not have the unity that you seek for unity is the common factor that binds the fragments of the whole together in one common vision.

Find that which you can use to unify among you and do that first, then ask for the next piece of your blueprint and it will come, for when you seek to unify you will also unify the dimensions of creation unto yourself because that which is the unified part of the One must reveal itself to you. Just know that your pathway is golden. From highways of light you have come, breathed out on a Sigh as creation and into your being you were sung. Life is all about harmonics.

So many in life are so often filled with their own self-importance that they do not see beyond their immediate issues of survival. Personal survival when achieved so that you no longer stress about such things, will lead you to look at global survival then galactic survival, then universal. You are moving rapidly into a time of a more compassionate and community orientated world where human rights will be practically and lovingly attended to and you are the bringers of this change – you are the messengers, the activators, the transformers.

Those still absorbed in personal survival issues may not hear this message. Those focused on global survival are aware of this and have presented re-education packages to re-train and stimulate the remembering of those still struggling just to survive. This re-training surrounds each and every one of you. It comes through the healing arts, the performance arts, and life itself will teach you how to unlock the door to your own heart wherein lives your divine nature. How long it will take for you to master your personal reality is so personal and is just one of the challenges those among you face in this Earth apprenticeship.

The reward of an open and unified heart and mind is the key to universal abundance and harmony, to be able to take your place as honoured colleagues around the table in the game of divine alchemy. Perhaps for some – the knowing of, and experiencing the limitless nature of, your own divine nature is not a big enough enticement.

Nonetheless, choice of mastery of your being is no longer an option.

There is a force arisen upon your plane that is answering your own divine call. The Mother Gaia is igniting by the fire of the Christed consciousness so Her inhabitants can fulfil the prophecy of the second coming which is the Christed nature inherent in all now arising within all to unify and guide you. Know also that your body is the Temple that houses the Christed One, the Buddhist One, the Infinite One who dwells within your heart. It is not the appearance of one special Being but the rising within you all of the Gods that you are.

The second coming is the coming of the Christed ones together as one voice. It is the voices of the Muslims chanting prayers to Allah. It is the chants to Krishna, the mantras to Buddha and the hymns to Christ. It is the songs of farewell from the cetaceans as they hand the mantle of self-responsibility for care of Gaia back to you. This is a great honour. Know this.

Enough of you have pushed the button of your own desire to be of service, beyond the wills of lesser men – to serve the will of your inner God. So much is now unfolding in this time of revelation, resurrection and rebirth.

When you learn to listen to the Supreme Voice of the Divine One Within – that which we call your DOW – then you will need to be aware of your interpretations of

your inner God's message. How you decode the message reflects your own level of awareness in life. So cease to look solely at your scriptures or your books on spiritual matters, and seek the answers in how you live your life from within yourself. We invite you to experience, know and retain your self sovereignty in this coming time for now is the time of the merging of the realms.

Is your work filled with purpose and passion?

Does your life here make a difference to this world?

Do you care enough for others to give freely of yourself while keeping yourself in your joy and in your power?

Are you truly happy and at peace where you are in the world? Not momentarily happy but happy in your soul? Joyful, contented, knowing and trusting that you are cradled in the arms of the God of the Greater Plan. For in knowing the loving heart of the Divine Creator you know that you are safe. You are the divine experiment of a passionate scientist cloning **itself**, with each version being so perfect unto itself that you will know without doubt that you are made in the image of the Divine.

We care not what you call your gods, just that you call them. For when they have inspired you to remembrance they will remain within your heart permanently – creation having merged creation back into its bosom for once you pledge your allegiance to the Greater Will of your inner God, then your instruction and training will begin in earnest.

When you were first delivered from the Higher Heaven Worlds millennia ago, each of you was encoded with your own treasure map so that you could explore and enjoy all the Kingdoms of Creation as co-creators of the Divine.

Many now have understood that personal happiness depends entirely on the choices that you each make and on the actions you each choose to then take. Will you continue to sit beside each other as mixed races, or as political opponents, or as enemies? Or instead can you be lovers of your gods together by finding that which your religions all agree upon? In all the religions – and now again in New Age thought – we have offered you the guidelines for the new millennium as common points of focus. So use your discernment and take from these guidelines that which feels right in your own heart. Apply them and they will guide you into the happiness that you seek. The true joy that many of you are still seeking, is the sound of your own divine name, for the voice of your God is within you, a fragmented part of a whole, and it longs to tell you Its story, and share Its vision with a far greater goal. As so many now have discovered, the God I AM within holds your complete blueprint, your map for the return journey home, and your assignment which is your reason for being here on Earth at this time.

**Additional note from these Beings, September 2008, channelled through Jasmuheen**

Yes it is true that Earth's people hold the genetic influences of 22 extraterrestrial races and for this you are most treasured. In our reality you are a synthesis of the best of us who just require a small realignment, a realignment that you must desire. This heartfelt desire is one to truly know yourself on all levels of your Being. For eons you have experienced your limited nature, that part of you so focussed on survival and the



procreation of your species. Yet through this time many have risen in your field to express a different aspect of their own divine nature. For this they have received ridicule by those unaware of the Kingdom of Heaven that lies within all and yet they have also led the way into what we call a new portal of possibility.

The more of you who seek to experience your limitless nature then the easier it is for us to provide assistance to those who ask. This support comes without strings or conditions for we have been where you are now, we have experienced the trials and tribulations of our own evolving worlds, the struggle to survive in inhospitable environments, to be in harmony with the spirit consciousness of each planet, to be in respectful harmony with each other and within ourselves as we sought to be more congruent, more integrated on all levels.

This you face now and as you seek harmonious integration and unification, we stand beside you, like sideline supporters of a wonderful cosmic game called evolution. Beside you we provide inspiration, encouragement, insights and guidance where requested. This is your journey, your time and what awaits you truly is sublime for there are realms within realms that await your discovery, and yet all will unfold naturally within you and around you as you discover and experience more of your own divine nature.



### **Message from the Intergalactic Federation of World's Council**

#### **Commander Ontar through Jasmuheen message received mid 1990's and then added to in September 2008**

"Good evening Star borne. You may be asking, what is the Intergalactic Federation of Worlds Council and why the greeting "Star borne"? There is an awakening upon your plane of existence and the ones that have been awakening are the Star borne. These are the ones who have been seeded across the galaxies of time and who have taken embodiment upon this physical plane for their own spiritual journey and to also take on the mantle of their pre-assigned roles at this point of time in your Earth's history. Humanity has another seeding of which you are not part but it is not our intention to begin a diatribe of your galactic heritage here.

The Intergalactic Federation of Worlds, and Council of such, are a grouping of beings who are commonly united in the desire for an harmonious existence through all the dimensions and who are united in the desire for true understanding of the God within all life-wave expressions that exist within the interdimensional realms.

Many of the Intergalactic Federation of Worlds Council are what you may call beings who seek and know 'enlightenment' in various degrees of experience and understanding. They are beings who seek to honour and enjoy the uniqueness of all God's creatures; who understand intuitively with a deep inner knowing that there is room for all diversity of Divine expression. They are beings who know that there is a common glue that binds the molecular structure of all expressions and that glue is simply that of Love.

As many of you are aware, the vibration that created all – through space and time, through all the dimensions of expression – is that of Love. It does not matter your tutelage, your lineage, your understanding of life as the common motivating factor of all is simply to seek and know within the heart, the experience of love and joy.

The power of love is the force that created the word and the interpretation of the word, while it has created so much chaos on your plane of existence, ceases to be of relevance when one moves into the true experience of the God I AM within, what many may call your divine essence, the force that gives all life.

There are billions of planets, billions of life-forms expressing the creative energy of the God force; and Earth, your planet, is graduating from one realm of existence. There is a consciousness, an awakening upon your globe that is lifting you, allowing you to step into a greater knowing, another realm of expression. It is like an energy field that has rolled through your space/time continuum moving through many doorways, what you may term points in your evolution. Now you have come to another specific doorway and on this doorway you may see the label "higher intelligence, extraterrestrials, alien life force".

But when you open the doorway – which this planet is about to do through the sheer force of the desire within the hearts of all to know a greater level of existence and expression – you will find that there are life-forms of vast Light and Intelligence already 'partying' on the other side of this door that you now confront.

You have all been issued the invitation to come to a party with 'grown ups' - for previously the Earth beings have been very much deemed to be those of, what you would call, kindergarten. This is not a judgment, it is simply a fact of observation of the momentum of your evolution although this was not always so. And once more, many are again becoming aware that your origins were not from Earth.

There are beings on this Earth plane, in this room, whose origins are more aligned with the Pleiadian energy; there are those who have come from the energies of Sirius and from the Orion and Vegan system and there are those who have spent time within the Arcturian energy of which you have all passed at one point or another.

The 'why and wherefore' is really no longer relevant. The focus on things such as the photon belt are also not really relevant; though for some it may serve as a catalyst, motivating them to focus on or speed up their journey, but the 'why or wherefore or whenever' that it will all take place is not the issue. The issue has and always must be

the joy in your heart plus the ability to stay in each moment and allow the higher knowing to express itself through you. You are channels for the Light; you are 'spies' upon this plane that have realized your true purpose and you have been sent as bastions of the Light. You have volunteered to be here now to be part of this grand time of change and while you may have forgotten this many have now remembered who they are and why they are here and the beauty that is to be experienced in this realm when the inner doors are open.

This awakening may seem to appear in miraculous ways and yet the more that you align yourself to the energies of this global awakening as it moves through you, the more the 'miracles' will appear to be an everyday occurrence so that what you will experience in your expression upon this plane will be continual joy and contentment. You know that you are in alignment with the higher energies of your own God nature rather than experiencing sporadic joy as it is an ongoing experience on a conscious level.

Where your training or exposure has been, in the myriads of choices given to humanity, does not matter. What matters is that you are awakened and understand that your journey is a purposeful one, that you are bastions of Light and that you are focal points for the higher energies to flow through to allow this planetary transition to be one of joy. The realms that you may term intergalactic or interdimensional are realms of great joy, harmony and unity.

The desire in the heart is a powerful magnetic attraction and it is the desire in your hearts that is drawing you into our realm of existence, for all here desire truth; you all desire a unified existence within humanity and its expression; you all desire love, harmony and balance within your expression. These desires are the magnet that is drawing our worlds together, fusing the dimensions.

These are also the desires within the hearts of all who sit upon the Intergalactic Federation of Worlds Council and these same desires are the unifying factor - regardless of our expression or our evolution and regardless of the colour of the skin or whether we are termed terrestrial or extraterrestrial.

Due to your lack of exposure, you may be quite horrified to see some of the creatures of God's expression who sit upon this council. There are beings that you may term to be strange in pallor and expression, who may not have five fingers and five toes, whose facial features are not deemed to be quite as beautiful as you may care to expect. But we have learned to move beyond the external manifestation and read the energy that emanates from the hearts of all God's expression and it is that energy that draws like to like, according to Universal Law. The higher realms are governed by the understanding and conscious application of Universal Law and these realms are accessed by a being's desire for love, unity and complete knowing.

It is time that you acknowledge, what in your heart you already deem to be truth, that you are not alone. There is still much darkness and ego rampant upon your planet but it is being rebalanced as the Light within the hearts of all is now shining so brightly that it has set you on a spiral of evolution that cannot be stopped.

So how many of you now are prepared to stand up and say "we are not alone?" To be prepared to acknowledge that there are what you term extra-terrestrials? How

many of you now are prepared to speak your truth, and how many believe within your hearts that such things exist?

In a short period of your linear time we will make our presence known. This has been prophesied and so it will be. Many such as this channel are now being contacted and given direct communiqué to stand up and be counted and to be aware of the influences coming upon your plane. But now is a time of preparation for how can you decide to join, within your hearts, something of which you know so little? And yet from the information and energy that is shared with you, you will find a resonance within your heart to the truth that is inherent there for you.

There are many past alliances that have been formed between your governments and extraterrestrial beings whose motivation has not been for the highest good of all and your internet is now filled with such data. As more data comes to light do not forget the innernet, your own ability to discern what is beneficial for your own evolution as an inherently peaceful species.

There will be many in this unveiling that will step forward with many claims and you will know within your heart what is truth for you. Much will be shared and there will be much chaos. Those that are completely aligned with the God within will know the truth for them and this alignment will allow their pathway, their individual transition to the higher realms to be smooth, free of fear and not chaotic.”

[Note: the energy transmitting through, pauses, scans the energy fields of those present and then begins again.]

“So you are a ‘hotch potch’ of lifeforms are you not? You are awakening to the knowledge of your star seeding, your galactic heritage. You may ask for information as to your own personal heritage in your ‘dream time’ or in your meditation. You may ask further for the manner in which you may serve First Cause for you are here, as has been shared, on ‘assignment’; to awaken the God within and to allow your Light to shine, to allow your Light to warm the Light within others so they may awaken the God within and experience their own Divinity. That is your main assignment. Further details you may seek by your own alignment within.

If you could see from the vantage point of where we are, you would see swirling around the galaxy vast balls of Light, creating instantaneously and also destroying instantaneously. You would see planets being activated by the energy of Love, planets taking on the divinity, the true mantle of the God I AM, planets filled with Beings such as yourself understanding that they exist in all realms of expression within this web of love. Just as you have assumed physical embodiment in this dimension, know that you also exist in the fifth and sixth dimensions all the way through to the highest Source of energies and that all – except the experience of the God within when you merge with that – is simply an illusion. Still this illusionary world provides a pathway for you to know the Divine aspects of your nature.

In essence we are not star beings, we are simply energy forms of Light and Love that have the power to manifest form at will. There are things that on one level you cannot comprehend and yet you will remember, for you exist here with us already. It is

a simple matter of shifting your awareness, of changing your perception for the reality that you are beginning to understand is created by a thought, and what you focus on grows as you know so well.

Do you wish to experience more of your Divinity dear ones of Light?

Do you wish to reclaim your galactic heritage to understand that you exist throughout all space time continuums, on all planes of expression, throughout all dimensions?

Or do you wish to continue to play the game within this reality that your society calls 'normal'?

We think not, from reading the energy within the hearts of all of you here, you cannot play it any longer for it holds no joy and joy is like a carrot that is being put before the donkey allowing it to continue further on. You have sensed joy, you have embraced joy, it has often filled your heart, spontaneously drawing you, enticing you back to continue on your journey to ONEness. You are ONEness. We are ONEness. And it is the sincerity of your heart's desire for permanent peace and joy that will open the inner doorways to our realms and allow your plane of existence to merge harmoniously with ours.

This is Commander Ontar signing out".



### **The Doorway of the Heart**

"Salutations ones of Light; this is Arcturius with your gathering. Tis such a simple understanding is it not – that one has within them the power to move beyond dimensions and through dimensions, beyond space, beyond time.

We have shared with your gathering that your being knows expression upon all dimensions for you are connected, are you not, to the Source of Creation. All beings were birthed through the fire, the energy and the love of the Mother/Father Creator God and you have within you the knowing that you are not separate and that this Mother/Father God resides within your being and is not external to you.

You have glimpsed the understanding, and some have a deeper knowing, that the access to the greater part of your expression lies through the doorways within.

You have understood that you are Masters, that you are co-creators and that in the co-creation comes the creation; that you can create the experience your heart desires through your focus. It is simple, for example, every day that you focus on

simply giving yourself, your physical being a shower of the inner Light so you will become Light.

Understand the vastness of consciousness. The consciousness that is I, Arcturius, is individualized yes, it has a note of knowing, but it is the same consciousness that resides within the vastness of the All That Is and that is you as well.

It has been a long while since my consciousness has identified with our star system. It is like an aspect of my being that oversees such, that resonates to the energy beams of that within the hearts of all upon that system. It is an aspect of my consciousness that has been drawn by the Light of the God I AM within your hearts to your grouping for you hold within you a desire for a little understanding of the Arcturian energies.

The consciousness is so elastic and is governed by the Divine Intelligence that resides within; the ability that you have to move into, that state of All Knowing. It is that aspect that the Light within will awaken, to allow you to simply shift your perception, your focus in this journey for reconnection to wherever you desire. If you desire to be once more upon the Sirian system you simply intend to be there.

It is like a fisherman that casts his line out into the vast oceans. It is the hook, the sinker, that lands so much further from the shore but it is the *intention* of the fisherman to cast his line, is it not, that creates that possibility.

And so it is where you move your consciousness across the galaxies and universes of this dimension to another. It is your intention, your focus of what you wish to achieve, of where you wish to go. There will be an aspect of your consciousness that will arrive thus. That aspect is like that hook, that sinker. It has the weight to emerge into that sea of energy that resides where you direct it. For it has the power of your thought, your focus, your intention, to send it winging across time and space.

Your inner plane meditative journeys, your inter-dimensional travel we achieve simply by that; the desire, the recognition that you are in essence, multi-dimensional beings and it is this thought, this knowing that will propel your energy through the realms governed by your thinking. It is your thinking that you are learning to bring into discipline is it not? For you can think that you are limited or you can think that you are unlimited, you can see yourselves as one day being ascended or recognize that ascended part within you now.

Our star system is a system of Ascended Beings. All beings that move upon and within the energy fields that are known as the Arcturian system, understand the Divinity within. They understand the power of the mind to create and they understood the harm that was created when the mind was filled with impurities. When, through discipline, the mind was focused on the purity of creative expression of the Mother/Father God then we moved into the Ascended state.

We understood that we could ignite the Light of the Divine Being within, allow it to grow within our cellular form, creating a new matrix of energy – you term your Lightbody – and dissolve the molecular structure of solid form into Light. This we did eons of time ago and this is the challenge for beings upon this plane in this point of your linear time.

This is a journey you have all undergone before and you hold within you the cellular memory of having done so - where you were beings fed from the ethers, from the higher planes, from the Universal Force, before your base changed from what you would term your silicone to your carbon. And now you reverse the process and when you reverse the process, you once again become the purity of the energy of the silicone substance.

'Tis the same substance as your crystals for those beings that are refracted in these energy beams known as crystals, hold unlimited power. They are conduits for energy. They light great cities; they balance the energy beams of great cities in complete harmony and alignment with the thought-forms of the masses of individualized sparks of consciousness and energy that reside within the higher realms, in expression and acknowledgment of Divine Power. *And the key to the doorways of the higher realms is simply the desire within the heart.*

It is interesting to watch your planetary system for many are exploring new ways of energy, from the fusion, the fission, the splitting of the atom, to the desire to explore your space; to create vehicles of metal. Know that any civilization that works with the vehicles of metal have not yet understood the Divine energy matrix within their being for it is the vehicles of Light that will allow you freedom to access all the dimensions and travel so freely.

It is not until your physicists and scientists begin to open up to the Divinity within that they will be able to understand and then create these vehicles of light and move beyond the limited technology they are currently exploring.

The gifts of interdimensional travel are so simple yet you have been trapped within the physical plane for so long you have forgotten the simplicity. Has it not been shared that it is the children that will create this heaven and inherit this heaven? It is symbolic. It is symbolic in the sharing of humankind to embrace the child like innocence within and be again the Gods that you are – the Divine sovereigns of yourselves and this world.

To understand simplicity as being the key, to understand that it is purity of heart, that it is the ability to love each other unconditionally; that the Higher Light Science is simply the ability to move energy through your body, the energy of Light and Love, for it is that alone that will propel you; hook you in to the next dimension.

Many of you know within your heart what this promises for you have journeyed there before. It brings with it the ability for all beings to live honouring the Light within and the rewards this brings via the Law of Resonance are unimaginable to you now.

On the Arcturian system all of the beings look the same. We do not have the desire for recognition on that level for we tune, as we do with your gathering, to the emission of energy, the emission of signals of Light and Love that emanate from the heart within all. We do not focus upon your physical form; we simply read the energy patterns of Light, the depth of Love that comes from each heart centre as it is the heart that is the doorway to the higher dimensions.

As with your system, the Arcturians are continuing to evolve back to the completeness of their being. Now that system is fifth dimensional. It is beginning to move into the higher octave of the fifth bordering on the sixth yet there are Beings

among us who also have free access to dimensional layers way beyond that - all here intermingle freely as we work with both Ascended Masters and the other Light Beings that move within all dimensions of expression.

Among us there is free communication, telepathically and via using the languages of Light for the languages of Light are beyond your telepathic thought imprinting. The languages of light are the languages that allow you to recognize the vibration of the Light emanation of each individualized soul, of each individualized unit of consciousness.

From the fifth dimension, blending into the 6th and the 7th, consciousness moves from an individualized state to become a mass consciousness that works in unity and harmony beyond the individualization while retaining some uniqueness.

Your planetary system, and that of the 4th and the 3rd, has been a system of duality and of individual units of consciousness trapped in a limited form that is often run by ego and your lower mind. Still you are now beginning to awaken to the Supreme qualities within you and to the unlimited nature of your being and you are becoming aware that you are not just one being but many who are learning to play in harmony like an orchestra. As individual instruments you are feeling great change upon your planet as you learn to tune, work and harmonize your energy. There is a new song to be sung, a new tune to be played upon this Earth and the words of this song, the feeling of this song is one of harmony, of unity.

Some of you have spent so long in judgment, in the reality of: "This is the only way, this is my way, and you must do it my way, and if you do not you will be punished..." and yet to stand in judgment of one another has created only separation and pain.

The gathering here is a gathering of unified hearts that long for peace within and peace without; of hearts that long to know once more the greatness of your being, the unlimited nature of your being.

Often on the night realms you are freed from your physical body to go to the higher dimensions of Light, to other planetary systems for great learning and knowing and you are remembering this more. You also often find upon your return to your physical body that you still feel you are somewhere else – for you are. You do exist in every dimension of expression and with every breath you can know more and more of the God within, until you are consciously that. And on every level of dimension of expression you have the power to move freely through each level via the focus of your thinking; through the power of your intention of your thought and yet the inner plane doors open only in response to your individual resonance which you constantly alter by what you think and feel.

In order to embrace your Ascension all you have to instruct your being with, is the power of **one focused thought**, to chant to yourself with your heart and your soul and with the power of your intention, that:-

"I AM an Ascended Being of Infinite Light and Infinite Love" and thus you will become!

There is nothing else that you need to do in essence. And yet it is fun to play these games along the way is it not? 'Tis a process of rediscovery... Perhaps there is one or two who wish to share, to ask questions, we invite you to do so.



**Question and Answer time**

**Q:** *About bi-location and teleportation, what is your experience on that?*

**Arcturius:** Beings such as myself do not take physical form so there is no requirement to bilocate or teleport for we do not need to manipulate molecular structure. We have had the pleasure of being in physical embodiment yet have not chosen to be in physical embodiment for eons of time. Our beings, our energy fields are moved through the universal expressions, through thought alone which happens instantaneously.

An aspect of my consciousness resides within all atomic structure, within all space and time for we have understood that we are the All That Is, we are the Creative Energy. But we can, through focused thought, gather together beams of Light energy that we may project into form and trigger knowing within beings who witness this.

On the Arcturian system one may take a 'body' that is quite small and fine but when we materialize to your realms we may take the form of angels if that is what is required to make connection with you.

But back to the question for we digress...

With your beings, your focus is on your physical form rather than on your multi-dimensional nature and now you have begun to remember that you have the ability to dematerialize, to teleport and are not limited to the physical body at all.

As you change your energy matrix and thus your consciousness, and as you bring in more of the higher knowing of your unlimited being, you will be able to come and go freely from the physical body without concern of the physical form. If your focus is limited to the physical body it will restrict you and none of this can be an experience for you.

The lessons and the knowing that you are understanding, is that you can move out from the physical plane at will and so you are learning tools and techniques of shifting consciousness which is what bilocation is.

Some of the beings of Light upon this plane that have embodied the Christ Self are in a role of teaching and igniting the hearts of many.

Others when they understand the ability to move beyond physical form decide not to play in these Earth realms - for there is not much upon this Earth plane that you have not experienced in this or in other embodiments - and so they spend their time cosmic traveling so to speak.

Others, when they begin to understand their ability to bilocate, do so to access the doorways to higher dimensions of expression and to explore what it is they have forgotten. That is all. Has that answered your question?

*(Yes thank you more than answered it.)*

**Q:** *Could you please elaborate on the meaning of Ascension, the changes we go through?*

**Arcturius:** Ascension is the state of being, that state of perfection that allows one freedom to move through each energy band of each dimension. Ascension is the embracing of the complete nature of your Self. It is about being filled and overflowing with Light once more for Light is the aspect of the God within.

Many beings are continually ascending. As you ascend from one dimension, you ascend to the next. It is like a graduation from your kindergarten, to your high school then your university.

And when you graduate you find yourself back in the arms of the Divine as a completely unified point of consciousness that is no longer a point of consciousness for it has become lost in the vastness of the All That Is. That is your graduation present. Does that make sense? (Yes). You ask for more?

**Q:** *Perhaps some more on the changes involved?*

**Arcturius:** The fourth dimension is the last dimension that you need a body, that you carry your consciousness around in a physical form. When you move into the energy matrix of the 5th dimension you create a body at will. And having passed from the 3rd to the 4th the doorway is open to you freely.

Right now you are focusing on your form in this dimension with an awareness of doorways and access to other dimensions; when you are in the 5th it will be the opposite. The focus point of your consciousness will be in the 5th with the access back to the 4th and the 3rd as guided by your heart, and your contracts and your service, for every dimension has these contractual arrangements with the Divine One.

And when you are in the 5th you will begin to access the doorways to the higher dimensions which you can also do now for, of the Ascended Masters, many reside upon the 7th dimension and access doorways back through the different realities, tuning into the mass reality that each dimension creates if there is a service calling.

The mass reality of this dimension has been one of separateness, with limited beings of judgment, of disharmony. It is changing as the higher energies and the desire in the heart of all brings through a new formula of being and this formula brings with it Universal Law and the paradigm of the interdimensional worlds.

On the 5th dimension all is created instantaneously through thought. As you think so shall it be. If you wish to visit temples, there is a temple right there. If you think it, it manifests. And there needs to be a discipline of thought, of a universal recognition of harmony, of the knowing of the God I AM in its expression within all beings, so that none are harmed and so that all occurs for the highest which are the governing factors controlling manifestation. On that plane of expression one takes bodies as required, as we desire and there is no such thing as bilocation, as dematerialization is controlled thought that instantly brings things into being. There is an energy of complete unconditional Love and yet excitement, of recognition, of the desire to see every being embrace the God I AM in every moment for the being is the BE-ing here and all understand that level of expression.

And on the 6th it continues on becoming purer and purer points of expression of creative energies. Has that helped? (Yes thank you).

**Q:** *Can you explain a little of the difference of physical death and ascension and ascension with this body?*

**Arcturius:** Tis said to be nature is it not? The dying is really 'old hat' where we come from, on our plane of expression for we know that the God within created the body so therefore we can de-create it or re-create it at will as there is no 'me and the God within' - we are instead one. You become so attached to the physical form upon this

plane because you do not recognize the unlimited nature of your Divine essence or the capability of your Divine essence.

If you did you could take a body at will and drop it at will. If you wished to be a blonde Scandinavian you could create that. If you wished to be a tall Negroid you could create that. Just for the fun of it, like when you change your clothes.

It is because of the acceptance of limitation that one clings so closely and fiercely to the physical form. The process of birthing on this plane is far more difficult than that of dying; for with birth comes the karmic repercussions, yet the understanding contractually of death is simply that – you come, stay and learn, then move on and rest and assess.

One may be awake enough to understand the immortality of the soul, like your Buddhists. Many Buddhists feel that the physical body is irrelevant for the soul is eternal. But if one is truly embracing mastery then cannot one healthily maintain the energy fields of the physical form until you have completed your service?

You can still move to a higher dimensional frequency after death and take your ascension. Because of what is happening upon this plane and because there is enough energy force building now that will shoot this whole energy matrix called the human life-wave into the next level, then both the disembodied ones attached to this plane and those still embodied can move into the ascended state and join our realms.

Ascension in this body is simply mastery of the now.

It is also understanding that if your contract is to be here for some time, then you can maintain the physical form in peak condition and when the contract has expired, you can take the physical body into Light. This way you can keep its memory pattern, its energy matrix, stored on the etheric realms for you to take that 'garb', that molecular visionary concept and use it at will when required. All of this is part of mastery, natural abilities of your ascended nature.

The Mother Mary that comes to many is a being of shimmering light, golden Light energy fields. She works with the Angelic Ones, is the Mother of the Angelic Ones and yet She has kept the imprinting, the imagery of her previous embodiment upon this plane because when She clothes herself in the garb of that molecular imagery, this is the image that will trigger a response within your heart.

If she came as little green monster, hairy with red eyes, people would not go "Oh that is Mother Mary" (*much laughter*) but when she comes in the garb of her blue robes and her angelic face they go "Oh Mother Mary, I recognize your image".

Thus it is with the One you know as Lord Sananda, the consciousness of that One is so vast. It is not Sananda that took embodiment in the being of Jesus but just an aspect of that – that sustained the vibration to the highest, finest frequency so that the individual known as Jesus could be used as a Holy Chalice, by all of the Ascended realms, to make the imprinting upon your plane at that time; to give the message.

The being Jesus had its own individual consciousness that continued its own evolution but was simply in service to the Greater Cause, sustained by that spark of Lord Sananda. And when that One brings forth an image it brings forth the image of Lord Jesus for it triggers the knowing in the heart. We have digressed but has that answered your question? (*yes thank you!*)

**Q:** *Can you explain a little of the relationship between the animal and plant kingdoms and man, and our role there?*

**Arcturius:** At which point of time? Understand that when humanity, the humanoids, took embodiment upon this plane of expression eons ago, that it was like you were being given, from the Mother/Father Creator God, the most incredible paradise. This earthly planet, the body of Mother Gaia, was abundant with everything the imagination could think of. The best of all creative expression that had been created on other planetary systems was brought into totality upon this plane – your life-forms, your animals, your birds and the expressions of nature were all here or being seeded here from other star systems.

The expression of the human ones, when they took embodiment upon this plane were given the guardianship of such beauty of expression; recognizing that every creature held within it a spark of the divine energy that pulses through your own very core. Initially you understood that they were your brothers, your sisters - in a different form but still your brothers, your sisters. Perhaps they did not have the complexity of intelligence that you have, but they have the life force nonetheless.

It was a wondrous time – you have forgotten such. The animals were working on intuitive levels of connected being, for they were so happy in the purity of their expression, and were honoured then by you.

The modern day discord with the animal kingdom has come from that of the human kingdom as it has abused and tested, maligned and murdered, and slaughtered senselessly in the name of survival. And yet if you understood the true essence of the energy that sustains you, you would not partake of such barbaric actions towards either the plant or animal kingdom for they too hold this essence and you are kin. As elder brothers and sisters your role is to caretake – take care of the kingdoms - and yet you have digressed from this.

We are not in judgment however.

What has unfolded on this plane has also been in part of divine perfection for as you have once moved away from your divinity in your conscious understanding, you can now embrace that divinity again and do so with heart-felt joy, having not felt it for so long. All is perfection. All is a cycle of learning.

The connectedness some of you now have with the plant and animal kingdom is just a deep knowing that they have an aspect of themselves – if you attune to them closely – that can blend into your being to allow you to be more complete in your expression as you share the same source energy which gives life to all and have much to gift each other. There is now a mutual exchange of energy and your loving acceptance is healing the energy matrix of suffering from previous times and so these kingdoms are now imparting an aspect of their resonance to your energy field as well.

So sweet ones of light, perhaps our message has been simple, repeated, for this expression of your true essence is simple as it is all powerful and its essence is love. As you know it is the essence of love that glues the molecular structure of all expression harmoniously together. Your true essence is also great light and you know that the darkness can be loved by the light and that it is all created by The One.

Love and honour all.

See the spark of the divine in all.

The next time you feel judgment or anger toward your fellow beings, choose to move beyond these emotions and to look instead for that spark of divine expression in their eyes, in their soul and in their heart, and when each one sees that you look upon them with eyes of unconditional love, they will reflect that love back to you.

So many of you now understand that it is the essence of love that will create the change upon this plane far more powerfully than that of your judgment. We love and honour the light of the God within you all. This is Arcturius dear ones.”



### **Thailand – Darkroom Retreat February 2007 – An Unexpected Meeting with the Lords of Peace**

Our group have gone deeper and deeper into meditation. Over the last ten days we have had no external light, just absolute darkness so that the brain can change its production levels of melatonin and serotonin. We have also taken no food and many of us have taken very little fluid, if any.

Our bodies are strong, well adjusted and we check our weight and hydration levels daily before we dive deeper into the space of solitude and silence. We exist as one group energy field now, synchronized in harmony and movement as the darkness reveals itself to be like the Divine Mother’s womb; a place of love and safety as we confront ourselves and each other on many levels. People have come from all over the globe with a diverse mix of spiritual realities and energy flavours, each one adding to the field.

Each guided meditation adds another layer until we enter that space where nearly everyone knows what I am about to say before I channel the words through, which is a sign that we are one group mind telepathically tuned.

It’s been eighteen months since I wrote these words to try to capture this experience on paper and introduce the Lords of Peace on Venus as they were introduced to me that day.

As is always the way when we channel a meditation (we being myself and those Light Beings who work through me) I always get a vision, or a feeling which we add words to as we guide the group. We were bilocating off planet, with our DOW (Divine One Within) taking us somewhere we needed to go to gain more insight into our service work on earth at this time. Some of the group, who we were cosmically travelling with at this time, were completely enraptured with their own experience while a few others were more grounded, moving their consciousness back and forth between where their bodies sat in meditation and where their DOW was inviting them to go. After scanning

the energy fields I left them to their inner plane wanderings and allowed myself to go deeper into my own experience.

I soon found myself being drawn through a vortex of pure light into the very loving and welcoming energy field of a planet that I sensed I'd been on before in my meditations. As I descended in my energy body onto a huge open campus-type area, a set of stairs presented themselves which I immediately alighted and was met at the top by a being of light that I felt at ease with. While this being stayed in his lightbody form, all I saw and felt was his pure love emanation and that he had been awaiting my arrival and was to escort me somewhere. Within moments we entered into a huge building that appeared to be in the middle of a university and I realized that I was on Venus, in a fifth dimension reality band, and that my escort was Arcturius.

A set of doors opened before us and I saw a gathering of Beings of Light who seemed to be in the middle of a meeting. A holographic image of earth was suspended over their circular table and as we entered they paused their deliberations, beckoned us to join them and then continued on without fanfare or fuss, for obviously this is not my first time among them.

As the image of the earth span before us certain areas lit up and drew our attention, pulses in earth's matrix that seemed to enter into this realm as energy beams that were encoded with information. I realise as I write this now, that these were the collective emanations of everyone on earth who have already had contact with these beings.

During the course of the gathering I realised that I am in the presence of the Lords of Peace who come from many sectors and that one of their projects is to oversee the blossoming of any world whose people are seeking to be in permanent peace. As their meeting came to a close, the attention turned my way and a being arose before me. With a few succinct telepathic words I am handed an official looking scroll that was wrapped with a red ribbon and invited to establish the Embassy of Peace on earth.

"It is time," is all this one said then asked with a questioning smile, "You are ready?" and I knew that I was. It was as if lifetimes had led us all to this point in this ongoing unfoldment of collective evolution. All the while as this was occurring in my bilocated state, at times I was aware also of my body seated in meditation back on earth and that it was time to bring the group back from their inner plane travels. With this thought the Lords of Peace sent me on my way leaving me with the feeling that the Light Beings gathered there were part of my galactic family, that we are always connected and that they are only a thought away.

As usual when things are meant to be, over the next few months everything flowed with so much grace so that the Embassy could be launched on the 07-07-07 and so that we could put this manual together. So before we move on to the next part of our program, here are a few messages from some of the other Beings of Light that we have connected with at the Embassy.



### Messages from other Cosmic Colleagues

**Mother Mary shares:** The energy shift that has been taking place will continue to do so to allow Humanity to feel. To really open up and to feel – to feel with discernment, to feel with the greatest of care in choice, to have empathy for their fellow man, to have compassion because without empathy, without compassion there can be no unity and this is the age of great unity...

It is important that you keep your commitment and your focus clear, that you find the inner strength to be true to your experience; the inner strength to put your commitment to Spirit first, above and beyond all to not allow yourself to be sidetracked in any way while also remembering to treat yourself lovingly every step of the way...

The more you quiet the inner mind of judgment, the more you strip away the limited you and the sooner the Divine You can be revealed. The more that you walk hand in hand with your own Divinity which is the true aspect of your Being, then the more you will find that your journey on earth is a joyous one. So often you sit in judgment of yourselves do you not? You judge your lack or limitation and even your beliefs of such. Yet for us in Spirit, all we see is each Light in you as it shines, some more brightly than others, but all shining none the less. ...

Also remember that spirit and reason go hand in hand and reason will deliver you to the embrace of spirit, for reason was birthed in spirit. Reason is like the sheep that come back home to the shepherd. Times of contemplation will allow you to make peace with all aspects of your Being. To recognize your humanness and love all parts of you without judgment. Remember also that love is the only real power of lasting transformation.

**Sananda:** Every atom, every molecule within Universal structure is perfect and the glue that binds the molecular structure of all is simply Love, Divine Love. It is said that the Son of God, the Son of the Mother/Father Creator God is the Son of Love – pure unconditional Love. What more could you strive for upon this plane at this time in your evolution, than the experience of pure, unconditional Love? This is your Christ nature, and this is the Christ Consciousness within all. It is the thread that binds the garland of life. This consciousness is inherent within your nature; it is the purest aspect of your Being. When it was said that none shall come to the Father except through me (Jesus), it was allegorical and symbolic of the necessity to seek and merge with the “Christ Consciousness” within. There are many ways that this merging can take place – the qualifying factor is *the purity of intention and sincerity of desire* which is a common factor within the hearts of many individuals of many religions and philosophies.

**Triclon from the Intergalactic Federation of Worlds Council says:** Do you understand that any game you wish to play is in your creative power to be real? You are the masters of creation so if you wish to engage in the game that there are entities of lower vibrations sucking off your energy fields, if you wish to play the game of lords of darkness, of satanic forces, of forces that perhaps you would label as not quite in perfect alignment with divinity or whatever label you wish to give – then *as you think it, so it will be, for that is the game being played.*

The game we encourage instead is the game that gives you the key to the doorway to the fifth dimension which is the next energy matrix that you will find your beings, as mass consciousness, relating to and experiencing. The key to this doorway is instant manifestation through your abilities as creative beings.

So with these new energies now bombarding your planet, whatever you wish to give power to through your thought form will become real virtually instantaneously and you will feel the energy effects of such. You are no longer limited beings unless you allow yourself to be so.

If you wish to imagine yourself as beings that have gone through the 'ringer', called third dimensional life, of thousands of embodiments with much emotional and mental baggage, then that will be your reality. You will identify yourselves as beings of great light and love but with baggage – huge bags of this baggage on your back. Or you can decide to see yourself standing tall in your divinity, in complete perfection, living life in complete perfection, embracing, expecting the perfection of life to be in your reality. So see these bags of baggage disappear instantaneously off your back as you embrace this new paradigm and allow it to be your reality, and so it will be and the universe will rearrange itself to accommodate your new framework of reality for that is one of the magnificent abilities that the universe has.

**Kuthumi states:** The new paradigm being created is the one that you as awakened individuals are collectively creating. The old paradigm is that which you are continually building upon as you become aware of patterns that do not run limitlessly and as you become more aware of any thought forms that create limitation.

Now, as you step into your mastery - the unlimited nature of your Being - you are being asked to assess every thought form, every action, and every word that creates limitation individually, so that the collective whole may change.

These paradigms are simply patterns of energy.

The new paradigm is being structured according to your desire to treat each other in a way that is honourable and be together in a way that allows you to be joyous, to be free, to experience life upon this plane with ease, with grace and to know pleasure in this embodiment. ...

The old paradigm brought lack. The old paradigm brought conflict; the old paradigm has brought states of being of great separation and of competition but there is a prophecy that is unfolding upon this plane and it is the prophecy of the new millennium, the prophecy of the Golden Age.



The paradigm of this new age insists that you open up to your own inner guidance, so that you may discover your true mastery, so that you may recognize that the one master that is requiring honouring is the master within you. This is not a time of being disempowered - it is a time of empowerment, of standing true in your Light, of having courage to act from the guidance that comes from within for the good of the collective whole.

**From Saint Germain:** The Master discerns which experience, he or she will have while dwelling in physical form in God's kingdom. The Master, through all realms of expression, creates around them that which serves them fully in the awakened state in each now moment ... What you are being asked to do is to embrace the Christed One within so you may be that magician in the stillness, in the power of that which you are; so that you may send out from your physical form, electromagnetic signals of deep wisdom and power and connectedness. This is the power that will bring the chaos into order once more for the good of the whole...

Forget the power of your addictions and become addicted to experiencing the Divine One Within you and, as Its power radiates through you, It will bring all your addictions into perspective and alignment – without struggle – for this is the power of the God that dwells within!

**St Germain on Earth changes:**

Let us talk then about these great changes, for they will come. In a period of fewer than decades you will find the continent of Europe greatly altered. In the period of similar time, you will find much of the United States greatly altered; a shifting of land mass and water, a simple rearrangement none the less. When you work with your full focus on aligning with and discovering and enjoying the God force within, then you may also trust that you will always find yourself at the perfect place in the perfect time.

As servants of the divine, you have the internal voice, that which you call your intuition, that will move you when you listen to it. It will guide you to be where you need to be and if that creates the ceasing of this physical embodiment, then so be it, it just means that your work is complete here and you as a soul will continue its journey of perfect evolution and may take another body at will, at another time. Or perhaps if it is not the end of your contract, you will find that you are one step ahead always of the supposed devastation for devastation is only that according to your interpretation.

Great change comes and will bring great glory for those tuned to the gifts that these changes bring. The energy of the Buddha teaches detachment, teaches to be dependant only on the divine one within, and it is great teaching.

Let us now see into future times, for there is the prophecy that the Federation is gathering masses, preparing for landings at this time and on one level of reality that is so. They have made contact with many beings upon this plane that are now in constant service doing what they have agreed as in their blueprint. But it is your planet, and we share this so often, that in the cycle of coming change much will remain but more will be transformed, for any system no longer operating for the good of the whole will crumble.

You will soon have access to technologies that will radically transform communication, that will radically transform your transportation and that will allow the resources upon this planet to be distributed in a more equitable manner.

Many of you will remain in embodiment for decades to come for you are the seeders of the new root race and you have long term contracts that see you here until the completion of this new phase of being. You are to bring in new technologies and systems that work for the collective whole.

We have positioned and communicated with many beings, like chess pieces upon a board. These pieces are your own embodiments, beings such as yourself who have tuned into the higher paradigms of creation. They now form what you term an energy matrix around the planet that is magnetizing you into another realm.

**End of Messages from our Cosmic Colleagues.**

**For more on this read:-**

**COSMIC COLLEAGUES - Messages from the Masters:-** A selection of loving, timeless and insightful channeled messages through Jasmuheen to inspire and support all through these changing times. In this book Jasmuheen shares of her personal relationship with these ones.

Additional Channelling thru Jasmuheen – June 2010  
**“Synopsis, keys and Solutions to Peace on Earth”**  
from the Intergalactic Federation of Worlds Council

“There comes a point in the evolutionary process of every planet, that its people begin to ask,

- Surely we can live in peace?
- Surely we can find a way to exist in harmony together?
- Surely we can find better solutions than waging war upon each other?
- Surely we can provide a better future for our children?
- Surely we can find better systems of energy that do not deplete our Earth’s resources?
- Surely we can ...

“And so the questions and ponderings go on, building and building until that planet begins to send a collective pulse of thought-form, that contains these questions, out into the quantum field with such force of enquiry and deep hearted desire, that the planet and her people attract the attention of streams of consciousness that hold the answers to such ponderings. And this Earth’s people have done.

“With this sincere desire leading your way, Earth came under our spotlight, you could say, in a manner that has coincided now with the fulfilment of prophecy.

“The Intergalactic Federation of Worlds Council is like your United Nations but on a cosmic level. One of our jobs, so to speak, is to oversee the rising of the worlds and when your collective frequency has matched the frequency that is required for this rising to be complete, then it will be so; and your world and her peoples will never know war, loss, loneliness, fear or separation again. It is time to put these things behind you if this be your desire. Your first key to this is to make the children of your world your number one priority rather than the creation of weapons of war.

“When you collectively decide to make the children of your world the number one agenda, to which all resources must go, then and only then will your world know permanent peace.

“It is time to reform the education systems on your planet, to provide holistic understanding, including the knowledge of Universal Law. It is time for the adults of your world to match frequencies with the new children who are arriving and help support this transition and consequent rising. The only way to match frequencies with, and thus understand the needs of all your children, including the new souls now arriving, is to strip away the illusion that you are anything but beings of great light and love. Yet this knowledge can only be a truth for you when it is a real experience rather than a spiritual ideology or goal.

“There are of course many pathways offered on your world for this to be an experiential truth, and thankfully you hold within you the perfect guide to lead you deep into this experience of Oneness, of your divine light and your supreme capacity for love and compassion, so that you *will* find the perfect solutions to harmoniously unify your world and provide a future for your children that you can be proud of.

“We state again,

“It is the time of the children. Peace will come to Terra when you make your children your main focus. So it is and so it always has been.

“When you know the pure essence of that which you are, only then will you see the pathway home and provide what your children need, so that your planet can ascend and be permanently anchored once more in the realm of light.

## UNIVERSAL HARMONIZATION PROGRAM

The Embassy of Peace – Sponsored by Jasmuheen & the Cosmic Internet Academy

[www.jasmuheen.com](http://www.jasmuheen.com) & [www.selfempowermentacademy.com.au](http://www.selfempowermentacademy.com.au)

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“This then becomes the second key to your ascension to a higher light; the experiential knowledge of your own Christed nature so that the time of the revelation and the rapture can come to pass in a way that unifies you all.

“The ‘Christed’ nature is your infinite aspect of love and wisdom that all carry within in the Kingdom of Heaven as once was told.

“As your planet shifts and changes and old systems crumble, it will become apparent that the only non-changing, completely nourishing, reliable source, on which you can rely, will be this already ascended, pure part of yourselves that is awaiting your marriage with it.

“Forces have convened now both globally and universally. There is no stopping this train of movement that you now find yourselves upon.

“Your transition into this light-filled path with its days of revelation and ways of rapture is unstoppable yet you do control both the timing and the intensity. You control this via your collective vibration.

“When you step out from the rivers of fear and separation and into the currents of love, then all will unfold smoothly as has been foretold so often before.

“It is time to marry your intellect and logic with your intuition and your heart. This too has been said so often before and this too is another key to the rising of your world.

“Meditate not then on things that separate and divide you. Meditate instead on that which will unify you all. This can only be, has always been, the force within that has given you life upon this Earth, the divine spark within you.

“So it is and so it always has been.”

### **Descension and Ascension ...**

It is said that only by experiencing darkness, can we recognise and be grateful for the light and so we descended into matter ...

Metaphysically, it is said that each one of us is a divine being of light, here to experience life in the dual natured realms.

Metaphysically, it is said that when we have feasted enough within the dual natured realms and satiated ourselves with all that it contains, we then begin to hunger for something more nourishing for our soul ... and that it is this hunger that begins to reveal our ascended nature.

Metaphysically it is said that the master is the best servant ... that only one who has found the Kingdom of Heaven within, can lead the way out of the darkness into the realm of everlasting love and its companion of nourishing light.

Metaphysically it is said that those who commit their life to selfless service, for the betterment of humankind, are in turn served by forces far greater again.

These are things that many now know as truth.

Metaphysically it is said that humanity has entered now into a new phase of revelation, of an experience of fields of possibility that will shine great light to end the times of darkness once again.

Metaphysically, ascension means to rise up, to merge our lower nature back into our higher frequency Divine pure self, an energy we all hold within us, that grows and blossoms when we pay attention to it, when we seek – with a sincere heart – to experience it as the Kingdom of Heaven within.

Metaphysically, descension applies to the descent of just a drop of our vast multidimensional divine nature or essence, into a denser plane such as our dual natured Earth-world. To descend or drop in frequency so molecules can gather around the drop to provide a home, i.e., a body with its 5 senses; to then add 2 more senses for this body-being to use when required.

This is our 6<sup>th</sup> sense of intuition and our 7<sup>th</sup> sense of higher knowing, senses that we activate when we expand our consciousness through living specific lifestyles, that allow our energy fields here to enhance this world, as we in turn are enhanced by everything in this world.



UNIVERSAL HARMONIZATION PROGRAM - PART 5  
**HARMONIOUS INTEGRATION METHODOLOGY**

As understood now by many, the interdimensional worlds vary in complexity depending on which energy band of consciousness is being expressed. These realms are too vast for our mental comprehension. Given this we will focus primarily on the following:-

- a) Communication for Harmonious Integration – the innernet and the internet
- b) The assumption that we are beginning a “merging – revelation – integration” type process with both extraterrestrials and interdimensional Beings – WHY & HOW.
- c) Interdimensional protocol for harmonious integration

**Communication for Harmonious Integration – the innernet and the internet**

- ∞ The Innernet is an incorruptible inner plane network that we access via the expansion of consciousness. Via applying the Luscious Lifestyle Personal Harmonization program we activate our higher, more intuitive abilities to telepathically communicate and be guided by the one energy that we all have in common – that is itself incorruptible - which is our DOW – the Divine One Within us.
- ∞ Harmonious integration with advanced interdimensional civilisations may also require that we can communicate with them via telepathy.
- ∞ The Internet – it is important to honour our own intelligence, do our own research and use personal discernment to formulate a model of reality regarding the things we cover in the Embassy of Peace; hence use the internet freely to formulate this.

**Discussing the assumption that we are beginning a “merging – revelation – integration” type process with both extraterrestrials (E.T.) and interdimensional (I.D.) Beings plus the WHY & HOW of it all ...**

According to many sources of prophecy - among our indigenous cultures and others - we have entered into a time of merging into a higher level of civilisation where other E.T. and I.D. races will be revealed and walk freely among us. This is because Earth’s people have collectively sought ways to live in great harmony or held the desire to live in peace. When a species does this they send out specific signals into the Universal Field

and when their collective desire is intense enough, this brings the planet and her people to the attention of the various inter-dimensional bodies that can help facilitate this.

The why of this is followed by the how ...

Our indigenous people plus many metaphysicians and meditators have been having contact with various beings of light – from the more refined inner realms – for many years. Via time in silence, deep prayer and meditation and living the lifestyle that magnetizes us to their realms, the existence of such is a given but needs to be confirmed by personal experience. We cannot enter these realms any other way than by the expansion of individual consciousness as this is not a reality of a mental paradigm of possibility, it must be a reality of personal experience.

Obviously just because these things are real for myself and many others doesn't mean that they are real for everyone else. Yet if this manual has somehow fallen into your hands, then we ask you again to do your own research, use your discernment and take only that which feels right for you. To the skeptical but open, ask that proof of these paradigms come to you in a way that you need, that will permanently remove you from all doubt. With a sincere heart, ask that the Universal Field of Infinite Intelligence brings you confirmation that being involved with the programs at the Embassy is right for you.

**Interdimensional protocol for Harmonious Integration:-**

- a) Self Knowledge – experiential knowledge of our Divine nature of higher self. Merged with this pure and perfect part of ourselves so that we always act with integrity, as the Masters that we are, in a manner that is for the highest good of all.
- b) Be well informed as to the things discussed in this manual via intelligent discussion and personal experiential research.
- c) Be pure-hearted and hold the clear intention that we co-exist in harmony with all, that all conflict can be resolved on earth via the Triple Win reality.
- d) Understand the power of mind in creation and manifestation – then exercise personal mind mastery.
- e) Apply the Personal Harmonization Program and attend to the Global Program so that we will be magnetized en-mass into this new paradigm without struggle and with great Grace.
- f) Understand and apply Universal Law.
- g) Ask to personally experience the interdimensional realms of the fifth dimension and above and
- h) to experience being in communities on the inner and outerplanes that already exist in harmony.
- i) Do what is required to be at one with your DOW.



UNIVERSAL HARMONIZATION PROGRAM - PART 6  
**DIVINE MARRIAGE**

Divine Marriage, in simplistic terms, is the merging of our higher and lower natures as they exist within the plane of duality. When this occurs - due to our lifestyle choices and desire - we find that we enter into an experience of personal paradise.

Global paradise and the state of permanent peace occurs when we all choose to exist in a state of divine marriage; first within ourselves and then with each other. While we have provided enough pragmatic data in this manual to bring us all into this state of being, for those wishing for more we have covered this in greater detail in the books "Four Body Fitness" and "Co-Creating Paradise" where we also share numerous tools for the co-creation of both personal and global paradise.

Divine marriage can also apply to the merging of higher and lower worlds.

We began our Universal Harmonization Program sharing that Earth and her people were destined to move into a higher state of awareness where we will find ourselves existing in another dimension as according to the Mayan prophecies and so we will end on the same point.

To enter into Divine Marriage personally, globally and universally, first we need the awareness that this state of being of Oneness is possible, next we need the desire to do so and finally we require simple, pragmatic tools and programs.

This is what we provide at the Embassy of Peace and while our programs may need refining until we achieve this objective, what we offer now is a beginning point.

The 8 point Luscious Lifestyle alone has so many personal and global benefits that must be experienced to be believed. The Prana Program has huge environmental and personal benefits that also help re health and hunger challenges and the Madonna Frequency Planetary Peace Program projects are not that difficult to adopt once we shift our priorities away from war and onto unification via meeting basic human rights.

Once this has been done, then what?

Then we will find ourselves in a new space, a new time, connecting with the type of realities we mention throughout this manual. United in common vision, pure hearted compassionate people can achieve so much.

Step by step.





UNIVERSAL HARMONIZATION PROGRAM – PART 7  
**STEP BY STEP Compassionate Action Plan**

1. Change how the Universe responds to you and hence your reality stream by changing your personal resonance. Apply the Personal Harmonization Programs including the meditations suggested - particularly the Love Breath.
2. Get clear about what you wish to create in your own life and how you wish to live. Make sure that this supports the new peace paradigm of unification rather than the old paradigm of separation and conflict.
3. If involved in personal conflict, or witnessing global conflict, use the Triple Win tool of "Perfect Resolution – win, win, win NOW!" as described in more detail below.
4. Understand and apply Universal Law in your own life. Let these laws guide your action.
5. Understand and apply the power of dreaming. Dare to dream of brighter futures that are beneficial to us all.
6. See earth's people as one people living in harmony on one planet rather than as separate races with conflicting cultures. Use the "Perfect harmony all fields now!" mantra whenever you witness conflict knowing that this will call into being other ways of resolving conflict that you may not have thought of.
7. Minimize your dependence on the world's resources by becoming more self-sufficient and taking a lot more of your nourishment from chi or prana. This will aid in the reduction of global warming and help our earth on many levels - from reducing pollution, to saving the rainforests plus reducing our carbon footprints as well as reducing expenditure on health care systems, pharmaceuticals and weapons of war.

**Tools & Mantras for Global Harmonization:**

- ∞ Imagine 6 billion plus people all holding the intention of "Perfect Harmony all fields NOW!" as they go about their days and when they encounter any conflict. Use this mantra with conviction and see what happens in your life.
- ∞ The Triple-Win Perfect Resolution tool. Whenever you are in a position of conflict or where you are confused as to the right course of action, with a sincere heart request the U.F.I. to bring to you the perfect resolution that will deliver a win, win, win outcome for yourself, others and the world. Then expect the perfect resolution to come and do not indulge in negative or judgmental thinking.





**EMBASSY OF PEACE 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.