



## **FABULOUS FREQUENCY FORMULAS for FUN & FREEDOM & the CO-CREATION OF PARADISE with Jasmuheen**

Five days after 911 in September 2001, in a small hotel in Sao Paulo Brazil, I found myself in the presence of the Christ. For days I had been meditating deeply and asking intense questions of the Universe – the intelligent quantum field that surrounds us and thinks that we are to be obeyed as Gods. Questions like “Can’t we use our love and intelligence and all the good that we all possess to eliminate war and violence? Can’t we unify and feed and free the people of our planet so that we may all be peaceful and prosperous? If so then how? When? Help?” And so on – I’m sure you get the picture.

After three intense hours (and no doubt a lifetime of the on and off practice of S.E.A’s Luscious Lifestyle Program) I was blessed to find myself surrounded by the most amazing force field that can only be described as pure unconditional love. As I write of this experience in my e-book *Divine Radiance – On the Road with the Masters of Magic*, I will not digress to elaborate on this here, suffice to say that yes there was a point to the meeting and also a message for me to share with our world.

I have never doubted that an ordinary person could walk among the Holy, for me it always seemed something accessible to all. My only question was how to make it happen and also how to make it happen not by chance but regularly, by desire – both ours and theirs. Nor have I ever doubted that messengers arise regularly to deliver inspiration and hope to humanity so that we can free ourselves from our karmic cycles and create a world we can be proud of, a world we can observe and say “Hmm not bad, we’re doing well!” As the Christ confirmed in our meeting “To the pure of heart, all the Kingdoms are given.” And I hold this to be true.

One of the gifts for me in this meeting with the Christ, was the invitation to do a particular job which I am now in training for and which the delivery of the Fabulous Frequency Formulas form a part.

The Fabulous Frequencies Formulas (F.F.F) are a set of thoughts and words (mental programs of codes) and alignments and actions that when applied will first create personal paradise which will naturally be followed by global paradise when enough of us are holding a more positive personal space.

The first Fabulous Frequency Formula is outlined in detail in our book *Four Body Fitness – Biofields and Bliss* and deals with the refinement and retuning of our personal frequency field via our day to day lifestyle choice.

Briefly it involves the application of Recipe 2000>, a two part program of mental reprogramming codes and an eight point lifestyle program of daily meditation and prayer etc. We have covered all of this in great detail in past issues of TEV and also in the [www.jasmuheen.com](http://www.jasmuheen.com) website and we have also spent the last four years travelling constantly to deliver this first formula to the world. As part of our *Co-Creation of Paradise – One People in Harmony on One Planet - OPHOP – agenda*; Recipe 2000> was

given to me by Mother Mary and the Ascended Masters in 1999 after my request for a free and simple recipe that would end all suffering in our world.

There are a few points I wish to reiterate here before I move on with our FABULOUS FREQUENCY FORMULA program. Firstly as TEV readers know, we are surrounded by an intelligent, loving quantum field that is pre-programmed to think that we are God. Hence it supports the saying “If we ask we will receive”, especially when what we are asking for will deliver an outcome that is good for all. This is basic understanding and training of all M.A.P.S. Ambassadors. As a Movement of an Awakened and Positive Society (M.A.P.S.) in order to create the One People in Harmony on One Planet (OPHOP) agenda, we need to be shining examples of individuals in mastery and Recipe 2000> as Fabulous Frequency Formula # 1 will give us this.

For those wanting a more scientific perspective we also need to familiarize ourselves with the Codes of Universal Laws so I deem to make this Fabulous Frequency Formula #2. We discuss these in detail in both *In Resonance* and in the 2nd e-book of the educational Biofields and Bliss series – *Co-Creating Paradise*.

So if FABULOUS FREQUENCY FORMULA # 1 and FABULOUS FREQUENCY FORMULA # 2 (as per the above) will take care of the delivery of our personal paradise, what about our world? Yes it's true that if you expand the consciousness of an individual so that they undergo the Divinely alchemical transformation of experiencing and merging with their DOW – their I Am Presence and Divine nature or God within – that this will naturally transform our world. Hence this personal process of “enlightenment” must always be number 1, HOWEVER, because we are multi-talented and can multi-task simultaneously, M.A.P.S. Ambassadors can also work the global scene. (And also the universal but more on this later...)

At the end of 2002, I found myself consumed by a very soft, loving yet powerful energy. All day, all night as I sat in my office in Brisbane, surrounded by the music of Ava Maria, all I could see was the Global picture, the pockets of disharmony and discord and suffering in our world that could dissolve with a little tender attention. During this intense period of inner plane work with Mother Mary and the Goddess energy, I downloaded the *Madonna Frequency Planetary Peace Program* - a system we offered in our last M.A.P.S. Retreat in Thailand and refined before launching it through the World Wide Web and later during our 2003 European tour. Hence the MADONNA FREQUENCY PLANETARY PEACE PROGRAM now forms part of Fabulous Frequency Formula #3.

### **Fabulous Frequency Formula # 3**

Fabulous Frequency Formula #3 combines Fabulous Frequency Formula #1 and Fabulous Frequency Formula #2 and adds the pragmatic global project ‘The MADONNA FREQUENCY PLANETARY PEACE PROGRAM’. This is the formula for those committed to the co-creation of personal and global paradise and who are able to bridge time i.e. to live and be fully present in the NOW while holding a clear vision for the future. It is for those who have committed to act impeccably to create for the good of all and who have surrendered to their DOW – the Divine One Within. Fabulous Frequency Formula #3 is for the Ambassadors of Peace. The ‘Perfect Alignment and Perfect Action’ plan.

### **Fabulous Frequency Formula # 4**

Fabulous Frequency Formula #4 covers the inter-dimensional/universal game and combines 1 and 2 and adds the ‘Forever Formula’ and is for those whose interest lies with inter-dimensional and multi-dimensional matters and the freedom that comes with Level 3 of the Divine Nutrition Program as outlined in the educational manual *The Food of Gods*. The ‘Forever Formula’ is outlined in the article “I Have Forever”.

So in a nutshell:

Fabulous Frequency Formula no. 1 is RECIPE 2000> which will bring personal paradise;

Fabulous Frequency Formula no. 2 is understanding and applying Universal Law;

Fabulous Frequency Formula no. 3 combines F.F.F. 1 & 2 with the Madonna Frequency Planetary Peace Program. (Free e-book in German, Italian, Spanish, French & English at [www.jasmuheen.com](http://www.jasmuheen.com).)

### **Fabulous Frequency Formulas**

A Fabulous Frequency Formula is a set of actions, or an action, that allows us to feel fabulous. These actions can be a shift in lifestyle or just a selection of tiny events that add up to a change in our happiness levels in life.

Sent to TEV by Jesse – author unknown

Things that make Fabulous Frequency shifts.

Think about them one at a time BEFORE going on to the next one ...

IT DOES MAKE YOU FEEL GOOD, especially the thought at the end.

1. Falling in love.
2. Laughing so hard your face hurts.
3. A hot shower.
4. No lines at the supermarket.
5. A special glance.
6. Getting mail
7. Taking a drive on a pretty road.
8. Hearing your favourite song on the radio.
9. Lying in bed listening to the rain outside.
10. Hot towels fresh out of the dryer.
11. Chocolate milkshake (or vanilla or strawberry!)
12. A bubble bath.
13. Giggling.
14. A good conversation.
15. The beach.
16. Finding a 20 dollar bill in your coat from last winter.
17. Laughing at yourself.
19. Midnight phone calls that last for hours.
20. Running through sprinklers.
21. Laughing for absolutely no reason at all.
22. Having someone tell you that you're beautiful.
23. Laughing at an inside joke.
24. Friends.
25. Accidentally overhearing someone say something nice about you.
26. Waking up and realizing you still have a few hours left to sleep.
27. Your first kiss (either the very first or with a new partner).
28. Making new friends or spending time with old ones.
29. Playing with a new puppy or kitten.

30. Having someone play with your hair.
31. Sweet dreams.
32. Hot chocolate.
33. Road trips with friends.
34. Swinging on swings.
35. Making eye contact with a cute stranger.
36. Making chocolate chip cookies.
37. Having your friends send you home-made cookies.
38. Holding hands with someone you care about.
39. Running into an old friend and realising that some things (good or bad) never change.
40. Watching the expression on someone's face as they open a much desired present from you.
41. Watching the sunrise.
42. Getting out of bed every morning and being grateful for another beautiful day.
43. Knowing that somebody misses you.
44. Getting a hug from someone you care about deeply.
45. Knowing you've done the right thing, no matter what other people think.

The above are light hearted frequency formulas designed to make us feel fabulous.