



## 'I Have Forever'

The Balance of Being with Jasmuheen

I usually love to share in TEV, or in our seminars and retreats, of things that currently possess my attention and hence I'd like to share this little gem now. I call it my I HAVE FOREVER Technique and I am finding it a most powerful tool for so many reasons. Firstly it is one of the fundamental attitudes of a true immortalist and secondly it unhooks us quickly from 'time-stress' situations.

Although I have consciously unhooked myself from city life and all that goes with it, and although I have placed myself in one of the most relaxed, low key living environments you can imagine – Australia's Sunshine Coast – environmental change is not enough for we can be 'out of balance/workaholics', where-ever we are. Maintaining balance for some means maintaining a conscious attitude and desire and applying the appropriate lifestyle actions and how we spend our time determines how balanced we feel. Hence one of my commitments now is to spend time every day on the beaches here an act which not just energizes me with a flood of pranic air, but also leaves me feeling absolutely invigorated, in touch with nature and in awe of the beauty of God's creation. It also fulfils points 1, 2, 5 and 7 in the 8 point Luscious Lifestyles Program especially when I combine it with some silent prayer and meditation time at some point in my walking journey.

And then we have the monkey mind, the mind that says: "You don't have time for this, you have so much else to do, what about blah, blah, blah." Now I use my new mantra ... 'I have forever' and immediately my body and inner being relaxes because it is true.

We do have forever.

Regardless of physical immortality, our spirit, our inner being goes on forever in one form or another. Also if there is something that is in our destiny, that we really should be doing, the intelligent universe that surrounds us and dances in complete harmony with our DOW, will bring it to our attention. We can't escape it. We can't avoid it. It is destiny. It has been predetermined and so it will be. So again we can relax for what is truly important to us will never pass us by.

One of the challenges of pranic nourishment that we have often discussed is that the levels of energy that we can tap into and also the continual flow of creativity that is available to us, can easily turn the less disciplined ones among us into 'service workaholics'. As we sleep substantially less and need so little time for shopping, as cooking/food time requirements virtually disappear, we find ourselves with so much more time and creative juice to take on more and more projects and if these are of an inspiring service nature – they can become addictive.

For me it was common to have 20 to 30 projects on the go at one time and to also 'work' for 20 hours a day, hence my decision to relocate to an environment that enticed me out of my computer based internet world and into a world that nourished my being in other ways and increased my inner time. Breaking some of my old habits has been challenging as we all know that even though we may physically change our outer environment we still take ourselves - and our inner environment - with us.

Physical relocation always causes us to clean out and assess the old and open up to the new. It can be a wonderful cleanse on both our inner and outer levels as we let go of what we no longer need, or enjoy or even use, and adopt new systems and habits to support the new life we are creating. One of my tools to do all this is the 'I have forever' mantra. Anytime I find myself succumbing to busy-ness, or ignoring again those things that I am discovering to be my physical or soul delights – bush walking, bike riding, yoga classes, beach time, silent sunset times in gratitude as I watch the dusk transition into night, sunrise rays upon the ocean that flood into my apartment with early morning bird song, anytime I find myself ignoring these things, I remind myself that 'I have forever' and that everything that I 'have to do' will be done in the right time but not at the expense of time spent with the above, for nourishment can come to us on many levels and the art of mastery is determining what type of nourishment we need and when and then providing it in a way that is most effective.

I realise that for me it is a matter of rebalance also as for the past 7 years I have spent so much time on the road, living in polluted cities in tiny hotel rooms, doing what was required for my service agenda and that now that this part of my work is complete, I need to recharge my personal batteries and 'overdose' a little on the opposite of that physical environment – hence the beach and the lifestyle it offers.

What is the perfect balance or the perfect 'Fabulous Frequency Formula' is of course so personal.

For many it is absolutely perfect to be living as yogis in cities, as we learn how to maintain our love radiation and not get overwhelmed by the beta beat of city life. For others life consists of country time or bush life deep in pristine forests, or like me, in a beach side base. Where ever we are, there are lessons and insights for our growth and opportunities to contribute to our communities, however we are guided, and to do it all in a way that nourishes us and keeps us in balance. So the next time you find yourself overwhelmed by it all, too busy to take time out to nurture yourself, you might like to apply the 'I have forever' mantra and see how you feel. For me it instantly slows me down and puts things back into perspective.

And, for the immortalists among us, it adds another view.

Immortality is not just a state of mind but as all things we intend to manifest, it must be a state of body, a cellular pulse, an attitude and a state of heart. In other words for manifestation to occur we need desire, attitude, belief and to anchor it all deep within us in the act of 'so it is'. As per the manifestation guidelines provided by St Germain in the last issue of TEV, we need to 'act as if' what we desire has already taken place, is already realized in the etheric and the physical. Here the 'I have forever' mantra reminds us on a cellular and inner level, of the true nature of our being. Whether we have forever as a spirit moving through different our embodiments, or as a spirit whose destiny it is to maintain this particular embodiment until our work on earth is complete, the effect is still the same. This mantra reminds us and reinforces the belief that we do have forever.

Yes it's true that some of the ancient wisdom says that our Divine spirit exists only for the life of the galaxy. It's also true that we are a world in transition, a world with many manmade traps that deny us the experience of our spirit, our true nature. Our true nature is – in man time terms – eternal and limitless, it is also adventuresome and creative. It also lives beyond the constraints of human, simultaneous time. Part of it also lives within a vehicle that is self regenerating and designed for physical immortality IF this vehicle exists in perfect balance and harmony with the 7 elements of Cosmic Fire, Akasha, Astral light, air, earth, fire and water. This is something we discuss in my book The Food of Gods but let us not digress here.

To put time into a little more perspective let's look at some of the science of it all.

- Research puts our sun at 5 billion years old with an estimated 5 billion years to go before burn out and thus destroy life in our galaxy.

- There are between 100 billion to 400 billion stars in our Milky Way system which is just one of 140 billion other galaxies – many of these stars are bigger than earth and have planetary systems that are also inhabitable (hence we may be one of millions of advanced civilizations).
- The estimated distance between these advanced civilisations is at least 200 light years.
- Using a space ship, it would take approx. 25,000 years for us to travel to our nearest neighbour in the Cosmos – Alpha Centauri, which is 4.3 light years away.
- In our physical realm we have 3 dimensions of space and one dimension of time which according to Stephen Hawking are 'inextricably interconnected' and interwoven like the threads that are woven through a piece of cloth.
- This quantum understanding supports the metaphysical principle that we are all interconnected and all one and that time is ever-changing, variable and also has shape.
- The theory of relativity says that space and time are not absolute and are relative to both the observer and to the thing being observed.
- Time can run simultaneously in the metaphysical world or sequentially in the material world.

Regardless of the above, human beings are systems of energy and we all know that energy cannot be created or destroyed for energy simply changes form, hence the idea of an eternal spirit and the possibility of physical immortality. The point is we are here, we exist now and we can be slaves to time to the point that we forget to feed our inner spirit the nourishment it can get from time spent in the timeless world of the essence and source of life, a source which is known as the ELAN VITAL, or CHI among other names that we will explore this issue.

The 'I have forever' mantra is comparable on one level to another of my favourite sayings which was 'I have all the time in the world and not a moment to waste' which I used for many years to remind myself that what I spent my time doing determined the quality of my life. The limitation to this mantra is that it assumes that life can be wasted and on one level it can. However in the world of 'everything is always perfect' (even if it doesn't always appear to be) there is no such thing as right or wrong or good or bad or wasted time.

I was emailing with a Belgium Ambassador the other day who pointed out that the trap in the conscious co-creation of paradise game can be that we tend to move out of the now and focus too much instead on the future.

The 'I have forever' mantra is not about putting things off, being irresponsible, or living anywhere except in the now as it tends to ground us and put things into a bigger perspective thus allowing us to rest and fully appreciate each moment.

I have forever is more about an attitude of acknowledgement of the eternal nature of existence and the vastness of who we are, the we who exists beyond time and space and man made time restrictions.

## Special

Food for Thought with Jasmuheen

With the impending arrival of my grandchild, now and then I tune in and feel this one's spirit and find myself saying how this one is 'special'. Mixing the Australian aboriginal dreamtime bloodlines with my daughter's galactic connections will no doubt make for

another Indigo child to enter this world. I regularly receive e-mails on the 'special' children of the world who are now imparting messages asking for us as adults to be more in our mastery and act as if we are enlightened.

I always hear of the special ones now being born. Yet to me we are all special, and this is something that needs to be experienced by all, the finding of that special nature we hold within, rather than the continual looking outside of ourselves for guidance from either 'special' children or 'special' holy ones. Perhaps special, like gifted, creates separation by placing judgment upon us once more?