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promoting personal & planetary peace



Jasmuheen – Insights & experiences in South America – 2010 – Colombia & Brazil

26th January, 2010 - Bogota, Colombia

It's raining here which is unusual for this time of year. It's also cold as Bogota is 2640 metres above sea level. Yet as I sit by a fire in the apartment of the sister of Patty, my host here, none of this matters, for right here, right now the conversations are engrossing. A government minister sits before me telling me of their plans for new housing to help relocate some of the city's poor away from the unstable hillsides in the Barrio where they currently live. One sizeable earth tremor and many will die, a situation their government hopes to avoid. We discuss the difference between the favelas in Brazil and the slums in Colombia and there seems to be a lot. The locals tell me that there is less fear here and the police presence is strong in all the shanty towns, unlike in Brazil where the police feel overwhelmed by the magnitude of drug lord's weaponry and willingness to use them. We discuss the programs of the Embassy of Peace and our various conflict resolution methods and he tells me how hard they are working to implement their programs before a change in government in this next year. He may retain his portfolio but probably not, and so he doesn't want to see all their good work go to waste by not having the results to speak for themselves. No results and the new government will no doubt throw out much of what they have begun for such is the way in the political world.

It's interesting to hear his view of society and life in Colombia and all the people present tonight express their love and appreciation for this country, and also their concern for the growing political unrest in nearby Venezuela, whose government they are watching closely. A recent spate of attempted kidnappings of Colombians by Venezuelans hasn't helped, even though the kidnappings did not succeed. Here like in Mexico, many of the rich are taken and held for ransom which makes life suspenseful for them all.

27th January, 2010

I'm told that the Machu Picchu area is flooded and 2000 tourists have been stranded in Aguas Calientes and I give thanks for the timing that allowed me to leave the area just days before this happened, and then say a silent prayer for the ones that are trapped there. The river was rising so rapidly when I left that none of it surprises me for never have I seen water so dangerous, fast flowing and fierce.

Our evening event is booked out to maximum capacity and the audience is open and focused as we share the tools to always be able to clearly hear the will of the divine voice within. Next we discuss the lifestyle that we utilise to create health and happiness, and then lastly we close with a meditation that unifies us all. Their energy is sweet and strong and I feel drunk on the energy here, especially after the brief meditation that we did in a church this afternoon where Mother Mary's streams of love were so strong. I feel so much love for all these people, not just those in our audience but also all those in the street, yet I know it's just Divine Mother Love flowing through me in response to who they are.

A short flight the next day to Pereira, then another evening of introduction to a similar sized audience of a totally different energy - at first they are scattered and restless and then it all begins to coagulate and mix into a sweet, strong pool of focused energy as it always tends to do. With some groups this happens slowly and with others it comes quickly yet thankfully it always comes.

The region around Pereira is known for both its coffee and cocaine and yesterday we did an interview with the biggest local newspaper on the issue of drugs and kidnappings and the need to change Trade Agreements so that South American governments can apply other models than prohibition, to deal with the drug lords and trafficking. It's a huge problem here, all agree, and yet I know that all of this happens due to humanity's emotional, mental and spiritual hungers as well. Yet to some this solution of eliminating all of our hungers by merging with our Divine nature, is too simplistic to believe and yet I also know that this is because many still haven't experienced its power.

The force that loves us enough to give us life is not only loving and wise but it is also the most powerful resource of transformation the any being has access to. It can instantly transform our world if we open the inner plane doors to it well and ask to receive all its gifts and of this I have no doubt. There is no other resource that can do this, that can create the harmonics of unification and peace that many seek and yet this must be experienced to be believed. It is the one energy flow that unifies us all into a common frequency where all hungers disappear, it is the one energy that holds the keys to resolution to all the conflict in our world, no matter how insurmountable the problem may appear.

End of January, 2010



I have begun to read the book "*The Elder Brothers*" by Alan Ereira about the lost city and the Kogi tribe who withdrew to the mountains near Santa Marta in Colombia to avoid being conquered by the Spanish. Patty my host is a good friend of one of the Kogi Elders and so three of their tribe came to my workshop at the weekend in Pereira, two Mamas – or Priests – plus a woman named Ruth. The Kogi tribe say they are the Elder Brothers and that they have peacefully lived their own lives and ignored the rest of the world of the Younger Brothers (us) for as long as they could. Living in absolute harmony within their world, they have now stepped forth to share a

little of their wisdom with the message that we need to be more honouring and take better care of Gaia – Pachamama – and that unless we do, very hard times will come. They say we still have time to change our ways; that it's not too late to listen and alter our path to create our own salvation. Theirs is of course a common message yet to be in their presence is different and so we took advantage of the Kogi's attendance and invited them to address the weekend audience, which for them was quite a large one. With the eldest Mama speaking in their native language and the youngest Mama then translating his words into Spanish, and my translator whispering the English equivalent into my ear, it was all a great layer to add to our Pereira gathering and one that we all appreciated.

On Sunday morning I awoke to begin the last day of the seminar with virtually no voice and only the ability to whisper. This is the second time it has happened in 16 years of constant travel yet the day flowed on regardless bringing through a different energy again. My translator sat close beside me as I whispered into the microphone and she then said it all in Spanish. The meditations went deep, the audience so open and compassionate, offering any help to heal my throat that they felt was appropriate. At the end of the day came a standing ovation plus endless hugs and tears in eyes, as the audience expressed their love, and love channelled through my being in response to their love – filling my body with warmth and all eyes with more tears for all that had been shared. There is such a joy to being with the people of South America who I love as much as the Thai. Both are so open-hearted and giving, so genuine in their care of each other and strangers who soon become family to them all. Thailand's people – being mainly Buddhist – are quiet and gentle while the South American people are more

gregarious and joyful for they are people who love to dance and sing, who love family and sharing their homes and hearts.

I have a few more days here as all flights home earlier were booked out and so I rest, read and go into silence so the muscles in my throat can also rest after five intense weeks of talking with our groups plus politicians, media and more, in so many different situations that arise for an Ambassador of Peace these days. I look forward to the day where I no longer have that title and that the Embassy of Peace can close its doors on Earth because none of it will be required. Until then we enjoy each moment and all that unfolds, sharing when required with words, and our presence, being in deep communion in the silence when it draws me and living and loving with appreciation and joy. This world is never boring and there is so much more for us all to understand and experience about the cultures and choices that make up the human life-wave in the here and now so that we can exist in deeper states of harmony.

As I complete this journal entry the Kogi Mamas are downstairs in this abode, sharing more deeply with our hosts who they've come to love and trust. No doubt before this day is out there will be more stories to tell. My voice is still only a whisper which also suits me fine. I am a shy and silent person at heart so to sit and just be and listen is also pleasing to my nature.

Yesterday the elder Mama told me that if I search within myself I will find the answer to why I have lost my voice, independent of some contributing factors like being drenched by the storms in Machu Picchu and having to stay in wet clothes until I could return to Agua Calientas and change my clothes which may have weakened my immune system a little, or that my throat muscles get tired from all the talking. The last time I lost my voice I had also been in South America working in Brazil favelas where I felt the throat slowly tighten. A week or so later, in my last event in Europe in the Canary Islands, when I was again in a Spanish speaking land, my voice box suddenly had no sound and so that event also concluded with a whisper.

Losing my voice in Spanish speaking lands, my throat energy weakened in some way ... I contemplate this as the Mamas wander the lawn below me. As the Elder looks up and smiles, we meet in heart and mind, and my being is filled with the flash of a powerful vision. I see my Shaman self in another timeline kneeling on the ground, my head held back by the hair by a big rough hand of a man who viciously runs a large sharp edged knife across my exposed throat. Blood rushes out of the gaping wound that has effectively cut through the cords of my voice box and with mouth agape and my voice silenced, I watch as I fall to the ground and die.

Even as I write these words an energy shifts from around my voice box as my body continues to release its tears, so sad at the cruelty of man, still sad at the greed and ignorance that some still hold, for we can all live so well together on Earth even if we choose to exist in different ways. I was so naïve and trusting then, for in that life all were our brothers and sisters, strangers and family alike. All that we had then was shared – our food, our wisdom, our ways and our love and every visit together was a visit of mutual enhancement with our exchanges made in ways that made us all better and stronger. That was the way of many tribes before the Conquistadors came.

Some tapestries of life are long ones, others are shorter of course, with each life a pattern of colour, a weave of threads, rough and smooth, from which we grow and learn. My throat is still tender yet slowly I begin the process of forgiveness that is always required for healing to begin. And in the silence of this farmhouse in Colombia with the Kogi Mamas now so close, my body continues to release its tears as a deeper process of healing begins. Other details of that life are no longer required to be seen for our time is here, and now the causative factor of my throat's weakness has clearly been revealed.

As many know, these visions and insights come when they need to and when we are ready to be free from events of the past whose influence we no longer need today. There is no need to chase anything for it all comes up within us when the time is right to move on and let our times of persecution go.

So much is written about Colombia and the levels of violence here, violence is in the land, brought by Cortez and the Conquistador's quest for gold. Driven by greed they spilt the blood of

so many, wiping out the Incas and the Aztecs while the Kogi silently retreated to mountains that were too difficult for many to climb.

I can see the Kogi tribe now in my mind's eye and also feel their hearts which have often been filled with sadness at the ways of their younger brothers, who lacked the sensitivity to tune to and be at One with each other and with Pachamama and her land, those who forgot how to feel the currents of a cosmic heart beat and the true richness that the Kogi's knowledge contains.

As I weave the symbol of infinity across my throat to neutralize the energy there, I intuitively chant the words "I release the wounds of the past, I reclaim my voice and my right to share the truth of the past and the wisdom of our future" and my body gasps for air as if it is breathing for the very first time. And so an intuitive voice chants on soundlessly in my head until my tears are gone "I forgive all who have ever hurt me through all time. I ask for forgiveness of all that I have also done that has hurt another ..." over and over these chants flow as these limiting energy webs slowly untangle themselves through my throat until the process is done. Other visions come with the chants until I see the tribe I came from, being tracked through the jungles by the men with no light in their eyes whose only desire was for gold. I feel angry, then sad as the visions reveal my Indigenous nature and the ways of the peaceful tribes, all of it gone, swamped by white man's lust for more.

My voice still needs rest for the muscles in my throat are tender and sore and yet I give thanks to the Mamas, the priests of the Kogi tribe, for finding me again this life and with so few words allowing this release to come.

I remembered something else while meditating with the Colombian group this past weekend about my time so long ago with the Orion's on their councils of war and the skills learnt there in peace negotiations. I realised that I have seen so much of war that my being has no tolerance for it anymore, so to me the choice of war seems so barbaric when the alternative is just to make a few adjustments so that peace can reign again among us all. *When will we learn to value each other?* I wonder as I swing in my hammock on the veranda of a house in the countryside in Colombia and integrate the insights that I have gained in this land of ancient cultures, with the Kogi tribe who chose to retire to the mountains and be secluded, rather than play the games of war.

Identifying the source of a weakness in our energy field is always required to effect permanent healing, then intuiting the correct process to repair the weakness is also another challenge for often there are various factors that contribute to the ongoing weakness. Past linear time-line events, current time-line lifestyle habits, attitudes and beliefs, and also sometimes parallel life or future life influences, for time in higher frequency bands is simultaneous not linear. Much of this I discovered a few years ago when shifting myself out of the genetic weakness of cancer. It was then that I also realised that our own Divine Beingness is the only one that holds the formula for perfect healing. Others of course can help, like the acupuncturist this weekend that sensed I was also having an allergic reaction of the local flora that was closing up my throat, and when I checked within I found that yes this is was a small contributing factor. But the initial cause of the energy field weakness went of course much deeper.

Holding the clear intention to discover and clear the original causative factor of a debilitating situation – as I have been doing the last 36 hours – allows this knowledge to rise within us if and when we are ready. And yet we also need sincerity in the forgiveness routine and I realise that I still feel too angry to sincerely forgive from my heart and not just my head. This anger must rise for release and then flow from my being gently, when the time is right and only then can I be truly free. Mentally I understand the history of our world; the endless cycles we have endured of war, conquering and greed, where one tribe imposes, by brute force or more subtle manipulation, their own ways over another's, claiming that they are superior or know better. This has been the history of so many worlds. We know this and it is nothing new.

Being there is different. Seeing our friends and family slaughtered, their precious life, then our own, draining away so violently in crumpled heaps upon the ground. Feeling it all and living through it is a completely different story to just hearing about it later or reading about it in a

book. We have all endured so many tortuous ways, time and time again, as people of peace with our simple loving ways do when we are exposed to hatred, judgement and greed. We hold all of this memory in our cells, of lives when we have conquered others ourselves, or then been conquered in turn, of lives when fear and ignorance replaced love and compassion and drained out our intuitive nature, that pure part of us, that has always held the key to the kingdom of existence in peace-filled worlds.

But we have changed; we do know better, we are seeking the inner kingdom of peace again even though this is not always evident in our external world. The Elder Kogi Mamas here has this peace and holds it deep within himself like a silent force of the greatest wisdom and power and this I also feel now deep within now that my tears have gone.



According to Alan Ereira, the Kogi believe they are the guardians of the world and like many Indigenous cultures they believe that Mother Earth is a living spirit being who we need to exist in harmony with. They see all of Colombia as sacred land. The Kogi's word for their priests – Mamas – means the sun or the Enlightened Ones. They speak of the Aluna – the realm where all is one, part of a divine being, a realm where they silently work to keep the equilibrium in our world.

The Mamas are educated in the dark virtually from birth where they spend two-nine year periods. Some spend another two-nine year periods in the

dark and become oracles who then only communicate with other Mamas. 36 years living in darkness to develop their clairvoyance, clairsentient and more skills that come from darkness training. I love the darkroom myself and have spent only 60 days in that environment. To spend 9 years or 36 years in darkness with only another Mama for company is unfathomable to me and yet I understand why and the benefits this brings esoterically. It is these highly sensitive ones who have seen the disasters to come to our world and who have inspired some of the Mamas to leave their mountain of seclusion and speak to the younger brothers – us – so that we change our behaviour towards the natural world and come into equilibrium within them. Later in the afternoon my host and I drive with the two Mamas and Ruth – the woman who is travelling with them – to a small mountain town outside of Pereira, a place so beautiful, with sweet people and great energies pulsing through the Earth – it is both picturesque and profound. We walk the streets and later I sit with them as they take their evening meal. We ask each other questions and the Kogi begin to share of some of their deeper ways and this continues all the way back in the car. Now and then I ask a question and the Elder Mamas shares with such an open and easy flow.

In Alan Ereira's book they are described as secretive and silent and so I feel privileged to be with them now, putting a scientific bent on everything they say as I listen in silence. Our work in essence is the same, to create again an equilibrium in the world, so that Pachamama can be supported and we can support each other, in a more harmonious way. Many things that they reveal to me this day are not my place to speak of. I would also like to say that it is important for Indigenous people to share what they have to say in their way, in their time, without any editing or misinterpretation by white people, which has often happened in the past. As a consequence of this, I have agreed with the Kogi to offer them space in the Embassy of Peace on our YouTube channel to share their message in video form exactly as they want and hopefully this will be done soon. These people are wise and loving, with a light of love and joy that shines from their eyes. The Elder Mamas always holds a deep peace and at-one-ment with his surrounds, a peace that I feel too as we drive together through this land.

Everywhere we walked today the Mamas were stopped by people who wanted to take their photos or who had one or two things to ask or say. During our day our car was stopped twice by police who were also curious to see who we were before sending us on our way. To many, Colombia is a dangerous place, filled with guerrillas, drug cartels, tomb raiders and corruption that manifests itself in so many ways. People are kidnapped or killed here regularly, yet there is a deeper layer to this land that manifests itself to those who are open to its song, which is how it always is in our dual-natured world.

When we arrive back to the compound where I am staying, the Mamas invite me to undergo a small ceremony with them the next day so that they too can help to support my work in their own way. They know the difficulties of being outspoken today, about the need for a more harmonious way and the challenges this brings to us all and so they will weave their webs of support around me. As we later retire to sleep, they ask that I pay attention to any dreams that come my way.

My body needs so little sleep at times and tonight it is the same, yet in that semi-conscious state, the invisible world that they call Aluna, begins to speak again.

"Oneness," it says over and over. *"Oneness is the game. Forget the past, reweave the future into the Oneness game"* and so I sit up, switch on the light and let Aluna's wisdom flow. This is what it tells me as it delivers the data and images for yet another YouTube video:

ONENESS

According to many metaphysicians, and also our Indigenous people, we exist in a web of Oneness, each of us interconnected with all things, like a cell in the Body of Living Field of Intelligence. What we do, how we live affects us all and imprints vibrations in this web.

When we each set the clear intention to live in harmony within ourselves, within our community and within this Earth, then the web of love responds and begins to teach us how, but only when we are truly open in our heart to receive this knowledge.

There are of course practical things that we can do to experience harmony in this Web of One; such as choosing to see the good in each other. We can also focus on the things that bind us, that we have in common, rather than on the things that separate and divide us further.

We share a common essence in the Web of Love, the same baseline frequency, which is of course, Pure Love. This ocean of Pure Love which is within each of us, can be small or large, depending on our recognition of it and attention to it and it has many gifts to give.

By turning our awareness within – via meditation and pure concentration – with a desire to feel this inner ocean of love, it can then rise within us and reveal that we are all the same in essence, that we are all one.

The stronger this force becomes and the more we acknowledge its presence by focusing upon it, the sooner we will be united as one species living on one planet. This is the Universal Law of Love and the Universal Law of Resonance – coming into being in action.

It is a simple science that goes beyond separatist ideologies and religions.

At the Embassy of Peace we encourage you to live a lifestyle that fills your Being with joy, a lifestyle that is also beneficial to the world as a whole. Then we may all move as one heart, one mind – with love in our hearts and wisdom in our minds – and be in harmony with Gaia, the spirit of our world. Some call Gaia, Pachamama, and know her as a living being that is also part of the Web of Oneness.

She invites us to live in harmony upon her and for those who know how, to show the way. And so it is time for us to acknowledge the wisdom of the Elders of the Indigenous tribes. It is their time now and our time to listen to all that they have to say.

- Listen to the Kogi from Colombia.
- Listen to what the Hopi Indians have to say.
- Listen to the wise ones from the Aboriginal lines.
- And listen to the voice of the Divine Essence within. Seek to know its gifts so that harmony and Oneness can be our experience in every way.

As many now know, the greatest teacher dwells within us. When we hear its voice and receive its gifts we will know the Oneness game.

And when the last of this message has come, I lie back down in the dark to enjoy the silence again.

This morning the Mamas arrive early again to complete the ceremony that they began with me last night and then to continue their teachings with the others that are here.

As we sit in the silence together, the Elder Mamas behind me doing his work in Aluna's plane (the field of Infinite Love and Wisdom), "Focus on the pure spirit," he tells me, "on the spirit of the trees," and with his clear instructions I slip effortlessly into a visionary state, where I find myself with Pachamama again and then with the great spirit of the trees. Here waves of love and light wash through me as if I am in a tunnel of wind, yet it is vaster than that again. Within moments I find myself in the Temple of the Sun and hear the words "Welcome back our granddaughter of love," as new patterns are rewoven through my energy field by the Kogi Mamas behind me. A matching of my baseline frequency occurs then deepens my connection into Pachamama's pure field where layers of support and strength await to then claim my Being back into theirs.

Slowly words of power begin to flow through me from the spirit of the trees, and the Temple of the Sun, linking me with them as I chant what I hear and the vibrations of the words settle through my energy fields

"I AM THE WHITE EARTH LIGHT OF PACHAMAMA" was the first chant that came when the ceremony began with them last night and it comes to me again now, before more profound, more personal words began to flow. The tree spirit with us now is fluid, powerful and strong as is the energy in the Temple of the Sun, and tears stream down my face in a silent grateful flow as the Mamas continues to do what he needs to do as he sits silent and still in the chair behind me. I hear him working his Poporo and sense his presence now deep in my energy fields. It is a presence of great love and patience and in my heart I feel these people are my tribe, that our focus is on harmony and that in this we are forever linked. More is told to me in Aluna's field, then the words and visions cease and I know the work is done. Next the Mamas reads my vibrations from the breath I left on a piece of cotton that I held in my right hand throughout the journey, after which he tells me that I have the Kogi's permission now to spread our message through their land with safety and with their support as he ties another string of white cotton around my wrists. They tell me to keep those two strings on my wrists forever as it is a link to their ways and their world, for they read the vibrations of the worlds through the threads of nature. My heart is full and I feel so touched by their wise and gentle ways.

Over our days together with Mamas Eugeno and Mamas Noelle and Ruth, we manage to share with them that Little Brother is rising to do their part, and that there is a huge network of support for their message, as we also have been getting the same message from Pachamama and Aluna when we meditate and engage in prayer. When they finally realise this as truth, they tell me how happy it makes their heart and I tell them how happy their hearts make me. They are a pure and gentle yet strong people and I feel so blessed, so privileged to have had this encounter.

Later on the phone I recount some of this to my husband and I realise that so much of what I have experienced with them would not have occurred unless I'd lost my voice. I know I am a strong and independent woman and that I need to be to do the public work I do, and also to do the work on the inner plane in Aluna's field, yet it seems that only when I am incapacitated in some way, do I get to really experience the skills of others, as they can then step forth in their strength and wisdom to help me in the ways that they can. First there was Swami Nardanand in India who recently helped to heal my ankle and make me aware, by spending time with him that way, of his healing powers and his wonderful heart and now it is the Mamas of the Kogi. I know that if my voice had stayed strong, many of the experiences we have just shared would not have been able to happen. Perhaps our connections would have happened anyway but in a different way but there is still a lesson here for me – about silence and listening and support.

Many people step forward in such different ways when they feel they are needed and can help and being needed brings out parts of themselves that may otherwise remain hidden.

I know I am in a small position of influence in the world and I know that all that we share with others when I travel, is always based on personal experience, and so it is easy to support and promote people in whose abilities we trust. Trust for me usually comes from personal experience and so now it is so easy to promote both Swami Nardanand and the Kogi. And for this insight today I give thanks to my husband and the conversation we have just shared, still, I can't help but wonder if I can learn all of this in a slightly different way ...

Despite all of this my body is strong and constantly amazes me with its capacity to handle my ever changing lifestyle. Heat in Santiago; cold in the Andes Mountains; heat and humidity in Lima Peru then extreme cold in Cusco; rainy, cold then humid in Machu Picchu followed quickly by freezing cold to my bones in Bogota then heat, then cold again all in one day. Then comes more heat and humidity in Pereira. All of this climate change happens over one day to the next and all of it my body needs to adjust to, plus constant plane rides and various pollutions. And yet it stays so strong and copes so well through it all, with just prana for its food plus a little water and coffee now and then for its pleasure. So the rare sprained ankle or sore throat is all so inconsequential in the bigger scheme of things. Add all that is required – for any of us in this field – to be constantly centred and focused and also then add the need for us to be able to handle huge frequency downloads and stay in a virtually constant channelling state and WOW ... I am thankful for what my body is capable of handling!

Life on the road is amazing and gifts us with so much through each experience and interaction, from the love that pours into me from the heart of each one who hugs my body, to the person who in turn who has been so filled with love and insights that they hold me so tightly and won't let go, as tears pour down their faces and love flows from every part of them in gratitude of our meeting – all of this also adds another layer, infusing me with so much support and feeding my body as well. All of this is just a natural part of my life on the road and all of it constantly requires small or big energy adjustments within me and around me. Adjustments of attitudes or awareness as we all grow and understand more about each other and our lives together in this world.

The Mamas have just gone to catch their plane back to the Sierra Nevada where they say they will share our message with their tribe and ask that I also share theirs with the world.

They see Earth as feminine, the trees upon her as masculine and they prize highly the equilibrium between the sexes, where each are fulfilling their roles and seeking to experience, in the fulfilment of their roles, the conscious awareness they need, to do it in harmony and accordance to the Mother's Laws. They are a people who listen to and feel the currents of the cosmic flows that come from the Mother and her creative fluid, the waters of life, which gave birth to the light and creation.

Our understandings match perfectly. Mine comes from nearly 40 years of meditation, listening and being intuitively guided by the Universal Field of Infinite Love and Intelligence which flows via waves of love from the divine heart. Their wisdom has come in similar ways yet it is a wisdom that flows to them so that they can read the vibrations of all life, from stones to birds, to trees and rain, to the breath we all breathe. They say that everything they know comes from the Mother and that we are caretakers of Earth, here to love and respect and care for life, not to take and destroy without thought.

The Mamas use their mind as I have been trained to do – focused, clear, concentrated, as a tool to do our bidding as we in turn take instruction from the Rhythm of Love of the Divine Mother in all her forms. She is Pachamama, she is Spiderwoman, the Madonna, the Goddess energy streams and more. Their culture is deep and their rituals are precise with everything done with pure meaning and I feel privileged to have spent these last 5 days with them all as I learn how to work with them in Aluna.

Before their car drives away, Ruth promises she will send me the video that they want shown through the world. It has 7 chapters of about 7 minutes each which is perfect for our YouTube

channel. Here we will give them their own playlist, to lodge unedited, exactly what it is that they want to say. This is what the Embassy of Peace is for, to tell the stories that need to be told and share the tools that will help to harmonize our worlds.

They are a joyous people, some of who are also a little saddened by the past, by those that came and took so much without understanding the true value of the gold or artefacts. And yes they are concerned at continual deforestation and reforestation of plants (that are not the ones they want replanted) and plans of the government to do so many things that in essence do not serve their needs. Few truly take the time to listen to what they have to share and yet they have also put the past behind them and are focused on education for their children, to pass on their many skills and ways. They are also open now to gain the attention of the younger brother, asking us in essence to tune into forces bigger than ourselves and learn to be in equilibrium once more with Gaia's heart and also the Universal streams.

According to Alan Ereira's book "*The Elder Brothers*" the message the Kogi Mamas gave him was one of great concern for the environment. High in the Andes they see that the world is hotter, no snow comes on the mountains like it used to, so their land is drier, vegetation is sparser, and so the Earth is changing. They told him how all our mining, deforestation and continued tomb raiding has disturbed the balance in the world, as it does when we always take and give nothing in return. Despite all this they believe there is time for us to change our ways and be more aware and respectful with how we treat the Earth and also each other and so they hope we will hear their message.

They hope we will learn to be still and listen to the Mother's heart and to understand that everything is alive with consciousness – from the Earth to the trees, to the sun and more. They hope we will work with them to restore the balance again. They want no tourists to come to their land, they want the tomb raiding to cease, they want to be consulted before the government intervenes in anything, they would like access again to the sea and be safe from guerrilla warfare and the drug lord's games. They would also like us to stop plundering the Earth and killing trees and mining as thoughtlessly as we do. And they want to be left to care for the Mother as they've been shown to do for the Mother's Laws have kept them well and safe for so long.

Mamas Eugenio said many things to me, much of which we have also been sharing with the world but in a slightly different way. Other things they spoke of, I was told to keep private and to some questions I asked, I received information that failed to answer the question, for the Kogi share only what they want us to know.

During the Mamas own evening seminar, I sat in the audience listening to Mamas Eugenio speak in his own native tongue, then to Mamas Noelle translate it into Spanish while a sweet young man named Juan, sat beside me to translate it all into English. Through it all I closed my eyes and tuned my heart to Mamas Engenio's heart, to listen to his spirit on another plane, and there again I saw a man of peace, who had his 'bench', which is what they call their seat of centre, whose heart is pure with a message true, and so I await their video to let them speak directly rather than offer any additional translation here.

32 hours later, my plane touches down to Brisbane airport where my husband greets me with the biggest hug. It feels as if I have been gone for so long and yet the past 5 weeks have passed so quickly for us both; so many adventures and so many insights that tend to transform us in so many different ways. I feel the Kogi with me on the inner plane, present in my dreaming and later as I meditate upon all that has unfolded, I realise that there is a lot that we can do to support them, especially in Aluna's plane.

Over the next few days, as I continue to integrate all that has occurred, new insights come about how we can support our Indigenous people especially the Kogi, since they are the ones that I have most recently connected with.

This morning as I sat on my veranda, I watched a dozen colourful wild King Parrots eating their seed a metre away. The birds come here now every day, often with dozens eating in harmony, enjoying the wild seed mix that is good for these breeds. They can sit and mix in together,

singing and cooing and enjoying without fuss, and then suddenly a new one will come and chase them all away – snapping and biting and attacking until this lone one has the bowl of seed to itself. Over and over I watch their various displays, reminded again and again of life in the human world and the stories of Indigenous South America in pre-Colombian days.

Is permanent peace possible within the human world? Will we always have those few individuals who arrive and attack and take by brute force and noise? Is this plane of duality we call Earth in the here and now, really destined to rise beyond such things?

It's rare for me to have such thoughts and yet as I do, I make a noise on the veranda and the birds all fly away, yet within moments many return and in peace and gentle silence, with a respectful attitude of sharing, they commence to eat again. The bully birds, the noisy ones, do not come back, so peace is finally maintained. And so I sit to meditate in peace, high among the treetops in my mountain ashram, happy to be home at last.

Enjoy the silence ...

Be still ...

Meditate on the love that you are.

The mountain seems to say ...

Peace comes to all who are open ... in their time ...

Nothing to do ...

Nothing to chase ...

In a few days I will go to the funeral of another friend of mine who died a few days ago of cancer ... she's at peace now, happy to be free and unfettered. But today I am here, surrounded by birds in song, feeling the mountain's breeze and able to enjoy this moment with all of my senses. Travel weary, a little sad of heart for the loss of my friend yet happy to have my health, my family and to finally be home again. And so the cycles continue ...

SOUTH AMERICA - November 2010

16th November, 2010 - Colombian Mountain Retreat

The energies are building within and around our group after days of deep sharing and discussions plus profound inner plane journeys and meditations. Grandmother Margareta has arrived from Mexico and last night conducted the second sweat lodge that we have had here. There word for it is 'Temazcal'. Regardless of its name, what it contains with the ritual of intention, are powerful energies, as the spirits of earth, air, water and fire, and all the memories these energies contain, begin to intermingle with powerful chants for the body to let go and release and be reborn.

At the end of it my body's energy fields had been so discombobulated that I had to be helped to a bench near the fire, to sit for a while, breathe in the fresh mountain air and regroup. I am amazed at the grounded strength of our Indigenous people's as they work so powerfully with the elements of earth and also of course the cosmic flows. Many are here to support Pachamama as she continues to birth herself through time, others are the gatekeepers, the between world walkers and dimensional bridges, as many born within other cultures also now are. As always I feel so blessed to be in such sacred circles, this retreat being so different to the ones we have conducted elsewhere in the world.

Our gathering this time has created a platform for three of the Mamos from the Arhuacos tribe to be with us, two of the Taitas Shaman from the Putumayo region, our Grandmother Shaman from Mexico, plus finally the spiritual advisor for the Kogi tribe, Mamos Jacinto who will arrive today after much discussion with his government who initially refused him permission to join us. Their coming to perform their sacred ceremonies and meet together, some would say, is a historical moment as we take this step towards unification and blending all our gifts and talents and the best of all our cultures in ways that benefit us all. As usual I have listened and learnt so

much from being among these people plus all the ones who've come from so many countries around the world to bear witness and add their own energy to the field. And so we all listen and learn and share, as part of this new global family harmonic, of love and respect, that all here are now enjoying. Being in South America always feels like coming home as does being in India where the honouring of spirituality, love and family rates high on people's agenda scales.

"Being present in the presence ..." is a word flow I heard here, one among many, that have touched my heart, as the Mamos spoke to us of the way their children are trained as Mamos; how they are taught about every living thing, why and how it comes into being and the role that it has. Plus they are also educated into the power of foods, the vibration and ability of each food stream and what it does for the body, what times certain foods are to be eaten and why. They also develop the ability to harmonise energy currents within themselves, within the community, within nature, within the world and within the cosmos, and also how to understand the universal and interdimensional flows and movements of all currents of energy.

During our retreat they mingled so freely with us all, with great humour and love, holding private sessions with those interested and just generally being present and available to all, along with the Shaman - the Taitas - who have come to offer the Sacred Ceremony of Yage, which our group have been preparing for all week. As another respected tradition, and common spiritual initiation within the Indigenous tribes, the use of sacred power plants is their way to strip away the veils of illusion, so that the multidimensional realms can be bridged and more easily entered into.

In the book *The Bliss of Brazil and the Second Coming*, we did an in-depth analysis and comparison, of modern day drug use and sacred traditions, using the plants of nature as medicine with all their healing powers. And so the group have begun to lighten their diets, detoxifying further via the sweat lodges, and also via re-energising and strengthening our body's energy circuits, and boosting our internal currents, and changing cellular structure. And while some will not join us in our Sacred Ceremony tonight, as it is not their time or call yet to do so, others will gather to go deeper again into the truth of their own being.

And so it is and always has been.

The Kogi and Arhuaco Mamos hold a big emphasis on an individual controlling their thoughts so that the power that comes with thinking does not affect people around them in any negative way. All their focus is on the 'we' game and community or 'common unity' and not on the individual. Individuals must be self responsible and be an example of a mature human, who is aware of the power of thoughts and actions, and most importantly, to be responsible and act responsibly to Mother Earth, to treat her with respect, care and an awareness of the intelligence of trees, stones, rivers, sky, wind and all the movements of the elements. Like the Arhuacos, they place great emphasis on very specific training for their children. They also place great respect on marriage and the honouring of the roles of the male and female, and the invitation that all fulfill their roles to their highest ability.

Self mastery is the key for them, as it is for our groups all over the world. With this principle we can never be labelled a cult, for we work in unison as masters, for the benefit of our world. The similarities between the principles and actions, we hold in the West, are remarkably aligned to our Indigenous friends in Colombia and, as the week has unfolded, we have deepened our respect and friendship for each other, with each one holding a special place for the other in our hearts. Many of these ones are well travelled now, so they have witnessed more of the way our world is waking, and now more people are ready to engage in self sovereignty in ways that benefit all. The Kogi Mamos Jacinto finally managed to join us and blend with the Arhuaco

Mamos and the Taitas from the Putumayo region; I assume it is the same region from which so much wonderful music exists.

It was wonderful to be with Mamos Calixto the husband of Ruth who I met last time that I was here. His open heart, bright sparkling eyes and gentle yet powerful demeanour made him a quick favourite among the group and I can see why Ruth loves him so much. He was amused by how much Ruth had shared of women's ways among their people when I met her in January this year. Still that's what women do, we bond in sisterhood, and we share our hearts and our stories and support each other as much as we can.

I am isolated from my own family on this mountain in the jungle in Colombia as my mobile phone can't get a connection yet I will catch up with them soon. The tribes here, and people generally in South America, also place a great emphasis on being in harmony with and appreciating family. There are so many wonderful things about these cultures that I would like to energetically channel around the Western world - the Indigenous ways and wisdom, their openhearted capacity to love each other and express this so freely, their ability to be open to joy, dance, music, fluidity and more ... all of these are wonderful rhythms for us to share and enjoy. During this retreat I also saw how again the lightbody within our self is hardwired into matrix of creation, is fed by it, energised by it, so all we need to do is to instruct the physical body to draw its nourishment and hydration needs directly from this matrix.

For some the physical body has been so misinformed by our feelings and thoughts, and unlike the Mamos, we have not had the education to keep the knowledge and experience of our Divine essence, or the knowing, from which true nourishment comes. Sometimes we need to then gently invite or command the physical body consciousness to open to the Divine essence, that constantly flows through us, and to make peace with the God I AM within; to relax and enjoy the power of love and the wisdom of these currents.

This year I have discovered that the lightbody can pulse out through our physical system, strong currents of pure prana, to dissolve any discordant energy, and to absorb all of these vibrations back into the field of pure love. This is a powerful self healing tool when and if required. Working deep in the jungles, with our indigenous, and also in India, means that sometimes I am bitten by mosquitoes, carrying all sorts of interesting and potentially debilitating frequencies, that can be rebalanced via these pranic pulses from our lightbody and the greater matrix that contains it.

19th November, 2010 - Campos de Jordao

Days and nights fly by as we gather again with people we love so dear. There is a core group of people here in Brazil who come every time I do, as always happens to people in my position, as it has been two years since I was last here. There is so much for us all to share as we take this opportunity to meditate, gather and tune in to deeper yet more subtle levels within the matrix. It is easy to love these people as Brazilians in general have so many qualities to love.

Theirs too is a country in a process of great change for their currency is strong against the United States Dollar, allowing a small slightly more affluent middle class to rise, where predominantly there has been in the past, the richer upper class and then those existing in a much lesser economic status for many border on poverty. Yet the Brazilians, like so many in the South American cultures, are rich of spirit and heart, with a way of life that is filled with many things that the West would benefit from.

I like this time of the blending, where we as one people on one planet, can enjoy the cultural diversity we each offer, and share the best of what we have to give. So many streams of

consciousness are now weaving their way around and through our planet, to create a new tapestry in the matrix of creation in this quadrant of the universe. Sometimes this new weaving is hard to see, especially when we watch the news on T.V., or travel extensively through Third and also First World countries, which both have poverty being expressed in so many ways.

In the West obesity is killing so many from its associated diseases, that come from people's mental and emotional hungers being expressed by large intakes of non-nourishing food. Conversely, in the East, eyes may shine or reflect a fear or need to obtain enough rupees to feed a hungry family somewhere close by. Yet here in Campos do Jordao, birds sing, the sky is blue, the sun is shining over green rolling hills where Brazil's affluent keep holiday homes reminiscent of Swiss Chalets in the play grounds of the rich and famous.

Still groups all around the world continue to gather in similar ways, to meditate and pray, envision and weave a new way of being together, where all are loved and cared for. And in the reweaving process itself, lies a wisdom and flow of nourishment, that allows us all to rest and relax in a field of blissful peace and deep contentment. So it is and so it always has been. Yes, on an external level my life is filled with extremes, from the jungles of Colombia with tribal elders, to the hills of the homes of Brazil's elite, enjoying luxury accommodations, abundant hot water and soft comfortable beds, and yet woven throughout all of these external things, are people whose hearts are pure, whose intentions are clear and whose embrace is filled with love.

26th November, 2010 - Rio de Janeiro

After a night and day with Elcy and her family near São Lourenço in Minais, and meeting the group of people who are undergoing the 21 day process in the most peaceful energy field, we make our way to Rio only to find deserted roads that are filling with marines and military, who are flocking in by the truck load to deal with the banditos from the favelas. I am told that many of the favelas here have slowly been pacified, with new systems in place, and the drug lords challenged and usurped. This in itself is great news except now those usurped are gathering, unifying and retaliating. This week Rio has been under siege with cars and buses burnt, people killed and random crossfire endangering the lives of many more. People have been told to stay inside to avoid the inevitable showdown that the government hope will end the run of drug lord's power and make Rio safe for the 2014 Olympics. We cross the city in record time in an eerie energy field, of near deserted streets as people wisely stay out of the way of it all. With a good night's rest and business matters attended to, the next day we venture out to the airport so I can catch my flight to Buenos Aires. The streets now are literally filled with police and military with guns raised and in position to defend where required. Again the near empty free-ways flow fluidly with the only real traffic coming the other way - trucks filled with soldiers and all those involved in settling what has begun. Headed for Rocinha - one of Rio's largest favelas, every soldier and every truck is fully armed, alert and ready to respond to the slightest provocation.

It feels good to be headed in the other direction as news informs us that the drug lords have unified to take this stand and defend territory that they have now laid claim over; providing for the people of the favelas in various ways, as they protected their turf and lucrative drug markets. Tons of drugs and arms have already been seized, during these new favela pacification schemes to the point that the banditos have had enough.

Trouble is brewing here, big time.

Yes, it feels good to be leaving the city, as I keep my worried family informed, via mobile phone text, of my movements. I have been in many dangerous countries and situations over the years - from the bombing in London, to the flooding and landslides in Machu Piccu, to arriving or

leaving in a city just after or before an attack. So far my timing has been impeccable, keeping me out of trouble and personal danger in ways I am extremely grateful for. Here in Rio danger is now all around us - set to explode at any time. Yet at last we arrive at the airport. After a two hour departure delay, I finally board my flight to Buenos Aires, happy to leave the conflict in Brazil behind. Our days at Campos de Jordao in retreat with some of Brazil's more metaphysically inclined elite; our time with the light-workers in their peaceful mountain abode, all of this is etched into my heart along with the faces met and the memories of all that we have shared. Yet Brazil, like many places in our world, has always had its extremes, as its people deliberate their way through the chaos and crime to find peaceful ways and fulfilment in their family lives.

Less than a week later I touch down on the tarmac of the closest city to my home, relieved to be back on familiar ground, in a free country where so few would carry a gun. Time spent walking and talking, kiss and cuddling, catching up on everyone's news, time spent discussing and planning and looking at long held views, time spent dreaming and scheming and just enjoying what comes as I enter again into my own family energy field, to rest and relax with people so well known and loved.

ENERGY Field Harmonics

The blending of energy streams occurs all the time within us and around us for all life is fluid in essence. All energy streams are directed by the consciousness contained within the stream, the collective pulse of each streams inhabitants.

Individualised yet part of a whole, each bubble of consciousness within each stream can move throughout the matrix of creation at will. No bubble is fixed in place and each bubble shares the beat of all the streams yet many feel its pulses in different ways.

To see the way energy streams are constantly rising, changing, meeting, greeting, merging, playing, expanded and changing direction within the web of One, is like watching cosmic cinema, a ballet of interplay. To then discover that all of these energy streams are also interconnected and have a multi-dimensional nature that we can also experience, is another amazing layer in energy field science; to then discover that all of it is controlled by the mathematics of magnetic attraction, and the Divine laws of the universe, also turns on our own inner "Ah ha" switch of revelation.

Revelation allows us to relax then contemplate then hopefully apply the insight and so become expanded for it - this expansion, that comes from life experience, in turn magnetises us into a slightly different rhythm or stream of 'Being'ness.

Sometimes revelation comes so fast and true that it changes us on the deepest levels so we are never the same again. This can trigger an 180° spin shift in our energy flow direction, locking us so powerfully into alternate paradigms whose flow we seem to be jettisoned into. Life experiences do this all the time. Our course in life is set by our perceptions and reactions, and also by the blendings that occur as we mix with other energy streams and merge membranes with each other via the process of natural magnetization.

At this point in our evolution, energy fields are more fluid than ever before with new blendings occurring every moment as many of us marry now with purer interdimensional currents. Once we have set in place, within our etheric and cellular structure, the perfect baseline programs, we can then relax and enjoy the ride and flow through purer energy streams in the matrix that deliver very nourishing experiences.

Baseline programs – as we have shared before – drive energy fields into a specific direction as chi follows thought and the universe reflects back to us our own conscious awareness. In the game of energy field fine-tuning many now have both awareness and also experiential understanding of energy field flow.

For example, someone may gain an awareness and consequent experience of bathing energetically in a strong prana field flow. The Prana field flow is the base current in the matrix that nourishes all potential life into being. As such all life has prana as its base activator rhythm.

A base activator rhythm combines programs and frequencies that then interact to provide certain outcomes which can then be guaranteed to deliver set results as it is all based on the science of energy field harmonics – no spirituality, new age or religious beliefs – just science.

An energy field scientist may then consciously choose to explore matrix harmonics in a myriad of ways. Each stream can be so absorbing and each stream can only be magnetised to us because in some way it holds a mirror to our own conscious awareness of the matrix game.

Some see 'God' as the main field driver of the matrix game, a pulse of pure intelligence that is held in a bed of pure love. This blending, of the pulse of pure intelligence and the pulse of pure love, brings a power into being that reweaves itself through us quite naturally to deliver many gifts when we are open to its pulse.

This pure 'God' pulse radiates through all grid points that form the matrix, interconnecting rays of light with flows of celestial harmonies and waves of love and more - all of it is constantly gelling and blending in a mix that provides the purest flows of nourishment to any life that springs alive within it according to the laws that govern interdimensional and multidimensional existence.

Understanding these laws and how they operate, allows us to change our own choice or mode of operation within the matrix, thus we can manoeuvre ourselves individually and also collectively, into new energy streams that hold rhythms that enhance us personally and also as a species.

Hence energy field science becomes a fascinating study for anyone open to such paradigms and beats. To me it is just music, mathematics and formulae, which result in harmonious or disharmonious patterns of being.

Our collective rhythm just is.

It is the result of who we are now and how we co-create.

Some feel it all just happens haphazardly in a random sequence of events where sometimes we are victims in a greater game that we cannot alter or control.

Others flow with faith, trusting in ancient texts that may carry ancient prophecies into fulfilment - if that turns out to be the will of the collective.

Others see themselves as equal players in a game we design to test our skills, a game that is altered constantly by who we choose to be at any given time.

Some know the master within, that God-like part of themselves that is already ascended, whose wisdom is truly loving and wise. Some blend so deeply within this essence within that the walls of duality disappear and the experience of the Law of Love within its Oneness game kicks in and becomes real and not conjecture or ideal.

All realities add pulses to the energy fields of life, and all of our realities grand or limited mix and blend constantly around and within us to form part of a cosmic soup that also carries additional flavours. Our collective beat then determines which realms we can access and when.

So paradise here now?

Easy. It's just a matter of blending.

Rhythms flow throughout the matrix, some pulse sweet, gentle and slow, some pulse with a deeply loving beat that is actually the cosmic heart offering a consistently nourishing rhythm for its creation to bathe and be reborn in anytime they choose.

The "Harmonics of the Heavenly Heart" – our focus this year - is actually a formula that allows us to experience the purest streams of love within the matrix of creation; streams that satiate, satisfy, harmonize and free; a stream with a pulse that can be pumped up or toned down according to our collective focus.

Many on Earth have now shifted their personal focus to look at new rhythms and ways of being. Data regarding prophecy and scripture, on 2012 time and more, now floods our internet, along

with 'future humanist' discussion, advanced nanotechnology, robotics, genetics and more. Ancient tools, mystery school insights, awareness and futuristic views, all of this is also blending to inspire and open us all to higher views.

Being conscious, aware of who we truly are, by stripping back layers to find the pure essence of our own Being, to find and feel something pure and free, to bathe in this force that is so pure that it can change the course of our own evolution with grace and style, all of this is available to us now as this force is pure, unpolluted and perfect and it flows within us all.

And it is this force that we have in common - regardless of the rest - the trials, the tribulations and the daily living tests. Yes being human for so many is hard but simultaneously being a divine Being in human form is a blessing there for us all to know.

Being fully present with our hearts beating to the Divine Rhythms in our chest, being flooded by this love pulse and feeling what it knows; being open then of inner eye to see the universal flows all of this is here for us now for there literally are so many rhythms to tune to, so many songs to know and so many familiar feelings that will set our skins to glow.

Matching, merging, blending, being, revealing, relaxing ... all here now.