



EUROPE – THE RHYTHMS OF LOVE ... continued ...

26th June, 2009 - Moscow, Russia

It's 11pm and I am leaving the seminar hall with my organizer when he tells me that Michael Jackson died today. As I switch on the BBC news later in my hotel room I feel and see the waves of compassion again rising in the Matrix, emanating out from the hearts of people who are saddened by his passing, people who have enjoyed the legacy of his music which will no doubt flood through Earth's energy fields again as people go into that space of nostalgia. So here passes yet another dynamic, yet often criticized person who came to add a particular flavor to Earth's energy field and whose flavor needs to be added just a little once more.

When I arrived here a few days ago, as we drove from the airport to my hotel, my organizer said to me, "why don't you write a book about 'what, on earth, is going on?'" It gave me food for thought as no doubt for many people on Earth the current changes in our global finances and continuing weather shifts are unsettling, yet to a metaphysician we know that it is simply the long awaited birthing process coming to a conclusion, a process that may last a few more years.

The question arises then not so much as to why something is happening, but more to how can we stabilize ourselves through this birthing time and enjoy the smoothest transition, which is what our work focuses on at the present – providing the basic harmonics to do just this.

29th June, 2009

I forget how much I love the Russian people, especially those that gather with me to do the supporting energy work in the Matrix that we do via group focus. Of course we are all choosing to exist in very specific reality streams of our own creation which is the way of the fields and the choice we have as the masters we all are.

"WORSHIP AT THE ALTAR OF YOUR OWN DIVINITY"

These words and much more are given to me as our Moscow group goes deep into meditation, entering the Akashic Records Cosmic Library to reconnect with our Galactic Kin, those with whom we have shared with in other time lines. The beings around me on the inner plane are huge in energy field and stature, and they exude love and wisdom in the most powerful way as we engage in conversation about life on the Earth plane. I love it when these exchanges take

place so spontaneously and I can only thank the group energy for being strong enough to open such portals for each other within the Matrix.

It is these types of experiences that make life on the road so worthwhile – all the flying and airport stops, dealing with customs and the red tape of officialdom and security that many travelers must submit to now – especially when moving through Russia or the USA. All the strange hotels, unfamiliar cultures, languages and adjustments, the requirement to always be so flexible and fluid and focused so completely in each moment, all of this is rewarded by the amazing exchanges that take place on both the inner and outer planes when groups like this gather to focus on higher paradigms.

1st July, 2009 - St Petersburg, Russia:

Days later in St Petersburg, we gather with a new group in the old Hari Krishna temple and for the first time ever I find many who are not regular meditators and so the sharing adjusts itself to accommodate the new ones here and yet again the flow is deep and magical, bringing tears to eyes, smiles to faces and warmth into hearts that need heart food.

Many more teenagers are coming now and even younger ones who are insisting that their parents bring them. They too are focused and aware and the energy fields of the group are enhanced by their presence. These young ones say little, have no questions, instead they just sit in silence enjoying it all as if they are in the presence of a truth that they have always been a part of. Sometimes they hand me beautiful drawings of being's of light that have been revealed to them in their meditations or images of a perfected Earth and worlds of their higher dreaming and all of it refines our group's energy fields further.

A well known and very successful business man later drives me back to my hotel in the heart of St Petersburg just as he did the last time I was here. He has great news and through an interpreter begins to tell me how his business has increased 1000% each year since I last came. He can't believe it as the global financial crisis has not affected his business at all.

"It's all because of the techniques you've given me!" He grins like a big kid who's discovered an endless jar of candy.

"I've taught them to my staff. We all practice the 8-point luscious lifestyle program in your "Food of Gods" book. And I always use the breath test before making any major decisions, personally and for the business. Our success astonishes us all and I just want to say thank you!"

Stories like this are common for us to hear now and coming back regularly to countries allows me to hear more. Of course these things work in my own life so why wouldn't they work for so many others? Sincerity, open heartedness, wanting to manifest things and ways that benefit human evolution, all of this adds keys to success, as well as tried and true lifestyle fine-tuning formulas and techniques.

The breath technique is particularly wondrous as when we make a statement as if it is truth, then watch our breath, it either drops to our belly and our lungs

open to confirm this truth, or it goes up to our throat and our lungs contract if it is not a truth for us. The Divine force breathes us and so via our breath It can confirm all truth for us by a simple shift in our breathing rhythm.

3rd July, 2009 – Lithuania

I sit enjoying a fresh forest breeze from a lake on the border of Lithuania and Poland, awaiting the arrival of 250 people from the Baltic States who will spend the next 5 days here enjoying the 8-point Luscious Lifestyle Program. Morning Qigong sessions, swimming and boating, walking in the forest, enjoying deep meditations and discussions – on the more refined matters of personal, global and universal harmonization – plus good healthy vegetarian food and life enhancing, heart-opening music and dance. All of this is part of our schedule to unify and reweave our energy fields while we breathe in the sweetest smelling air.

It has been a long time since I smelt such beautiful natural scents in the air around me as the devic energy is strong here. Estonia, Lithuania, Scandinavia and all the Baltic countries hold such a dynamic and pure devic energy stream that engulfs you as soon as you venture away from the cities and walk the countryside, especially through the forests and near the rivers and lakes. Maybe it's the folklore that keeps it all alive, folklore that has been passed down through generations keeping an appreciation and interest bubbling among the people who like to acknowledge the existence of such things.

It is the same with the Indigenous Dreaming and the Dreamtime legends and all that we do, for as we all know now, whatever is focused upon stays alive in our hearts and minds and gives birth to parallel worlds. And all of this gives color and depth to the Matrix of creation.

Sacred Bhajans are playing on my iPod music system, mingling with a steady stream of bird song in the background and a gentle stream of fresh air flows through my open windows – all of it providing me with breakfast for my heart as a new day dawns with its endless possibilities. It is good to be here – out of the hustle and bustle of the cities with all their energy weaves. And, as much as I love the solitude and silence of life in my mountain ashram home, it is good to be on the road again, to meet, greet and mingle with those drawn to share in this way.

Some people say that the time for meditation has passed – that in the stream of Oneness there is nothing to do or attain, which is true. However everyone pulses frequencies to which the greater field responds via the Universal Law of Resonance. Being still, open, in silence, aware and listening via the meditative state allows us to receive via our psychic senses, and to also fine-tune energy fields – via the process of focused interaction and response, to the more subtle pulses from the interdimensional realms. All of this we tend to ignore or are unaware of when we maintain our focus in 'busy'ness or keep our senses solely focused on the external world. As amusing, interesting and delightful as our external world can be, so too are the internal worlds that we access and become aware of when we turn our senses within.

As many meditators and sensitives know, there are currents of energy that pulse through life constantly that are so pure and so powerful, so loving and aware, that all human hungers disappear when these currents are allowed to rise and reveal themselves within us. Eventually, over time, once released and risen, these currents call us to bathe within them and enter into experiences that at times defy the human imagination. Yet first we must be open to such possibilities.

A week or so ago I stood in a bookshop in Moscow having just spoken with a hundred or more people who'd crammed into a small space just to share of such things. At the end of the night a young woman stood before me and said, "I don't know if I believe in such a possibility that you can exist without taking physical food."

We asked if she meditated.

"Yes," she replied.

"Do you feel the pulse of pure love flowing within you when you meditate?"

"Sometimes," she replied.

"Do you believe in the reality of this love since you have experienced it?"

"Yes, of course," she said.

"Then ask It to reveal to you all Its gifts, ask this love as It rises within you and flows through you, to show you what It is capable of. Can you do this?"

"Yes," she responded.

"Just believe in this love and open to it. That's enough."

I liked this response for the times we have entered into now are times of feeling and knowing, of opening to the purest currents of love within the Matrix and allowing this love to reveal its complementary gifts of wisdom and power. And strangely, that's enough for now.

5th July, 2009

The audience sits before me – hundreds of people all radiating out a mix of different frequencies, a sea of faces and energy pulses that constantly intermingle via magnetic attraction. We introduce the Love Breath Meditation to harmonize us all into a common frequency and slowly hearts open. For some, their systems are flooded with this love, as others just glimpse a little of its presence, while others still feel nothing – as some take a little longer to tune themselves to the more subtle energy within. It's interesting to watch and feel the changing rhythm of the group. It is always as if we are part of a Divine orchestra that needs a little fine-tuning until the harmonics work for us all. I know that tomorrow they'll be in a different rhythm again as this pulse of love and unity gets stronger and that by the end of the retreat they will feel as if they are among well loved family and friends. It's fascinating to watch, to do this in

Moscow, then St Petersburg, now here and then next weekend, be in another country, with a new group and do it all again.

I walk into each new group feeling full to overflowing with the purest love only to enter an energy field that isn't as open as the one I have just left and so we start the unifying process of each group of strangers all over again. City after city, year in year out, creating feelings of family amongst groups of strangers, time and time again, until finally resting myself back in my own family's arms.

Rhythms of Love.

Pulses of Love.

Currents of Love.

Always opening deeper to love within and around us ... allowing that love to rise within us and enticing it to rise within each group, so that we may collectively enjoy a deeper harmony in our world.

6th July, 2009

It's interesting to see how long it takes for a group to harmonize themselves using the methods we share. This group is operating on so many levels of awareness – from new ones just waking up to those who have practiced field alchemy for some time. A sweet harmony is beginning to rise through the group energy field as hearts open further and our sharing's get deeper and meditations more focused.

This afternoon a group of excited women approached me to tell me that one of the women who was with us last year in Lithuania was immediately healed of her cancer and so didn't need the surgery she expected to have. Last time we had the group focus on the huge tumor on her neck and pulsate intense healing energies to her which she happily said worked perfectly. I love to get news like this and so this year again we will hold another healing circle as there are many among us with various types of illnesses from cancer to other problems. Why does healing work for some and not for others? Perhaps the purer and more harmonized the groups energies are to the rhythms of love within them, the easier all healing is to accomplish and yet it also depends on each individual's pathway with this as well. Nonetheless there are processes unfolding on Earth that are such a blessing to be part of – people blossoming, waking up to sweeter harmonies and ways of being, and touring, gathering these ones, reveals all of this so clearly and so the moments flow ... sweet, fulfilling, educational moments.

Today we sat in deep meditation radiating pure love out through the fields of Lithuania and around the planet, then through the Earth, then the cosmos, sending this out – united in service – then opening to receive any pulses back from the points of consciousness contained within these fields. Later people shared their insights and the messages gained and so that finally, after days of personal fine-tuning, we were able to go to the global levels and apply the programs of the Embassy of Peace. The group energies have unified so sweetly now with eyes shining, faces smiling, hearts open and so much love being

shared – 3 days focus to unify this field and harmonize all the energies so we can begin to work effectively on global levels.

Last night we sang Lithuanian folk songs and danced around a fire beside a beautiful lake as the sun set slowly behind us, still shedding rays of light at 11pm. The mood was joyous, relaxed, and celebratory and it permeated our gathering today.

7th July, 2009

A young man sits huddled on the floor, his whole body racked with emotion; he cannot control his sobbing as he releases in deep realization, feelings of relief. We hug and I hold him, allowing the love to flow through me until he calms and settles. Our group has just completed a strong meditation that has given many powerful insights as the longer we stay together living the Luscious Lifestyle Program, the deeper we bond and the more powerful our meditation times become.

A troubled teenager, he has been haunted by demonic forces his whole life, forces that frighten and attack him psychically even in his dreams. He has never felt safe, always felt as if they were following him, always felt emotionally raw and on edge. A year or so ago a shaman told him that these energies were ones he himself had abused in a previous time and so a seed was sown. Today he found himself in deep meditation realizing that all he needed was to ask for forgiveness and in the doing of this, in a deep heart-felt way, he finally felt himself set free as those forces faded around him.

Later he rolls onto the grass in front of me, spreads himself out in a star fashion, feeling free and relieved, as if the biggest burden has been magically lifted from his shoulders and in this most precious moment, our hearts are full – his with freedom and realization and mine in the joy of seeing him set free – and once again I marvel at what can occur when the time is right within us.

8th July, 2009

I love those moments when a retreat is complete and everyone's faces are pulsing with light emanations and smiles; their eyes dancing with love and the joy of realizations. The difference is obvious to us all – from the first day of arrival as strangers to the last day of sharing as family and friends.

Later we walk the land here in silence, feeling the energies of the ancient Pagan-Druid culture. I sense the presence of Joseph of Arimathea and Mary Magdalene in the land and wonder if they passed through here at some stage to rest among the Druids, before venturing on to Glastonbury, as theirs is the first presence the forest reveals to me as our group sits quietly on the hillside in meditation by the lake. The forest and land reveals much more to me that is to remain secret, for the rituals the Druids performed here so long ago are still influencing Earth's inner grids and so are not to be disturbed.

Lithuania, and her people, is a beautiful place with powerful sacred energies that pulse so purely through the land and as always I feel so blessed to have the opportunity to be amongst it all.

9th July, 2009 – HOME & HEART HARMONICS

I sit in deep meditation and prayer with Mother Mary and my angel team asking for further refinement, to be able to operate in this world in a way that is best for all. In this plane of duality all is there for us to experience and thankfully rarely these days, there can be one or two whose motivation for coming among us is not one of honor and integrity and so it has been here. Any open person can witness the transformations that take place among a group who gather like we have just done and yet the universe shows me time and time again that people hear and perceive only that which they are open and ready to be aware of. Sometimes people get sidetracked by gossip or rumor or in the case of my work, things they read that have been posted by those less informed on the internet.

On and off over the years I have sat in contemplation and pondered on how best to respond to such things, always choosing just to ignore it all, knowing that the truth seekers will find truth when they are ready. If someone had told me 25 years ago that one day I would be doing any of this in the world – from travelling and gathering groups, to writing, to exploring the benefits that increasing chi flow has on personal and global health, hunger and happiness levels – I would have said, "No way. That's impossible!" for then I was locked into a very different paradigm, so I can understand people's reactions to many of the new energy realities in the world.

This morning my daughter read me an email from an Australian woman who is living in Los Angeles who is a member of the Agape Church that I attended recently. Her 67-year-old mother has been strongly guided from within, and by her own trusted angel guides, to live purely on prana and so has been taking only water for 8 weeks now. She emailed that while she understands her mother's spiritual way of life and respects her calling, her sisters and brothers do not and are extremely concerned, and are threatening now to have their mother committed into medical psychiatric care. She asks if I can help them in some way as her mother lives just an hour or two away from where I live in Australia. Her email is loving, supportive and compassionate and so we respond, sharing our own journey with this and how I too once sat with my family, when they shared their concerns, and how we talked and came to a solution that all were happy with. This was for me to have blood tests via haemaview analysis and that if those proved I was healthy on my prana only diet, then they would relax and cease to project their concerns for my health, onto each other and onto me. This I did and so the problem was solved as the tests confirmed I was healthier than ever before.

Is this the right answer for them? Maybe, maybe not, but only they as a family can lovingly communicate with each and then decide. A test may put their minds to rest, prove to them all that she is okay and if it proves otherwise then no doubt their mother will take the right course of action to bring herself into health.

Sometimes we do things that push people's buttons of awareness as we challenge the many limited beliefs we all still hold on earth. The alternative is to stay silent and accept society with all its limitations and to stay within the boxes

of behavior people want each other to be in. For some this is possible, for others this is impossible as something so strong within us pushes us into a new rhythm.

I think about the three people who died nearly 10 years ago now around the 21 day Living on Light initiation process and how I wish that had never occurred and yet I cannot control the rhythms that push people, from somewhere deep inside, to rise up and break out of limited patterns or to answer the call to be part of an evolutionary path that stands before us that is so immensely freeing and grand; a path that beckons us to know the divine essence within all and to also receive its gifts.

These things are not for me to control, for it is not a time of trying to control one another. It is a time of knowing and enjoying ourselves, of choosing the path of love not fear, of education not ignorance, of honor and respect for each other rather than judgment and disdain. It is a time of seeking harmony among us and resolutions to conflict that deliver beneficial outcomes to us all; of sitting down with family and friends, if required, and lovingly communicating our concerns until a problem is resolved in a way that serves us all.

The experience my organizer here has just had with a woman at our retreat who told her that all our work was a lie, that she'd read reports on the internet that said that pranic living was not possible; makes me think about all the media work we have done, constantly making ourselves available to use the media as a tool of education and how successful this can be when we connect with those who wish to illuminate rather than spread disinformation and fear. For a few moments it makes me think about all those who like to sit in judgment about things they do not truly understand, choosing instead to be ill informed rather than taking the time to go within and feel the rhythm of love and in this rhythm to open to the truth of their being and ask to receive all the gifts that this pure pulse of love can bring. And in this rhythm of love, all I can feel is compassion and the desire to refine even further all that I am in this world. Was it Mohammed who said that if the people will not come to the mountain, then he would bring the mountain to them? And so it is that it is the job of some to write, or educate, to illuminate and support the breaking free of any system that restricts the human heart and spirit from experiencing the purest rhythm of the love that they are.

It is a time of the harmonics of the heart and the harmonics of the home and so situations continue to rise for us all to experience the truth of this in whatever way we need. I do not know if this 67-year-old woman whose inner voice told her to be fed by prana's stream is ready for this or if her motivation is pure and her guidance true. I do not know what is right for her but it is her path, she is the master she must follow her own heart's call; just as she must deal with the reactions of those around her when they express their voice of concern. Being in harmony within brings so many freedoms to us all just as being in harmony with family, friends and community will bring many freedoms to our world.

Regardless of the thoughts of the inexperienced observers of our work as it unfolds in the world, the majority of those who gather with me are bright and intelligent people. They do not seek gurus nor are they naïve and ready to be led astray by some charismatic person. They, like myself and many others, have reached a point in their lives where they have asked, "Is the reality I have

created, really serving myself and is it beneficially serving all in this world?" If the answer is 'no' then they seek ways to change their model of reality until it is; and if the answer is 'yes' then they seek to gather with others to share and combine their energies so that together we can enjoy a different harmony which is the unifying rhythm of love in our world.

I must admit that it was strange this tour for this type of resistance to rise once more around me, as it is so rare that it does this these days. Most people who come to our retreats choose to be well informed and have learnt to check things via the internet and trust their intuitive guidance; still it has been beneficial to look at exactly what we have achieved.

In our book *The Prana Program*, we shared that my role with this was as follows: -

1. Discover *The Prana Program's* gifts and live it all experientially thus proving to myself beyond a doubt its infinite possibilities as outlined in all of our books. This is a journey I intuitively began preparation for as a child.
2. Research all that I could on the subject, write about it and offer my research to the world in a pragmatic and simple way as possible. This included researching and simplifying data in the ancient and hidden mystery schools and personally undergoing various alchemical initiations.
3. Be a bridge regarding *The Prana Program* between the eastern understanding, and my own experience of prana, and introduce the benefits of increasing the pranic flow as widely as possible to the west in a way that supports the paradise agenda.
4. Find and support other proponents of this – Hira Ratan Manek, Zinaida Baranova, the Bigu states in the Qigong networks – and introduce their methodologies through our networks.
5. Be a media spokesperson for *The Prana Program* and via holistic education principles utilize the media to anchor *The Prana Program* reality in the morphogenetic field.
6. Set up both internet and internet communications systems to share our research en masse as per my constant touring, books and websites.
7. Introduce *The Prana Program* and its benefits through political networks, and formulate an effective program to combine and share our research with existing aid and resource redistribution programs via the United Nations and others.

Over the last decade we have achieved points 1 to 7 and have been supported by great Grace as we always are when we fulfill our blueprint. It was not in my blueprint to give a year or two of my time – as Hira Ratan Manek the solar gazer has done – to personally be involved with extensive medical and scientific testing. Yet it was in my blueprint to act as a cosmic reporter and share the

results of Hira's testing which has essentially proven the same thing – that a person can access enough prana, as an alternate form of nourishment so that they are free from the need to take physical food.

With all of this accomplished it is so nice to now move on to the more pragmatic applications of the agendas of the Embassy of Peace knowing that people will experience this freedom of pranic living in their own time, when their resonance is right and when their hearts are open to such things. Fulfilling our pre-agreed agendas as joyously and with as much integrity as we can is always such a satisfying thing to do even though it is sometimes tempting to look back and see easier pathways to achieve it all. Still we do what we can as best we can in any given moment and from all of this we grow and learn.

11th July, 2009 – Tallinn, Estonia

I have been asking the U.F.I. (Universal Field of Infinite Love and Intelligence) for ways of working with large groups to harmonize us quickly and effectively so that as many as possible can receive deeper insight and experience of all that is shared; and so I expect this will now occur for we know that we have entered into a time where anything that we request that is beneficial for us all is supported.

I have also been asking for the perfect way to deal with the few unbalanced reports about our work on the internet – including the 60 Minutes video and the misinformation on Wikipedia – and this morning I received the instruction to tell everything as a story, to share our truths like stories, for the only truth a human can know is when we are immersed in the "IS"ness of the deepest field of love. Everything else is a JUST a story, a story of limitation or a story of seeking to be limitless, or a story of the experience of limitless. The guidance made me smile from deep in my heart as something does when it is a truth for us.

Life is easier as a teller of stories as they are less confrontational for people than someone claiming something as a truth when people are not yet ready to hear it. Stories plant seeds of possibility that blossom in their own time once they capture people's hearts and imagination.

Silence in meditation also reveals to us so much – messages, insights and more. The message to me from Russia was "Worship at the altar of your own Divinity." The message from my experiences in Lithuania is to be again the storyteller that I was so many timelines ago and the message here is just to be still, present in the moment and listen.

So here I sit in a small Estonian café, listening to beautiful local music, watching the tourists flow by, talking to a 14-year-old girl who loves to write and so is fascinated by my presence and so I relax, drink my coffee and thoroughly enjoy the moment. The market square in the middle of old town Tallinn is filled with people selling wonderful handicrafts, all dressed in traditional costume; the sun is shining and music fills the air as their cultural dances begin. The day is glorious with its blue skies and filled with a sense of knowing that something about to be born within me and then a subtle shift occurs as the spirit of the land arises around me and begins to download a new story that it calls 'Gaia's

Song'. Brief but beautiful it completes the questions of "What on earth is going on?" so poignantly and so we will later add this story to our [YouTube channel](#).

15th-22nd July, 2009 -Sacred Art Retreat Bavaria, Germany:

Again we gather with a wonderful group of people who have come to enjoy our Sacred Art Retreat in Germany – which is the first time that we have done this type of retreat here. For the first few days – as usual – people's energies are being harmonized so that we can all come into the subtle frequencies of more creative, right-brain activity, that is required for us all to really gain the true gifts that are here. It is always interesting to watch each person blossoming as they surrender into the creative process – whether it is via meditation or the use of sacred art and accompanying music.

My favorite music at this time is by the group Fantuzzi who I met recently at the wonderful Raw Spirit Festival in Santa Barbara. Their album "Divine Inspiration" personifies the luscious lifestyles program point number 8, regarding the nourishment that we gain from listening to sacred songs that are sung with great devotion. I cannot recommend this CD highly enough particularly the songs "Holy Holy" and "Shalom Salam", although all of the tracks are so beautiful as each is sung with great heart. To enjoy this as much as I do you can go to www.fantuzzi.com to order your own copy. (As many of you know I have also been particularly enamored with the "108 Sacred Names of Mother Divine – Chants of Devi" by Craig Pruess and Ananda as this is also wonderful music to which the heart responds in meditation. Nonetheless, this Fantuzzi CD tends to also speak to every cell and makes the whole body want to dance!)

A week passes so quickly with our group – that I have no time to write – as we enjoy deeper meditations of such power that I rarely experience anywhere else, for our German audience always has a huge capacity for absorbing cosmic energy and downloads. Later as our group visits the sacred chapel of Altötting, all spontaneously do the energy work on the inner plane that is required and all receives again the insights that they need.

Every day now I find myself grinning like a Cheshire cat as I watch everyone in the group slowly going deeper into the silence and enter more profoundly into their intuitive nature as they realize exactly what is being offered here. A week to paint, to sing and dance, to enjoy great fresh food and fun people, a place to meditate and dive deeply into other realms within. All of this nourishes us all so deeply and in such a different way that with these new energies abounding all around us now, it all feels like such a breath of fresh air. At the end of our time together we have an exhibition that adorns the walls of the retreat with color, beauty and form as each piece touches everyone's heart to deliver messages previously unseen before we depart to return to our corners in this world.

Within the week I am back home again preparing for the next leg of this year's tour journey which will bring us into India and back to the [Global Congress in Pyramid Valley](#) 2nd-7th October. This will be followed by a 5 day retreat at Our Native Village (www.ournativevillage.com) from the 9th-14th October plus a few days in Mumbai from the 17th-18th. And so tour time continues as does my learning and all that is gained when we come together with pure hearts and open minds to play. Fun, fluid & flexible!

