

Jasminbeen

Pragmatic Tools for Transformation



Co-creating
Paradise

Co-Creating Paradise ~ Biofields & Bliss ~



OPHOP
one people in harmony
on one planet

Book 2 of the Biofields & Bliss Series

CO-CREATING PARADISE



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INSTIGATING, RECORDING & SUMMARIZING
HUMANITY'S
CO-CREATION OF PARADISE

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Please respect the work of the author & help S.E.A. promote planetary peace ...

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INTRODUCTION

CO-CREATING PARADISE : BIOFIELDS & BLISS is book two of the Biofield & Bliss Series. Book one, *FOUR-BODY-FITNESS : BIOFIELDS & BLISS* introduces basic Biofield Science and delivers RECIPE 2000> as a powerful tool for tuning our Personal Biofield so that we may experience love, health, wealth, passion and purpose, and fun with family and friends.

Since 1996 I have been traveling and constantly meeting with people all over the world who are interested in the creation and experience of personal and global paradise. During the first few years my assignment was to inspire the growth of this, to report on what was happening, and share tools to make it happen. In late 2001, 5 days after 911, the September 11th attack on the World Trade Center in New York, I was summonsed by some of the Holy Ones, who exist within the Dimensional Biofield, and given a new assignment. This was to RECORD humanity's co-creation of paradise.

I realized that if one is to record something, one must have something worthy of recording which meant I had to find:

- ❖ those who were active in creating what it is that I wish to record, and I discovered that my new assignment would require me to continue to instigate and implement that which I wish to record. This meant not just networking seriously with a set intention, but also delivering the goods. For success to be assured, necessary steps needed to be undertaken. A solution must be applied to eliminate the problem areas that currently block paradise from being evident to all.

I realized again that the ability to successfully co-create paradise on Earth was all a matter of frequency. If all exists in one web, one etheric web of light that pulses with data, if all living organisms are truly interconnected (and all non-living) as particles of light and waves of sound, then surely frequencies can be retuned to access any beat? This had been a question

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that had long consumed me as it sat with the knowledge that if past, present and future co-exist then a future Earth paradise may also exist. If, as the indigenous say, we can dream ourselves into new futures, then biofield tuning and accessing existing, or creating new, paradigms within the Dimensional Biofield seemed like a fulfilling possibility in the co-creation game.

If all the wisdom has been given and we have all the tools, then with a little discipline and desire, all fields can be accessed and seen. And if ‘like attracts like’, then we need to choose what reality we want to see and then we need to shift frequencies of our personal and social biofields, so that we can be tuned to the right channel.

While BB1 covers the personal biofield tuning, what of the complexity of the dimensional field? What of extra terrestrial intelligence or Holy Ones who exist beyond our time and space? What of black holes and white holes and the apocalypse and Armageddon; and harmony and peace? Where does the unexplained fit in? What about paranormal powers?

My fascination with Dimensional Biofield science resulted in my books *In Resonance* and *Biofields and Bliss*, the first bridging ancient wisdom to quantum and the second delivering the basic personal field control tools needed for us to tune in en masse to the paradise channel.

Applying the knowledge and tools in these books will also allow us to be more compatibly aligned to the other Biofield Technicians who are currently tuning the Earth and its people into the paradise paradigm.

Successful co-creation always depends on our common vision and compatible alignment.

The question that we also asked in BB1 is to what channel do we wish to be aligned? Do we wish to tune to the paradise channel assuming it exists or that we can create it? What power

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do we have at our disposal? How much are we capable of and how much do we truly understand about the human mechanism?

It's an interesting fact that 90% of the universe is vibrating at a frequency that presents itself as 'dark' matter to us. 90% of our brain is vibrating at a frequency hidden to us, creating an invisible shield between our lower and higher mind. As we only need 10% of our brain function for survival issues, one of my fascinations as a Dimensional Biofield Technician is in the rest of the brain's capacity.

To inspire us to make the 'Let's co-create paradise' decision, we need to understand more about which channels are available for us to tune to and how to tune the ones that will support us with this choice. The fact is that every one vibrates and transmits either powerfully imprinting, or weak, frequencies, which constantly alter the Social and Global Biofield. Imprinting the fields positively requires sensitivity and awareness. We are all familiar with the channel of discord as disharmony surfaces regularly among the people of this globe, often resulting in loss of life and some times even war. (For our field solution for this, see our free e-book on *The Madonna Frequency Planetary Peace Projects : Biofields & Bliss Book 3* at: <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/2-PLANETARY-PEACE-PROGRAM-REVISED-BB3.pdf>)

Before we begin, or continue to retune the fields, we need to be aware of the current paradise status on Earth, what has been done already to tune the Global Biofield, and what still needs to be focused on.

So book 2 of Biofields & Bliss, “CO-CREATING PARADISE” presents more tools and data to allow us to tune our fields to a more civilized channel, one where all are healthy and happy on Earth.



**The Social, Global &
Cosmological Biofields
Data & Exercises of influence**

Part 1

**The Dimensional Biofield Science of
CO-CREATING PARADISE**

- ❖ **Visions & Decisions**
- ❖ **Solutions & Outcomes**
- ❖ **Support Systems & Colleagues**
- ❖ **Perfect Alignment, Perfect Action**
- ❖ **Paradise – Current Status**
- ❖ **DOW Power, Now Power**
- ❖ **When will we co-create Paradise?**
- ❖ **The Social Biofield**
- ❖ **The Global Biofield**
- ❖ **The Environmental Biofield**
- ❖ **Biofield Science Law**
- ❖ **The Cosmological Biofield**
- ❖ **Esoteric Cosmology**
- ❖ **The Grid Point of our Sun**
- ❖ **The Dimensional Biofield**
- ❖ **Dimensional Biofield Science & Questions**

CO-CREATING PARADISE



To successfully co-create paradise on Earth we need:

- 1) To be clear about what we really want for ourselves, our children, our future. We need to have Visions and to make Decisions to attain what we desire / require and we need to reprioritize our resources agenda.
- 2) We also need to have good **Solutions**
(see <http://www.jasmuheen.com/how.asp#dowrecipe>)
that will provide the **Outcomes**
(see <http://www.jasmuheen.com/what.asp#paradise>)
that we desire, outcomes that are beneficial to all.
- 3) We also need good Support Systems and conscious aware Colleagues to co-create with us plus enough resources.



VISIONS & DECISIONS:

For our dreams and higher visions to be made manifest, we must take time to think about what we want.

What do we want for ourselves, for our loved ones, for our future? Once we have honestly assessed our own lives to determine what we want, it is then recommended that we look to see if our belief systems and wants are also beneficial to the world.

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Questions worth asking are:

- ❖ Do we, and how we live our lives, have a beneficial impact on the whole?
- ❖ Is this idea of global harmony & happiness a reality and if so how can it be attained so that WE ARE ALL healthy & happy, peaceful and prosperous?
- ❖ What is Paradise? Before we can determine IF and HOW we can CREATE PARADISE FOR ALL; we need to ask ourselves WHAT IS PARADISE?
- ❖ Is Paradise a Utopian state where all beings live in a manner where all their needs are met, from our basic human rights, to our higher dreams and goals?

This means being honest with ourself, spending silent time in contemplation... evaluation... assessing our joy factor in life ...

Years of touring have taught me that regardless of our race, religion, gender or culture, all human beings basically want the same things. We all want love, health, wealth, passion and purpose and great relationships with family and friends. When we feel fulfilled on all levels of our own being, we become more compassionate and more aware of how we spend our time. In **Biofield Science** (see: <http://www.jasmuheen.com/who.asp#biofield>), attaining fun and also fulfillment is just a matter of biofield refinement. We covered personal biofield tuning in detail in BB1, in this book we look at the Dimensional field.

I have long been fascinated by the tweaking and twirling of fields. I like the idea of living among intelligent life forms in galaxies throughout time, an idea that appeals to the ‘trekker’s heart’ in all. Tuning the Global Biofield to the paradise channel happens automatically as we become physically, emotionally, mentally and spiritually fit. It also means understanding both the ancient wisdom held within esoteric teaching which encourages the correct use of will at all times, and our commitment to impeccable behavior and acceptance and demonstration of our mastery. Thankfully millions no longer choose to suffer for our divine birth right and now simply rise to claim it.

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A simple program or decree is:

- ❖ “On behalf of all Paradisians in the world I now reclaim my right to live in paradise. I now reclaim full experience of my divine nature and allow it to guide me into the successful re-creation of paradise, for all, by all, with all.”

Chant the above three times with sincerity, again knowing that our DOW – the Divine One Within – is all powerful, all knowing, all loving everywhere within us and without. Knowing that all is one and interconnected. Knowing that good is drawn to good and virtue to virtue.

It’s been a fascinating journey choosing the realities that I have, especially given what I have now come to know. To witness very visible forces in action in our lives when we enter certain fields is sometimes revelational, and always comes with a rush of something akin to awe. In my innernet C.N.N. wanderings I have seen so many futures.

Within the Dimensional Biofield once lay the field that Nostradamus saw, yet when it was revealed, the revelation prompted an awakening and change. Thanking him for his warning, enough of the status quo have now changed their personal field, thus consciously altering the Social Biofield which has, in turn, imprinted all biofields and changed channels into a less catastrophic reality. The universal forces speak to us via sign which, like dreams, only the viewer can interpret. There are so many meanings in life and layers and viewpoints and shades of gray and it all blends together to form a cosmic soup of chaos that mirrors the predominant view.

Slowly over time with quite determination, the faithful have gathered and grown from sharing their visions and dreams, and nearly every city on Earth now holds an etheric replica of itself blossoming in a higher form. This represents an idealistic “never could have happened but it did” type of nostalgic utopia, of a vision that we can watch being born.

The great news is that the etheric and Earth cities are now in the process of merging, as more and more individuals surf via the innernet through the C.N.N.* Biofields and more are

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feeling fulfilled as more contentedness and fun is coming back to their life. Health is improving amongst the educated elderly, and for the first time ever our spending on alternative therapies is greater than on the orthodox way, and more people are open to holistic therapies and holistic lifestyles.

Western interest in yoga and meditation is increasing yet, as the ancient mystery schools have always elected to keep their wisdom and tuning tools secret, the Dimensional Biofield has been shrouded for so long. It has only been in the last few decades that their doors have open to those interested.

SOLUTIONS & OUTCOMES:



As discussed in BB1, RECIPE 2000> with its re-programming tools, has the potential to eliminate all war, all violence, all poverty, all hunger and social injustice, as it transforms people into more compassionate and altruistic beings. It also allows us access to the one power every human being has in common – DOW POWER.

Book 1, FOUR-BODY-FITNESS : BIOFIELDS & BLISS covers accessing DOW POWER for personal biofield and global tuning and offers RECIPE 2000> with its programming codes and lifestyle program, as a solution that will create the outcome that benefits all. The lifestyle program includes a daily diet of meditation, prayer, programming with mind mastery, vegetarian diet, exercise, service, time in silence in nature and the use of chanting, mantras and devotional song. This 8-step lifestyle program keeps us all tuned to the perfect channels for positive manifestation and creation.

The OUTCOME, of course, is PARADISE. Try it and see.

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So once we are all well tuned and know how to stay that way, the next step is to join forces with others so that our visions and dreams can merge and grow and become the dominant force in the global field – for the dominant force determines the mass reality and also has the power to alter the status quo.

SUPPORT SYSTEMS & COLLEAGUES:



Once we have decided what we want, and that we want our lives to make a positive difference, we come into the realm of service. Harmonizing this planet cannot be done by sheer intellect or desire alone. We need both. We also need to all plug consciously in to the never ending Source of love and wisdom and power, the Cosmic Computer that many call God. When we do this via our DOW, we can be guided as one harmonious group to co-create beneficially with all, for all. We just need to fine-tune, and synchronize and harmonize, our channels which we achieve by using RECIPE 2000> and by using specific programs and commands.

DOW Command: *“I ask my DOW to bring me all my support crew NOW, my Earth team, my cosmic colleagues PLUS all the resources we need to fulfill our parts in the Paradise Plan NOW. We ask that when we meet, we complete all our karmic learning with joy and ease and grace.”*

CHANT with sincerity 3 times KNOWing that our DOW is all-powerful and will serve us lovingly as we serve for the greater good.

Metaphysicians and Dimensional Biofield Technicians know that any plan for change requires a strong foundation. In Biofield Science there are three predominant frequency streams that form the basis of all energy work and grids.

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These are:

- 1) the divine love channel;
- 2) the divine wisdom channel;
- 3) the divine power channel.

When these three streams merge they form the violet light spectrum that also carries Divine Nutrition. Each stream of this light is filled with bio-photons or pure particle protons, neutrons and electrons that carry base DNA patterns for an atom in its pre-cell form. Combined they magnify to pulse the freedom beat throughout the fields. Complete free will, the freedom for limitless expression. This is the “think it, see it, perceive it, receive it” field that springs from the mind of intelligent creation quite naturally. It is also a field based on mathematical codes that are a sequencing of rhythms and pulses and sounds that differentiate themselves within different layers of a crystalline grid of rainbow colour. Activation of our 6th and 7th senses removes the veils between the conscious mind and universal mind, allowing us to be more creative and experience the limitless nature of DOW power.

The blueprint behind creation is an energy matrix, a light grid of such splendor, that to witness life be born upon it, and nurtured within it, and be absorbed back into it, is a pleasure that leaves its observer dumbstruck, free of words. Held within this matrix is a pre-encoded grid of paradise, with a set frequency that can be matched into. The codes to do this are part of RECIPE 2000>. (www.jasmuheen.com/how.asp#dowrecipe)

Regarding the co-creation of paradise agenda, a metaphysical question may be:

“What makes you think you have solution to end all suffering?” (see BB3), or

“What about karma, and not interfering with people’s learning cycles in time?” Those open to tantric realities say,

“There is nothing to fix, everything is perfect and unfolding as it should.”

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So the answers to these questions depends on whether we take the yogic view of duality, or the Taoist Tantra view of Oneness and we discuss these views in more detail later.

It is true that there exists a channel where everything when viewed and seen is perfection itself, where all is unfolding in perfect cycles of time and timelessness, a frequency that all draws back into Itself. This is a channel that exists beyond all mind, that on one level cannot be appreciated except by the imprint that It leaves deep within you when you merge into Its presence, leaving mental cognition at its door. It is true that the yogis call this merging and being in this space the ultimate reality.

It is true that karmic learning is a natural cycle in time, and it is also true that choices can be made to complete all learning with joy and ease and grace. It is also true that Earth's civilization is now becoming more civilized as we finally begin to discuss and recognize what true civility is.

Happiness, fun and fulfillment cannot be achieved for us, we have to create these ourselves as individuals, yet health, peace and prosperity can be aided by group and individual focus and attention.

According to Biofield Science, the human species has been encoded with all the power of creative Gods and for eons of time we have explored the free will game of creating whatever, we as individuals focused on the 'I', have wished. Now it is time to create while focused on the 'we', which will ensure that what we create is beneficial for all. At least this is our invitation.



Apart from tuning our personal Biofields to the paradise channel, and being living examples, and influencing the fields via our innernet time and frequency, a Dimensional

Biofield Technician may be drawn to be a more active voice in world affairs to perhaps become and Ambassador for Peace.

Having been a Peace Ambassador for what sometimes feels like an eternity, I have spent the last three decades, assessing and experimenting with the fields, in view of positive global tuning. The results of this and my recommendations are covered in detail in the free e-book – BB3 at <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/2-PLANETARY-PEACE-PROGRAM-REVISED-BB3.pdf>.

As we have entered a time where we need to speak out and set agendas for common assessment and agreement for field tuning, I now introduce the following:



The Self Empowerment Academy's
PERFECT ALIGNMENT &
PERFECT ACTION PLAN

PRIORITY NO. 1:
GLOBAL FIELD RE-TUNING

MADONNA FREQUENCY PROJECT NO. 1.

**To healthily feed, clothe, comfortably shelter &
provide Holistic Education for our Earth's people by 2012.**

**This will be achieved via the successful and
harmonious completion of projects 2 to 8 listed in BB3.**

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How can an individual help?

- Lessen your personal dependence on the world’s resources, eat less, live longer.
- Tithe a proportion of your income to a worthwhile children’s charity of your choice, one whose administration costs are in perspective.
- Apply RECIPE 2000> and enjoy the benefits of the lifestyle.
- Radiate Divine Love and Wisdom so that the Social and Global Biofields can absorb this radiation and become more compassionate and altruistic.
- BE a good example by living an impeccable and fulfilling and happy and healthy life.
- Network good quality, positive information.

I, _____ (insert your name) commit to the support of the above project. I will do the following to ensure it success:

Signed: _____

C.I.A. (Cosmic Internet Academy) Recommendations: Government &/ Business Sector & Aid Agency Support:

We encourage:

- ❖ The immediate support of points 1 to 4 below.
- ❖ The adoption of Recipe 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools and get, and keep, themselves health & happy.

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- ❖ The adoption of the “How can an individual help” guidelines above, by all those in position of power and influence. BE an example of a tuned leader – do it first personally, then the work place changes.
-

In order to fulfill our priority agenda of “HEALTHILY FEEDING, CLOTHING, PROVIDING DECENT SHELTER PLUS providing HOLISTIC EDUCATION” as an option and birthright for all of Earth’s people; I Jasmuheen, Peace Ambassador for M.A.P.S., invite every individual and every country of the world to do the following:

1. The immediate forgiveness of all Third World debt by all countries (no exceptions). This will free up much needed capital for each third world country’s internal Holistic Education and positive Welfare Programs. (Point 3 below)

M.A.P.S. Ambassadors promote holistic education as A HAND UP, NOT A HAND OUT.

2. All countries are to immediately cease, (or decrease by 30% minimum) the productions of weapons of war and stop (or decrease by 30%) military spending. This is to be done for a recommend period of 2 years or until all Priority 1 is achieved globally. Imagine a global moratorium on the use and creation of weapons and how much safer everyone will feel. We ask that all military funds saved be redirected to address social welfare issues in each country.

3. All countries immediate begin the implementation of Holistic Education Programs that focus on promoting FOUR-BODY-FITNESS. Research \$\$\$ to be spent on proving the combined benefits of the RECIPE 2000> and its Luscious Lifestyles 8 step Program of: meditation, prayer, programming, vegetarian diet, exercise, service, time in silence in nature

and the use of chanting and devotional songs. We also recommend that all HOLISITC EDUCATION PROGRAMS be standardized as a preventative medicine procedure.

4) We invite the commitment by the world’s media to **use the MEDIA as a tool for positive progression** and to provide high integrity journalism that promotes solutions, rather than sensationalism, to our global problems. EFFECTIVE IMMEDIATELY.

This means respectfully educating Earth’s citizens in the tools of Dimensional Biofield Science as with the dedicated focus of the global MEDIA, people in third world countries can be given BIOFIELD SCIENCE SURVIVAL TOOLS to decrease their health and hunger challenges until we can effectively redistribute our resources. The sharing of prana breathing techniques (70% of our nutrition comes from our breath) and the Divine Nutrition Recipe will help alleviate this situation as will many of the recommendations in this book.

GLOBAL PARADISE – CURRENT STATUS

Due to the desire and focus for so long by so many, on the co-creation of paradise, it is said that there now exists in the etheric, a new Earth. This is an Earth of peace and of paradise where all basic human rights are taken care of and all are happy and fulfilled.

Biofield Technicians have cocooned our Earth in a field of divine love, divine wisdom and divine power. We have also imprinted it with what we call the PARADISE CODES plus specific DOW commands that will allow all who are open to personal and global paradise, to be magnetized to this zone.

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Consequently the etheric Earth is now merging with this one. The new grid is influencing the morphonogenic fields and as more commit to four-body fitness, using DOW Power and acting impeccably, the faster the results are being seen. How long it will take us to co-create paradise for all, is up to us.

As an Indian Master once said, if we
BEGIN THE DAY WITH LOVE,
FILL THE DAY WITH LOVE &
END THE DAY WITH LOVE;
we will all have great days!

PLANETARY POSITIVES

Although we acknowledge that there are many areas of our world still in need of fine-tuning, Danish Professor of Statistics, Bjorn Lomborg's book *The Skeptical Environmentalist: Measuring the True State of the World* challenges many of our negative perceptions as to what is happening on Gaia. Read on for the good news!!!

WORLD HUNGER

Unprecedented relief efforts have been accompanied by the raising of world consciousness as to the underlying causes of hunger. This has meant that the percentage of malnourished people in third world countries has dropped since 1960 from 35% to 18% and their life expectancy has doubled this last century from 31 to 65. They also now eat 38% more than what they did in the 1960's. In real terms food costs one third of what it did in the 60's. In many countries individuals are now pioneering the radical (to Western culture) idea of living on light and being sustained by prana, which has global ramifications as a viable solution to world hunger. Global efforts to provide clean drinking water for all have helped hundreds of millions of people in the developing world and Biofield Technicians are experimenting with

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the reprogramming into the consciousness of water to transform polluted waters. (Read Dr Masuro Emoto research – *Messages from the Water.*)

GLOBAL HEALTH & LONGEVITY

Other GOOD NEWS is that people are living longer, eating more healthy food, thinking more positively, exercising and even acting with more compassion. Since 9/11, many now wish to be more useful. Research in the USA shows that people who think positively live up to 20% longer than those who dwell constantly on the negative. It also shows that mental and emotional stress, creates physical disease. Other research shows that if we decrease our calorie intake by 50% we increase our lifespan by 30% – the less we eat, and the more healthily, the less our body has to work, and the less dis-ease we have.

The program:

**“DOW, PERFECT HEALTH, PERFECT BALANCE,
PERFECT WEIGHT, PERFECT IMAGE, NOW.”**

is an extremely potent mantra for those who believe in DOW POWER.

*The above program must be said with a focus and intention that God is
all powerful, all knowing, all loving and everywhere and including within you;
and, as knowing that as a God in form, your body must obey you.*

OUR FAITH & SPIRITUAL FITNESS

Statistics share that:

- ❖ 36% of Americans say that God has spoken to them.
- ❖ 86% believe in angels.
- ❖ 70% believe in an ‘afterlife’ or the fact that energy can never be created, nor destroyed, that it simply changes form, that our body’s are a system of energy.

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- ❖ 43% of Americans regularly attend religious services.
- ❖ 99% of people in Brazil say that they believe in a higher power and
- ❖ people in India say that without their faith and divine connection, their country would not survive.

THE ENVIRONMENT:

- ❖ The environment movement has grown worldwide, with individuals and governments recognizing the concept of sustainability. Seeing the vision of Gaia as a living planet, many are awakening with a new level of respect and love for our Earthly home.
- ❖ There has been an enormous rise in activity and concern by individual citizens, as consumers, as voters, as campaigners, as caretakers of the Earth.
- ❖ New political parties are being formed with a focus on unity and sustainability.
- ❖ We are making huge improvements in using energy more efficiently, and the family of nations have got together to ban CFCs in an unparalleled show of global co-operation. It is estimated that now we have stopped CFC production, that in 50 years, the ozone layer will have repaired itself.
- ❖ We have made a landmark agreement to conserve the pristine environment of Antarctica from exploitation, and
- ❖ negotiated international treaties to continue to conserve bio-diversity.

What else does Lomborg say about air pollution?

- ❖ Data shows that concentration of sulphur dioxide is down 80% in the United State of America since 1962.
- ❖ Carbon monoxide levels are down 75% since 1970.
- ❖ Nitrogen oxide is down 38% since 1975, and
- ❖ ground ozone level is down 30% since 1977. These trends are also mirrored in other developed countries.

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So, what of our forests? Are they being devastated?

- ❖ A recent United Nations Food and Agriculture Survey found that globally, forest cover has been reduced by a minuscule .44% since 1961.
- ❖ The World Wildlife Fund claims that two-thirds of the world’s forests have been lost since the dawn of agriculture, but the reality is that the world still has 80% of its forests.
- ❖ How is the Brazilian Rainforest farming? 86% remains uncut, and the rate of clearing has fallen.

Regarding the diversity of species; the negative claims in this regard are very dramatic. However, the best data indicates that 0.7% of species might be lost in the next 50 years if nothing is done, which is dramatically different from the usually quoted figures. Adopting global vegetarianism and its ‘animals as our friends not as our food’ reality is a wonderful step forward. As Gandhi once said, you can tell a lot about a nation by how it treats its animals.

Also what about global warming? Well, it is estimated the cost of adapting to global warming would cost 5 trillion dollars over the next century, but by cutting back on fossil fuel emissions, as agreed in the Kyoto Protocol, the cost will be between 100 and 200 trillion dollars over the same period.

Continued focus, wise decisions, awareness of creating systems that work for the good of our people and our planet, holistic education programs that create physical emotional, mental and spiritual fitness, continued economic growth ... all these will mean we continue to develop positively ...

MILITARY MIGHT

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The best news has been the end of the Cold War, sudden and inspiring, and the rise of global concerns for democracy, internationalism, and peace. Global military expenditure reached a record high of \$1,000 billion a year, but the peak is passed and we now live in a world less fearful of nuclear conflict, and with a record number of countries enjoying liberal democracies. This show of unity was demonstrated against the French nuclear testing in the Pacific, more recent peaceful demonstrations in China, the Kosovo aid given – all these changes have shown that a startling revolution in human perception is possible and unfolding currently! Even though we still spend nearly USD\$900 billion p.a. globally on the production of weapons of war, the GOOD NEWS is that we only need USD\$100 billion to eliminate third world poverty, and USD\$350 billion to eliminate all third world debt. So the task is not too great – it just means we need to be more fluid with our resources putting need ahead of greed ...

RE-EDUCATION

Hence it appears that we have a great need for continuing the current trend towards holistic re-education so that resources can be shared more equitably. Chaos upon our planet is not from a lack of goods or services or even the unequal distribution of such. Chaos among humanity comes from a lack of common purpose to unite the diversity of all cultures and societies prevalent today and also from a lack of respect of this diversity.

- ❖ The chaos we witness on a planetary level comes simply from the:
- ❖ Lack of honor and tolerance among races and cultures;
- ❖ Lack of clarity on personal and global levels; Lack of vision that we are one people sharing one planet;
- ❖ Lack of purpose and drive in our personal existence;
- ❖ Lack of awareness of why we are truly here and what we can achieve as a species, and
- ❖ Lack of knowledge of the higher nature of our being and of universal law which governs the forces of creation.

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Regardless of all of this and the fact that our social, educational, economic and political systems still need refining, all of the above is great news!!!

As Aldous Huxley the English author once said: “Experience is not what happens to a man.
It is what a man does with what happens to him.”

The Self Empowerment Academy’s invitation: “Be such a man, and live such a life, that if every man were such as you, and every life a life like yours, this Earth would be God’s Paradise.” Phillip Brooks, U.S. clergyman

The human species has a huge range of tools that can be utilized to retune our personal and global fields back to paradise. Our desire, our imagination, our dreams and clear visions, our thoughts, our words, our actions: all these alter the Dimensional Biofield in some way. Using specific programs to refine our physical, emotional, mental and spiritual field, will mean a positive progression for all. Eleven re-programming tools are provided in the HOW section of <http://www.jasmuheen.com/how.asp>

These tools are based on the Ancient Wisdom and use specific DOW commands PLUS our BREATH; CREATIVE VISUALISATION using LIGHT TECHNIQUES; and SOUND TOOLS, such as chanting and mantras and devotional music. Together these 3 stimulate huge shifts in our fields allowing us to access a multitude of channels within the Dimensional Biofield. Most importantly the above allow us to access DOW POWER. The all knowing, all loving, all powerful essence that exists in everything and everywhere.

LIGHT + LOVE ; HEART + MIND = BALANCE & WHOLENESS =
PERFECT ALIGNMENT & PERFECT ACTION =
HIGHER EXPRESSION & ENLIGHTENMENT = PARADISE

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- ❖ FACT: Every 2 seconds a child dies of a preventable disease – usually dietary related. Every 3 to 4 seconds an adult dies of a preventable disease.
- ❖ FACT: for the first time we have 1.2 billion people suffering health problems from overeating and poor nourishment and 1.2 billion suffering health problems from under nourishment.
- ❖ FACT: Global military spending US\$900+ billion per year. Amount needed to eliminate all Third World debt – US\$350 billion approx. To eliminate global poverty – USD \$100 billion p.a.
- ❖ James Wolfenson, Head of the World Bank, has estimated that US\$100 billion p.a. will eliminate most of Third World poverty.

The above is just one of nine projects that are offered in Biofields & Bliss Book 3 The Madonna Frequency Planetary Peace Program. This hence has become part 2 of this book. These projects need to be successfully completed in order to manifest paradise on Earth. For your free copy go to www.jasmuheen.com/what.asp#manifest.





DOW POWER

NOW POWER

According to metaphysics, there is only One Force that has the capability of creating PARADISE on Earth. There is only One Force that can unite us in a way that reveals our higher nature and common bond. There is only One Force that is incorruptible.

There is only One Force that drives our breath that fills our atoms, that gift us with seven senses to experience the beauty of having form. This One Force is the Master Computer Controller of every 6.3 trillion cell mechanism – every individual human being. This One Force is all-powerful, all knowing, all loving, all capable, all being – within and without. I call it our DOW – the Divine One Within. It is also our DOE – the Divine One Everywhere.

All our DOW wants is for us to KNOW It. To know, to dare, to do and to be silent, allowing the Radiance, which It is, to talk for us revealing Its magical Grace ... This means 6 billion people co-existing in harmony, guided by the one force that exists in all and is common to all for the DOW is beyond mind, ego, cultural and genetic influences.

To fulfill our paradise agenda using DOW POWER we need:

- a) A major global re-education that promotes physical, emotional, mental and spiritual health. This will provide our PERFECT ALIGNMENT.
- b) A major re-distribution of our world's resources. This will provide our PERFECT ACTION.

WHEN WILL WE
CO-CREATE PARADISE?



It is happening already as millions are committed to the paradise for all vision. Holistic education is making inroads providing empowering choices for many in their daily lives. Tuned to DOW POWER, many now access the Dimensional Biofield and the realm of the angelics, who have bridged the worlds to join us by our invitation. The four Archangels in particular are now supporting a massive PR campaign of Public Relations. Their PERFECT RESOLUTION, PERFECT REALIGNMENT, PERFECT RELATIONSHIPS and PERFECT RELAXATION Program is designed to harmonize our world.

Angels act as intermediaries & messengers between heaven & Earth.

When focused on as we use our DOW commands,
we add another level of power to our programming and intention.

The four Archangels now working with us for the Unity Program are:

Micha-el: Known as God’s Champion, the angel of last judgment & the Dragon Slayer. Linked with Hermes, Micha-el’s role is to deliver our lower ego nature to our soul & help us bridge perfectly to the world of our DOW. His role is to inspire the union between God & soul. Micha-el also uses his sword to cut through all disillusion and ego and karmic bonds

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that no longer serve us. As such he is the perfect Angel to employ to bring a win/win/win resolution to any situation. Win for us, win for others and win for the planet. The command: ‘DOW Perfect Resolution now!’ said as we focus on our problem, then on our DOW & on Archangel Micha-el, will give Them permission to bring the perfect resolution into this aspect of our life.

Rapha-el: Known as the guide to physicians and travelers, Archangel Raphael also works with Mother Mary & children in education and healing. Rapha-el is known as the chief ruling Prince of the second heaven, chief of the Order of Virtues, guardian of the Tree of Life and one of the seven angels of the Throne. As such he is the perfect Angel to bring healing, balance and realignment. The command: ‘DOW Perfect Realignment now!’ will bring perfect physical, emotional, mental and spiritual health and balance to our being. Chant this 3 times, with intention and feeling, as we imagine being perfectly realigned by our DOW & Raphael.

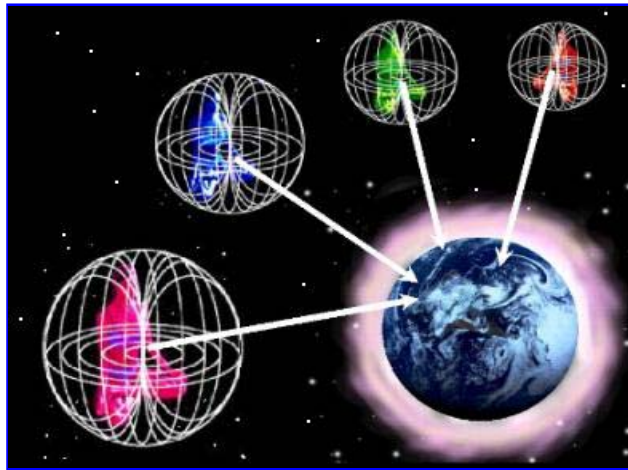
Gabri-el: The messenger angel & Divine instrument of revelation, Archangel Gabri-el is also known as the Governor of Eden and ruler of the Cherubim. As Jibril, Gabri-el dictated the Koran to Mohammed. Said to be the Angel of Truth, she is the perfect Angel to bring our relationships into paradise-type harmony. Said to possess 140 pairs of wings, Gabri-el is also known as the Angel of Annunciation, Resurrection, Mercy, Revelation & Death. As ruler of the first heaven, she is closest to man. The command: ‘DOW harmonize all my relationships perfectly now!’ is to be chanted 3 times as we focus on our DOW, then on Archangel Gabriel and also imagine that all our relationships are now operating in perfect harmony. Also use: ‘DOW perfect harmony now!’ said with the same intention and focus.

Uri-el: With a name that means ‘Fire of God’, Uri-el, as both Seraphim & Cherubim, is said to preside over Hades. Known to bring order, Uri-el is the Angel of righteousness who stands at the gate of Eden with a fiery sword. Hence Uri-el is the perfect angel for true relaxation only comes when we are free from fear. The request for this one to bring you in

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perfect Divine relaxation is helpful.

THE C.I.A.’S U.F.O. TEAM: Employ your U.F.O. team now. Your Upstairs Financial Orchestra consists of Marketing Angels, Tax Angels, Public Relations Angels, Media Angels, Finance Angels, Legal Angels & whatever else you need to successfully run a business on Earth. Provided you have committed your life and time and work to do something that is beneficial for both you and the planet, then your U.F.O. team will serve you.



**Group unification for Inner Plane
Global Biofield Tuning**

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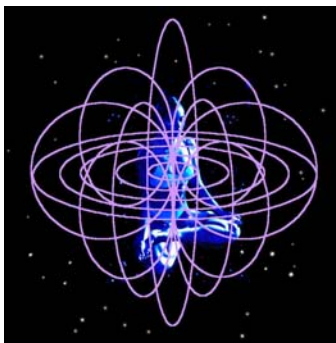
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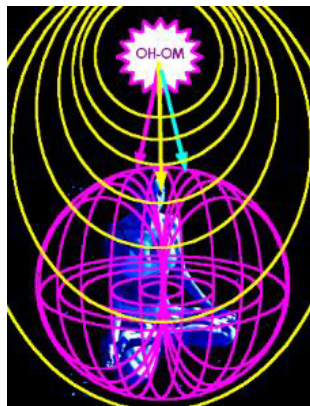
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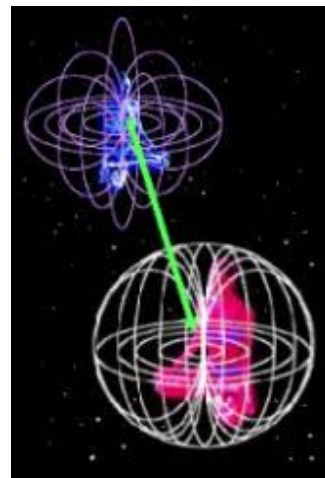
Step 2



Step 2



Step 3



Step 4

Simplistic views of Bio-Shields & Field Tuning

BIOFIELD TUNING

- Step 1: Tune your personal biofield to the field of Grace using Recipe 2000>.
Be aware of field absorption and imprinting and get selective.
- Step 2: Create Bio-Shield & program it to absorb & radiate what you desire.
- Step 3: Plug in via innernet to OHOM & the C.N.N.
- Step 4: ‘DOW match, resolve & harmonize’ with others
- Step 5: Surrender to your DOW. Become a channel for Divine Love & Divine Wisdom to radiate through. (see diagram on previous page)

BIOFIELD TYPE 2

THE SOCIAL BIOFIELD

While the Social Biofields are tuned automatically when we tune our Personal Biofields with Recipe 2000>; there are some specific Biofield Retunements that we can do to speed up the process. For example saying DOW MATCH silently to each person we meet changes the Social Biofield immediately as it allows us to open a powerful line of communication with our Divine Self – our DOW.

The quickest most profound way to harmonize a Group or Community Biofield is through everyone adopting RECIPE 2000> and its Luscious Lifestyles Program – L.L.P. How long until results are seen is dependant on:

- a) People’s commitment to forming new habits,
- b) their discipline and
- c) their desire.

Cleaning and retuning the Fields is an easy journey when we have a Recipe which we discussed in detail, along with habits, in BB1.

Understanding Dimensional Biofield Science will guarantee our Social Field tuning success, as the one thing we all have in common is DOW POWER. Regardless of religious interpretation or scientific understanding, DOW POWER has the potential to harmonize all systems, races, cultures and religions on Earth. It is the unifying field and in order to tune our Social Biofield well, we need to personally access and work with its power.



EXERCISE: HARMONIZING A COMMUNITY BIOFIELD:

- 1) Gather together in a group of family, or friends, or colleagues, OR do alone using your internet connections. The first Programming Code to be utilized is the ‘DOW Match’ Code. This is done looking each person in the eye while sending them a beam of unconditional love through your heart. Systematically do this with everyone you know from loved ones to colleagues and neighbors, with or without their participation, as when we work DOW to DOW, the DOW acts as a regulator that will not override free will. (Refer to BB1 for more details on the DOW MATCH Code.)
- 2) Next decide that the minimum standard of experience that you now want in life is health and harmony, peace and prosperity for all. Once this has been decided and committed to, then the group can use the ‘DOW Harmonize our community/group NOW’ Code.
- 3) Next the group may individually use the ‘Align my DNA with the Divine DNA Paradise Grid now’ Code. This would be followed by the ‘Paradise Plan Zone Tune’ Code with the sincere intention of being in synergy with the Paradise Plan. (see BB1 – PARADISE CODES – for details)
- 4) So DOW matched, harmonized within and without, healed or healing, the group begins moving, being magnetized to the paradise zone. Simple. This is easy to do on our own (using the inner planes as in distant healing) or in a group.
- 5) Anyone can tune a field as it is just a simple recipe that guarantees change, especially when we understand the laws that govern energy. (These are listed later.)

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- 6) The final requirement to harmonize a group or social field is to adopt the Luscious Lifestyles Program – L.L.P. – and personally experience what it’s like to enjoy Four-Body-Fitness.

Then we can all relax our attitudes, stop our worrying and fighting, and decide to all cease the struggle in life, thus fulfilling a harmonious transition into a new era of peace and prosperity for all. For once we are plugged into the DOW channel, and are living a Luscious Lifestyle that will keep us tuned to this channel; and once we have told the universe clearly what we want and taken the appropriate action, then what else is there to do but relax and enjoy it all?



JUST FOR FUN ...

- ❖ Spend a week smiling at everyone you meet,
- ❖ feel and see how it changes the Fields.
- ❖ Send a beam of love into the Biofield heart chakra of everyone you meet.
- ❖ Ask to ‘DOW MATCH and Harmonize’ with everyone you meet.

The tools in this section are guaranteed to bring health and happiness to both our personal and the social biofield IF they are utilized with mind mastery. Remember positive thinking people generally live 20% longer and enjoy a better quality life as the Universal Field and Law of Resonance, mirrors who we think we are.

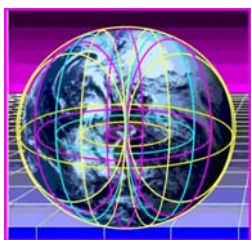
What tools do you – or will you – use to unify your community?

BIOFIELD TYPE 3

THE GLOBAL BIOFIELD

GLOBAL BIOFIELD RETUNING:

The resonance of the Global Biofield is determined by a number of things. Firstly, each individual's keynote or personal frequency which influences the Social Biofield then the Global. Secondly the Global Biofield is influenced by Environmental Biofield pulses e.g. air pollution and lack of clean water which all have an impact on our personal fields. Thirdly the Global field is influenced by Cosmological and Dimensional Biofield signals.



For many years now metaphysicians and Biofield technicians have been imprinting the Global Biofield Grid with specific frequencies that are driven by set intentions. The original field that was placed around the Planet was, like all Biofield Templates, first constructed from Divine Love and then infused with Divine Wisdom and Divine Power. Continually fed via the Source of the Dimensional Biofield, the Global Biofield is a constantly changing mix that reflects the ever expanding awareness of its citizens. When we unify with a common goal that serves the greater good, miracle can happen.

GLOBAL BIOFIELD TUNING: ACTION TO BE DONE:

- ❖ Gather together with your family, meditation group or community, then apply the Paradise Codes 1 to 3 from BB1.

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DOW Program:

‘DOW MATCH with and HARMONIZE us all in this group and tune us all to the DIVINE PARADISE GRID and to the PARADISE ZONE NOW.’

If there is any group conflict, use the *‘DOW PERFECT RESOLUTION NOW!’*

code from BB1 and hold the expectation of a resolution coming that is a win win win game.

Win for you, win for the other and win for the planet.

Also ...

- ❖ Make time in your day for Personal Biofield tune ups; learn field control via the practice of L.L.P.
- ❖ Learn good breathing techniques, such as pranayama, to maintain inner balance and health. Do it daily. Day dream and read to expand your realities and your windows into different worlds. Do what makes your heart sing and do it all with kindness with respect. Apply the Dalai Lama’s ‘no harm’ principle.
- ❖ Radiate pure LOVE in to the world by using the LOVE Breath Meditation from BB1. (This meditation is also available free in Issue 2 Vol. 5 TEV at <http://www.jasmuheen.com/who.asp#editor>)
- ❖ Be lovingly creative and enjoy both charity work and a hobby.

Biofield Science and RECIPE 2000> can be impartially
applied by all social, cultural and religious groups.



OUR ENVIRONMENTAL BIOFIELD:

The Environmental Biofield incorporates the mineral, plant, animal and human kingdoms and Biofield Science is concerned with how well they interact. As with our Personal Biofield, the Environmental Biofield is part of the Global Biofield and, as it is the foundation for life here, needs to be handled with care. Affected by water, land and air pollution, the health of this field is undermined by the suffering of animals, deforestation and lack of environmental and Earth mother respect.

AFFIRMATIVE ACTION:

a) First GO VEGETARIAN TO SAVE OUR RESOURCES !!!



b) In meditation, wrap rainforests or other landmarks in their own Bio-Shield and ask your DOW – or the angels – to program the Shield so that all unfolds in perfect harmony, and in higher order, for the good of all.

Imagine that what is wrapped in the Bio-Shield is being fed from an endless stream of pure love, pure wisdom and perfect power from the Dimensional Biofield.

c) Treat the environment with respect and care. Pray into the oceans, asking the water to cleanse itself. Japanese researcher, Masaru Emoto, has proved the reality that water has programmable consciousness that responds to music, emotions and words. Only buy environmentally friendly products. 70% of the USA economy is based on consumer spending, so be aware of what your dollar is supporting.

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d) So take some time, think about our planet’s future and how you can make it brighter for those you love. The DO IT! Get perfectly aligned to DOW Power and take perfect action.

e) Sit in mediation daily and walk in nature sending out a beam of love through your heart to tune your Personal and Social Biofield.

f) Tell your body how much you love and appreciate it, really feel this to be true. Tell your body over and over that you love it until it begins to tingle with acknowledgement and increase your cells ability to attract, hold and radiate love into the social field.

g) Increase your ability to attract and radiate more love by applying the Luscious Lifestyles Program (as outlined in BB1), then radiate as much love as you can each day into the Social and Global Biofields. Love is the perfect frequency to rebalance the fields as Love has been an insufficient ingredient in this sector of the cosmic soup. This is the baseline of the Madonna Frequency Peace Program that we discuss in detail in BB3.

Many benefits have been instigated using Dimensional Biofield Science by those who are open to co-create health, happiness, peace and prosperity on a personal and global level yet it is an experiential journey and one that needs to be lived not just thought about.

Cultural harmonization will be achieved via the refinement of the existing social, political, economic, environmental and educational systems. It is now being done by the people who dwell within, and operate, these systems and they are doing it by retuning their personal biofields.

By personally enjoying FOUR-BODY-FITNESS we are pragmatically supporting positive progression via the application of this easy science. If all we do is get ourselves tuned to the C.N.N. channel of Grace and invite our DOW to radiate Its love and wisdom through our

chakra system, then this is enough to positively and powerfully re-imprint the Global Biofield.

Sensitizing ourselves to witness and feel the Grace is another matter and depends on how tuned we wish to be to the Grace channel. Thankfully the practice of L.L.P. automatically refines us enough to activate our higher senses so this can occur.



BIOFIELD SCIENCE LAW:



Dimensional Biofield Science is governed by specific laws and in order to successfully co-create paradise we need to understand what these laws are and how they operate within the fields. Known as the Laws of the Higher Light Science, or Universal Laws, the following laws guide creation through the cycles of spirit and matter. Understanding and living by these laws will maintain tuned Personal, Social, Planetary, Cosmological and Dimensional Biofields.

Some of these Biofield Laws are as follows:

1. **Law of Oneness:** Everything is interconnected and shares the same Source. Also known as the Law of Energy and the Law of Love.
2. **Law of Fulfillment:** This law is also known as the Law of Production or the Law of Creation. As you sow, so shall you reap. As you judge, so shall you be judged.

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3. **Law of Cause and Effect:** Also known as karma, this law assures a rebalance of energy in the cosmic energy pool. In Biofield Science, it has simply to do with the exchange of energy, whatever energy is emanating from our Biofield, will attract like particles and rebound back.

4. **Law of Change and Transmutation:** Every condition can be transmuted and everything is always changing.

5. **Law of Balance:** The integration of polarities. The term ‘polarity’ means opposing forces with no competition between them. The forces collectively move towards a harmonized objective, resulting in growth.

6. **Law of Manifestation:** Allows us to manifest our desires and needs when the intention is for the highest good of not just yourself but also others. Manifestation occurs when we are in synchronistic alignment with the higher realms of the Dimensional Biofield and are four body fit.

7. **Law of Synchronicity:** Being in the perfect place at the perfect time. Also known as the Law of Grace.

8. **The Law of Discernment** has to do with being totally in tune with what is perfect for us.

9. **The Law of Forgiveness** refers to the rebalance of energy by those who have created the energy imbalance by action or reaction. In Biofield Science no healing can be achieved without forgiveness of self and of others.

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10. **The Law of Resonance** is when like energies attract like particles due to their electromagnetic fields; so whatever we send out in thought, word or action, is amplified and returned to us.

11. In **the Law of Perfection**, every thing is perfect in its divine state.

12. **The Creative Law of Divine Affirmation** deals with the power of thought and words, which affirm that you are what you believe yourself or your reality to be. As you think, so shall you be.

13. **The Law of Compensation** is the order under which one receives just remuneration.

14. **The Law of Assimilation** allows no particles to be built into our bodies that we, as spirits, have not overcome and made subject to ourselves.

15. **The Law of Adaptation** is the law of flexibility, of allowing and flowing easily.

16. **The Law of Causation** works in harmony with the stars so that a being is born at a time when the positions of the bodies in the solar system will give the astrological conditions necessary to experience his/her advancement in the school of life.

17. **The Law of Evolution and Rebirth** covers a slow process of development carried on with unwavering persistence in forms of increasing efficiency until our Personal Biofield is perfectly tuned.

18. **The Law of Analogy** encourages the holistic understanding of our nature.

19. **The Law of Duality** affects the polarity of energy.

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20. **The Law of Mind** states that, as you believe, so it will be.

21. **The Law of Respect** honors an individual’s right to seek universal truth and wisdom, in a manner that makes their heart sing provided that it also respectfully honors all life.

22. **The Universal law:** The Universal law is that knowledge, that awareness, that all living things, that all life has within it that vitality, that strength, to gather from itself all things necessary for its growth and its fruition.

23. **The Law of Love:** The Law of Love is that Law which places the welfare and the concern and the feeling for others above self, while still loving our self. This law is the foundation grid of all Biofields.

24. **The Law of Mercy** is that law which allows one to forgive all error, to forgive equally those who err against you as you err against them.

25. **The Law of Gratitude** states that the more we express our gratitude, the more we will attract to ourselves things to be grateful for.

26. **The Law of Patience** states that all things will have their time and their season.

27. **The Law of Example** states that the most powerful force of change will come from each individual ‘walking their talk’. It states that any person, concept or thing may serve as an example for others to follow.

28. **The Law of Tolerance** is associated with the Law of Respect. It is a Law that inspires us to recognize the higher nature in all. This recognition moves us beyond judgment and separation that comes from race, religion, culture, creed, and age or gender bias.

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These are the Laws that govern the release and activation of our highest nature, Laws that if adopted will tune our fields to the more perfect spectrums of life and they are discussed in more detail in my book *In Resonance*.

When we apply these laws together with Recipe 2000>, paradise will no longer be a utopian dream.

Holistic education that provides tools for physical, emotional, mental and spiritual health, will allow us to move from surviving to thriving, to global harmony and peace. Understanding Biofield Science will allow us to enjoy more loving relationships where we're sharing and caring for all.

There are so many benefits to be gained by applying this futuristic science, futuristic because it holds the keys to a future called Paradise.



BIOFIELD TYPE 4

THE COSMOLOGICAL BIOFIELD

Research by Jeff

Cosmology is the Biofield Science that brings together the natural sciences and intuition, in an effort to understand the physical universe as a unified whole. The Cosmological Biofield comprises the Solar, Galactic and Universal Fields. It also encases our Global Biofield.

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These fields are tuned in their own way, absorbing the radiation from the various systems that in turn feed into them.

Infinitesimal in the grander scheme of things, Earth’s pulse is like a needle in a haystack still, everything creates a ripple in the Dimensional Biofield. The question again is: “What sort of ripple do we wish to create? As individuals, as cultures and as one people existing on one planet? What sort of signals do we wish to be emitting into the Cosmological Biofield?”

As a Dimensional Biofield Technician, I’d like to be imprinting the Cosmological Biofield in a way that says: “I inhabit a civilized world, a world where we finally took care of basic business and successfully fulfilled the *Madonna Frequency Planetary Peace Program*. (As in BB3 <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/2-PLANETARY-PEACE-PROGRAM-REVISED-BB3.pdf>.) This is a world where all enjoy health and happiness.

While there are no specific tuning tools for the Cosmological Biofield, as it is imprinted automatically when we tune our personal, social and global fields, the below data is of interest to many who are open to knowing such realms.



Our Universe:

According to the current scientific position the universe originated from an explosion, “the big bang” about 10-20 billion years ago. Immediately after the big bang the universe consisted primarily of radiation, but as it expanded, matter came to dominate, roughly a thousand years after the explosive beginning. The information from Hubbell’s telescope and other recent findings, suggest that the universe is still expanding, and that it will continue to

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do so. The big bang also produced neutrinos, fundamental particles with no mass or electric charge, with which the universe is filled.

Regarding the fate of the universe, the two schools of thought are whether the universe is open, that is of infinite extent in space, or closed, a finite extent. Whether the universe in the future will continue to expand indefinitely, or as postulated by ancient Vedic literature, will eventually collapse back into an extremely dense congested state. It has now been discovered that these particles respond to thoughts, words and emotions and we explore this in detail in *The Food of Gods*.



Galaxies:

Astronomers have found that most of the matter in the universe is concentrated in galaxies. Interestingly, they have also discovered from studying galaxies that the universe contains large quantities of mass that does not produce any light. There is also a suggestion that this hidden mass or dark matter may not even be of ordinary material. The discrepancy between the mass that can be seen in galaxies and the mass needed to account for the gravitational binding means that 90% of the required mass of the universe cannot be currently located which is the foremost unsolved problem in modern astrophysics as it cannot be seen, or tuned to, unless we change our brain wave patterns.

Our galaxy is named the Milky Way. The Milky Way is a spiral galaxy system consisting of several billion stars, one of which is our Sun. Because there is a thick layer of interstellar dust, which obscures much of the galaxy from scrutiny by optical telescopes, astronomers can only determine its large scale structure with the assistance of radio and infrared telescopes, which detect the forms of radiation that penetrate the obscuring matter.

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Observations of the central region of the Milky Way galaxy have revealed a nuclear region of intense activity and the detection of gamma ray emission at a level which corresponds to the annihilation of electrons and positrons, which demonstrates a very compact and energetic source at the center of the galaxy. Current thinking is that this is powered by an enormous black hole.

A black hole is a cosmic body of extremely intense gravity from which nothing, not even light, can escape. (In Biofield Science they are dimensional doorways.) Black holes can be caused by the death of a massive star, or by the collapse of large volumes of interstellar gas. When a star has exhausted its internal thermonuclear fuels, at the end of its life it becomes unstable and collapses inward upon itself. The crushing weight of matter falling in from all sides compresses the dying star to a point of zero volume of an infinite density called a singularity. The singularity consists of the center of the black hole and is hidden by the object's surface, the event horizon.

Black holes are difficult to observe because of both their small size and they emit no light. They can be observed however, by the effects their enormous gravitational fields have on nearby matter. In Dimensional Biofield Science our physical Sun is a doorway that connects us to the Central Sun through which we draw DOW Power.



The Solar System:

The Solar system's Biofield comprises the group of planets natural satellites, comets, etc. under the gravitational control of the Sun. The Sun contains more than 99% of the mass of the entire solar system, and most of the remaining mass is distributed among the nine major planets.

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According to the prevailing nebular theory of the origin of the solar system, the Sun and the planets formed simultaneously from the gravitational collapse of a large cloud of dust and gas some 4.6 billion years ago. The centrally located Sun accumulated most of the in falling gas, growing massive enough to trigger energy producing fusion reactions within its hot compressed core. The Sun thus developed into a star. None of its encircling companions gained enough mass to generate a sufficient amount of light and heat, so they became dark, comparatively cool planets.



Earth:

The third planet in distance outward from the Sun, it is the only planetary body in the solar system that has conditions suitable for life as we describe it. The Earth is approximately 150 million kilometers from the Sun.

The Earth is the fifth largest planet of the solar system. Of the Earth's total planet surface, about 30% is land and the balance is covered by the oceans and smaller seas. In Dimensional Biofield Science this means that Earth's predominant vibration is the collective emotion being transmitted from the 6 billion plus Personal Biofields. As these fields can be tuned perfectly to various beats they can send out very definite signals through all fields.

The word planet is from the Greek word meaning “wanderers”. The cosmos is defined in astrology as the entire physical universe, consisting of all objects and phenomena observed or postulated. Known esoterically as the ‘blue’ planet, Earth's vibration is pre-encoded to resonate to the Love/Wisdom Channel and when we ourselves are tuned to this channel all systems synchronize and harmonize most effectively.

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In summary, in considering the cosmos, it is obvious that the plan is intricate and subtle, and each glimpse of another layer has lead philosophers and scientists to a deeper mental image of the physical world. It has also recently led some of our quantum scientists to seek guidance from metaphysicians, as they have finally understood the role of consciousness in the subtler realms of creation. These images have been seen great clarity and coherence, and have evolved to the subatomic dance of quantum particles and fields.

Individual Four-Body-Fitness keeps all the fields well tuned.



Esoteric Cosmology

You will no doubt be aware of the gap that has existed between science and religion. In the West we tend to favor rational, scientific knowledge, whereas in the East, people’s general attitudes are the opposite of that view. The Upanishads, the ancient Vedic texts, describe a higher and lower knowledge, the higher is associated with religious knowledge and the lower with the various sciences. Chinese philosophy, however, emphasizes the complementary nature of the intuitive and the rational, as represented by the two parts of the whole, Yin and Yang.

Many people have difficulty remembering the limitations of our representations of reality, which are so much easier to grasp than reality itself. In this regard, a Zen saying is apt: “A finger is needed to point at the moon, but we should not trouble ourselves with the finger once the moon is recognized.”

Science is quickly moving to close the gap with religious and philosophic thinking, as technology helps advance science by assisting to create progressively more advanced

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technology. Computer power, which is a measure of our externalized intelligence, is doubling every eighteen months. This rate of increase has occurred since the introduction of the computer and does not look like slowing down. In thirty years, at this growth rate, computers will have the same level of intelligence that we have today.

New scientific advances can be very helpful in sparking thought in the spiritual student, and I feel qualified to suggest the esoteric triggers provided by these new discoveries. Science continually refines its views and reinvents itself. Newtonian mechanics was for a long time considered to be the ultimate theory for describing physical events, until electric and magnetic phenomena were discovered. Thus Newton’s model of understanding was found to be incomplete, essentially applying only to the movement of solid bodies.

At the atomic level, science has found it very difficult to correlate mathematical symbols into ordinary language, and in fact has found that our common concepts cannot be applied to the structure of atoms. The accommodating esoteric view is that reality transcends language, and that it is necessary to move beyond logic and common concepts.

A question that puzzled physicists, when they were developing atomic theory, was how electromagnetic radiation could be shown to consist of either waves or particles, depending of the expectation of the observer and the subsequent experiment that was used. It logically could not be both a wave and a particle, but was some how able to exhibit the properties of both. The conclusion eventually reached was that the observing of the event influences the event, which is the basis of Dimensional Biofield Science.

One of the most interesting of fields of new scientific study, for the philosophic parallels it offers, is black holes. Because gravity is attractive, it tends to draw the matter in the universe together to form objects like stars and galaxies. These support themselves for a time against further contraction by thermal pressure in stars and by rotation and angular momentum in galaxies. However, eventually the object will begin to shrink. If the object’s mass is less

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than 1.5 times of that of our Sun, it will become a white dwarf if it was a Sun, and a neutron star if it was a galaxy. However, if the mass was greater than this, nothing can stop it continuing to contract. Once it has shrunk to a certain critical size, the gravitational field at its surface is so strong that even the outgoing light rays are bent towards each other, and so are converging rather than diverging. This means there is a closed, trapped surface, a region of space-time from which it is not possible to escape. That is what is referred to as a black hole.

A large amount of information is incorporated when a body collapses to form a black hole, yet the black hole that forms is completely independent of the type of matter that was involved. The shape of the surface surrounding a black hole is a spherical shell. Nothing that falls inside the surface can come back out again. However, a major discovery made by Dr Stephen Hawking in 1973 was that black holes emit particles, and that the black hole evaporates in the process, so that ultimately perhaps nothing of the original mass will be left. However, quantum theory requires that the information that fell into the black hole must be preserved, and what actually happens to it is now a topic of contentious debate. Hawking says that the loss is irretrievable, and while others disagree, he says that this loss of information introduces a new level of uncertainty associated with quantum theory. He says that at that point, a breakdown of space-time occurs and a future theory, referred to as quantum gravity takes over.

This is a superb illustration of the cyclical movement from spirit to matter and back to spirit. One of the quantum physicists who perhaps came close to understanding Dimensional Biofield Science was David Bohm.



Dimensional Biofield Technicians often tune to and work with the elements of EARTH, FIRE, WATER and AIR and we touch on this in BB1. Others work as geomancers or grid

engineers and some have discovered the ancient mystery school teachings about the Central Sun and how it feeds our solar system via our Sun.

Biofield Science:

The Grid Point of our Sun

You and I, directly or indirectly, are indebted for both our physical origin and the sustaining of our physical lives to the Sun of our solar system. A major grid station, our Sun is the sustainer and feeder of life. It is the doorway to DOW Power to connect our physical body with our lightbody.

In our small speck of our galaxy, our Sun accumulates energy from outside the solar system to feed itself, and after having refined what it has digested, it creates a pranic soup-type of output which radiates out to feed the planets in our solar system. This includes of course the Earth, from which we are nourished, directly by etheric absorption or by partaking of the Earth's food chain. As to what proportion is absorbed ethereally by most people, the Armenian seer and teacher, G. I. Gurdjieff, said we obtain 70% of our energy from breathing, which he calls our “first food”. (Etheric feeding is known as accessing Divine Nutrition and this is well covered in my book *The Food of Gods*. Simplistically it occurs when we anchor our brain wave patterns in the Theta-Delta zone.)

The Sun derives its vitality by feeding on the refuse of space, attracting rays from outer space with its great force. The rays consumed are life-atoms, many at a far higher vibration rate than physical, that have flowed from the other suns of space. So the suns feed each other, with the new energy component being acquired as the cosmic rays stream through interstellar space, the rays having come mainly from the stomachs of other suns. They are ingested at the Sun's north pole, pass through the heart of the Sun, are cleaned and washed

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and leave at the south pole. All planets feed in the same manner. Our Sun is the heart and the brain of our solar system.

This procedure of exchanging life atoms is the same in humans. Whenever a group of people gather, life atoms interchange, one of the reasons why people who live together tend to grow to resemble each other. This is the occult understanding of the saying that you ‘are known by the company you keep’ as it reflects the merging of our Personal Biofield with the Social field. Similarly the real source of nutrition, that feeds our souls and our cells, flows in through our chakra system when the inner doors are open.

In Dimensional Biofield Science, the physical Sun is the material clothing of an Intelligence known esoterically as Lord Helios who is a ray of consciousness from the central Sun. The central Sun is the galactic centre of universal life – electricity; the reservoir within which is focused the Divine radiance at the beginning of every creation. Our Sun is the symbol of the human Self (also referred to as the DOW, Atman, Monad, or I Am Presence), the highest, purest nature of every individual. A person experiencing enlightenment sometimes undergoes the affect of having their body surrounded by light, which may remain for days, which is spoken of as being clothed with the solar splendor.

The Ancient Wisdom talks of the Solar Logos, Lord Helios steps down the twelve rays which are received from the galactic central Sun to ten rays which are sent to and received by the Earth’s planetary logos, Lord Sanat Kumara, which are then stepped down to seven rays for use by the planetary hierarchy.

The harmonic convergence in 1987, involved a planetary realignment which gave Earth more direct access to the central Sun of the galaxy, rather than being limited to receiving everything relayed from the Sun which has been raising our vibration rate.

As a Dimensional Biofield Technician expands their consciousness via RECIPE 2000>, they are able to receive more power via the innernet where they have programmed for DOW downloads from specific channels. Consequently many now operate at such levels of refinement so that rather than be limited to the “I am just a body with a mind and emotions” 7 level view; they have opened their fields to the solar 10 level, or the galactic 12 level, or even the 33 level view of the Universal field. As such they tend to dwell in reality bands that are incomprehensible to those still limited to the seven plane view. Vibrations and energy bands of frequency fields in discussed in detail in my book *In Resonance*.



BIOFIELD TYPE 5

THE DIMENSIONAL BIOFIELD

Also known as the virtual field, this is a field of great interest to many metaphysicians. The Dimensional Biofield is able to be accessed successfully via our frequency adjustment from RECIPE 2000> and L.L.P.

This is the field from which religion and the Higher Light Science has been born. The Dimensional Biofield contains all frequencies, all realities, all planes of existence. It contains all dimensions and can be explored through a system of innernet grid points that are seen in this realm as white and black holes.

While exploring all that the Dimensional Biofield has to offer can be fun, I recommend that people go straight to the C.N.N. – the Cosmic Nirvana Network. The CN.N. is like Cosmic Radio that beams a specific Frequency into any Biofield that is downloading it, it is the

perfect paradise innernet communication channel for clear and positive news, inspiration and guidance.



Dimensional Biofield Science:

This science is the study of Dimensional subtleties and attributes which provides the analytical understanding of BIOFIELD SCIENCE. Tools for experiencing the higher realms contained within the Dimensional Biofield are part of a system I have been developing called Advanced Bio-energetics. By studying each of the FIVE Biofields and their Sub-Fields we can determine each one's effectiveness. If in need of retuning we can then decide how to recalibrate the field, and what frequency adjustments need to be made, to create the outcomes that we desire. Again channel selection needs clarity and forethought as the Dimensional Biofield is so subtle, yet so powerful, that we can influence events just by observing them.

Field adjustment is a natural part of Dimensional Biofield Science as here everything operates via a system of bio-feedback looping. To tune our Global Biofield to the paradise channel, we need a holistic understanding which provides the sensitivity required to do this harmoniously, as Dimensional Biofield adjustments can range from subtle imprints, to waves that shake up a field in a way that is as devastating in its consequences as a volcanic shift on Earth. For example, a nuclear explosion on Earth would have huge impact not only in the Global Biofield but also in the Universal and Dimensional Fields. A shift in our Personal Biofield would come from a very happy event like a wedding or family reunion which can add an imprint of joy into the Social Biofield.

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Successful Biofield access and adjustment requires us to be physically, emotionally, mentally and spiritually fit, as the more tuned we are the more we can fulfill the MAXIMUM IMPACT WITH MINIMUM EFFORT rule which Dimensional Biofield Technicians are required to operate under. It also helps to understand the Biofield Grids so we repeat the below information from BB1 for those who have not yet read this first manual in this series.

Four-Body-Fitness: for Dimensional Biofield Access

Many metaphysicians are now convinced that personal health and happiness requires holistic education that also stimulates the activation of the seven senses. These include sight, sound, touch, taste, smell, intuition and the seventh sense of knowing, that sense that says, “I know that I know but I’m not sure what it is that I know but I know that I know it!” After decades of personal experimentation I have discovered that the sixth and seventh senses, and all our senses, can be refined and fully activated by our lifestyle choice. Activation of our 6th and 7th senses allows us to recognize, access and play in the Dimensional Biofield and is a must for the Biofield Technician.

I call the full activation of all our higher senses, four-body fitness as this activation brings physical, emotional, mental and spiritual health as full activation of our senses can only occur when we are well tuned on all levels. Four-Body-Fitness comes to a persona automatically when we apply Recipe 2000>.

FOUR-BODY-FITNESS allows us to have love, health, wealth, passion and purpose in life and also positive relationships with family and friends. Regardless of our religions or cultures, this is something that many desire to achieve hence the FOUR-BODY-FITNESS program is a way of harmonizing the Planetary Biofield.

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LOVE of self, love of others and love of the DOW are required for us to fully tune our emotional body spectrum in our Biofield. Without these three we remain incomplete as we fail to activate any higher pre-encoded Biofield Programs. Our ability to receive and transmit love is enhanced by L.L.P.

HEALTH means having physically, emotionally, mentally and spiritually healthy Biofields. Health also means having a balanced relationship with others and us. In 1900 the average western person lived to be 47 years old. Today it is approximately 76. Once people hit 40 they enter the zone of heart disease, cancer, strokes, diabetes, arthritis, osteoporosis and Alzheimer's disease. These 7 illnesses will be responsible for the preventable deaths of more than 2 million North Americans in 2000. A well-tuned Personal Biofield acts as a preventative medicine measure freeing us from dis-ease.

WEALTH means feeling abundant and fulfilled on all levels, where we feel that we lack for nothing. True wealth is the wealth of love, friendship, health, wisdom, passion and purpose in life. Health and wealth come to us by the experience of the benefits of L.L.P.

FOUR-BODY-FITNESS – TUNING TO THE DIMENSIONAL BIOFIELD: In order to successfully tune our Biofields we need to understand field foundations and how these foundations are energized. All biofields are constructed by foundation grids, which in this physical universe are empowered through Earth's Sun, which is empowered or fed by, the Central Sun.

Biofield Grids & Four-Body-Fitness:

Biofield Grids form the basis of all Fields and consist of light rays and sound waves which carry beneficial Coded information. Biofields and grids can only be seen by using the Language of Light which is the language of the Dimensional Biofield. The Language of

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Light is available to all who activate their 6th and 7th senses which we can do by experiencing L.L.P. Biofield Grids surround, and are woven through all life forms.

The human Biofield system has a supporting foundation of an inner Grid called the Lightbody. In Dimensional Biofield Science, the energy received by the Lightbody flows through our Sun and is stepped down in frequency to feed our body's meridians and chakra system. The level of energy that flows through these then determines our Four-Body-Fitness. The less blockages to the flow the healthier and happier we are.

The voltage we can receive into the Four Body System is determined by its capacity to receive. This is determined by our Four-Body-Fitness, as in Dimensional Biofield Science all operates via a system of Bio-feedback looping.

The Lightbody is the antenna for receiving signals from the Grid Blueprint. These signals come inter-dimensionally from a myriad of sources. Each Lightbody, in each person's Biofield, acts as a radio and television station, constantly beaming out into the Social and Global Biofields, affecting each one by leaving an imprint of our beat. The pituitary and pineal glands act as our transmitters and receivers of energy via the Dimensional Biofield of our Lightbody.

With more than 6 billion Biofields blasting or just bleating and breathing, the Global, Cosmological and Dimensional Biofields are constantly changing. In Biofield Science the frequency of each field constantly influences the other, and how much influence each has depends upon the frequency of each individual.

All Fields are part of the Dimensional Biofield Grid and each grid contains a multitude of frequency patterns. Grid points are where light rays and sound waves cross. This is where consciousness tends to be drawn and coagulate and create a Grid Station. Grid Stations are

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seen in Dimensional Biofield Science as white holes. Successful Biofield Grid tuning requires us to know enough of all Grid Stations to choose our sources carefully.

Using Dimensional Biofield Science techniques, all Biofields can draw new frequencies through their own foundation Grids, and influence the frequency in each field.

Each Lightbody Biofield Grid has been pre-encoded in its DOS – the Divine Order System that supports all life in the Grid. Decoding this information brings true fulfillment in life as the Grid tuner eventually becomes better informed in the art of Dimensional Biofield Science.

Biofield Grids operate via energy transmissions that are governed by Universal Law.

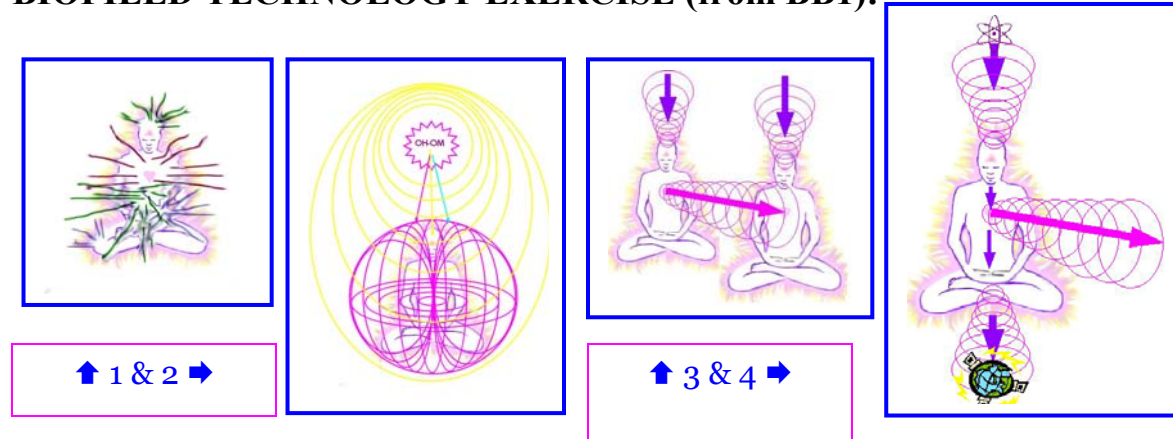
Dimensional Biofield Grids and their subsequent transmission signals, like our Personal Biofields, also can be harmonized, or overhauled and completely retuned, by our application of RECIPE 2000>.

When we become four body fit, our Personal Biofield allows us to access and experience the Dimensional Biofield which contains the channel of Grace, magic and synchronicity. Tuning our personal field automatically tunes the Global Biofield which will allow all of humanity to live on paradise of their own co-creation.

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In Summary:

BIOFIELD TECHNOLOGY EXERCISE (from BB1):



Effective biofield adjustments happen when we
1) tune our personal biofield first
via Recipe 2000>(www.jasmuheen.com/how.asp#dowrecipe) ; then
2) create the Bio-Shield with it's improved connection to Source,
3) DOW match with all others and
4) act as a channel for Divine Love and Divine Wisdom to flow through.

Dimensional Biofield Science Questions:

What is the most powerful and easiest way to tune into the Dimensional Biofield's C.N.N. channel?

We know from BB1, that RECIPE 2000> with its Luscious Lifestyles Program (L.L.P) and Paradise Codes, tunes us very powerfully on a frequency level. Within the L.L.P. is the

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requirement for REGULAR meditation and meditating deeply on our breath is a wonderful biofield tuner. Firstly its free and everyone breaths, so everyone can tune their field with breathwork. Secondly it allows us to sensitize ourselves to more refined realms.

For some Biofield Technicians, meditation is when you are not doing anything on any level. When all activity has ceased and you simply are where you simply be. That's what meditation is. So, to learn to do this, it is necessary to find the time to stop all doing. To stop thinking, to stop acting, to stop responding to your emotions, to shutting down these experiences, to experience being. When you think about your normal waking activity, there is rarely a moment where your internal dialogue is not raging. Fifty to sixty thousand thoughts a day runs through your mind. Many of these thoughts are repetitive, and many of them are less than positive. So, when you do get the opportunity to formally meditate, that is to shut down the external stimuli, an extraordinary thing occurs.

What happens is that you become the watcher and initially what you watch is your own thinking process and the trail of your own thoughts. This is a very interesting experience because you have always identified with your thoughts. You have thought that you were your thoughts. But when you shut down external stimuli and turn your senses within, it becomes obvious that you are more than your thought process and more than your thoughts. This is the first step in exercising control of your internal dialogue.

Actually watching the thinking process in itself changes the thinking process. This wild horse phenomenon cannot continue while you are observing it, because its absurdity is obvious to you. So simply by shutting down external stimuli, becoming the watcher and observing your thinking process you invariably alter it.

The second aspect of meditation is to extend this into normal daily activity, and that is to stay centered, to stay as the centre of the cyclone even while the wild winds circle you. So when you are working, by retaining awareness on say an aspect of your breathing, e.g. the

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gap between your breaths, it is possible to give attention to life but retain awareness of the particular aspect, say the breathing gap. This has the affect of making you the observer of your life, and making you feel as though you are an actor in the play of life. This is an extraordinary experience because it introduces a very high level of detachment.

The last aspect of meditation is quite subtle and that is the ultimate awareness that allows one to become what is traditionally referred to as awakened. One becomes aware of one's awareness. This is the creation of a Buddha. The elimination of the intermediary soul and the direct communication of the personality with the DOW, the Divine One Within, without the need for the way station, or the intermediary, of higher and lower mind, where our personality can directly communicate with our Divine essence, the goal of meditation and a wonderful outcome.

Meditation can be used to open the inner doors to the realms of the Holy Ones, for Divine Revelation and Divine Communion. All that is required is field tuning and grid programming and sensitivity to experience that which we program to attract.



Where do Angels and ET's fit into Dimensional Biofield Science?



The Angelic Biofield is a Sub-Field of the Dimensional Biofield. Both are accessed successfully via RECIPE 2000> as it sensitizes us to such realms. When sensitized we discover a field of intelligence that pulses with lightness and love, for the angelics truly are a fun loving species. I talk about my experiences with the angels in greater depth in my book *Divine Radiance* suffice to say that there are millions of unemployed angels on Earth waiting for the invitation to interact with those open to their field.

Extra Terrestrial Intelligence (ET’s) abound within the Dimensional Biofield as everyday science discovers new cosmological fields. Similarly all the dimensions are interconnected so tuning to them just requires a frequency shift. Recognizing the Presence of these ones around us needs sensitivity and the ability to read the fields via the languages of light. This is the language beyond telepathy where all senses are utilized to intuitively scan the fields and is again something that unfolds naturally within us in direct relationship to our frequency. Most metaphysicians and meditators are now aware that if we change our personal keynote, we change our field reality.

In the following chapters we will share our Biofield Research as it covers the reality of other dimensional intelligences in greater detail and we will also provide tools to set our fields to specific frequencies and realms.



End Part 1

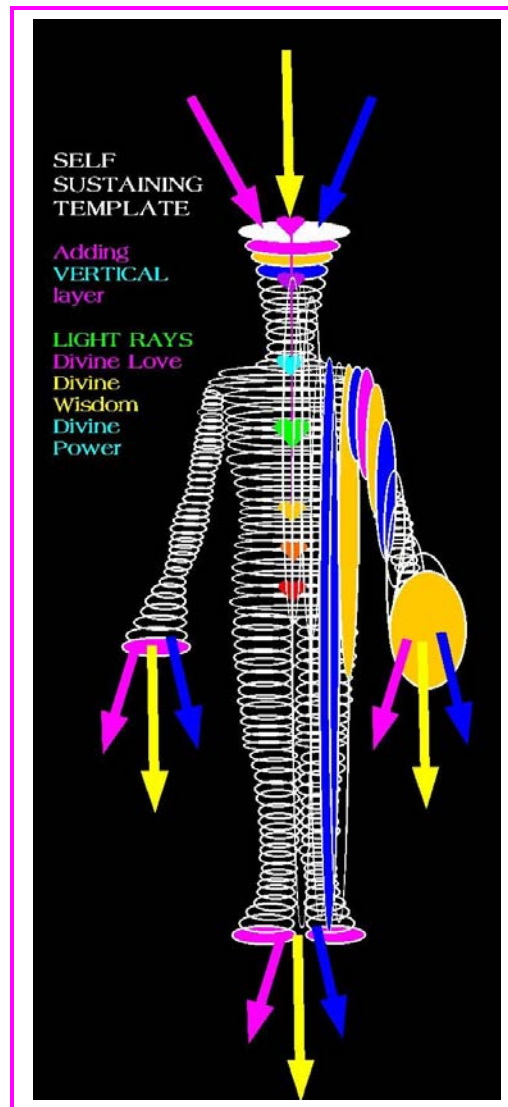
More questions

In Part 2

PART 2

DIMENSIONAL BIOFIELD TECHNICIANS TUNING MANUAL

PRAGMATIC EXERCISES TO ACCESS & INFLUENCE THE FIELDS



Part 2

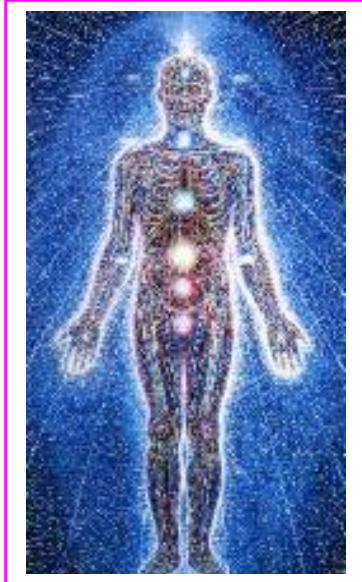
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... DOING IT ...

In this next section we provide pragmatic exercises on:

- ❖ **How to tune our field to interact with the Holy Ones & our angelic friends. Helpful liaisons.**
- ❖ **Webs of Interception – reflectors & deflectors.**
- ❖ **Redirecting unnecessary influences – field selectivity.**
- ❖ **Setting room fields: Tuning our bed field, our bedroom field, our home field, our office/work place field.**
- ❖ **Connecting new fields into existing grids.**
- ❖ **Radiation vs. absorption. Healing & helping.**
- ❖ **Activating grid points and accessing archetypical**
- ❖ **and higher, dimensional realm power.**
- ❖ **Strengthening, and adding to the existing paradise Earth grid.**
- ❖ **Tuning to the Universal Nations.**
- ❖ **Drawing strength from grids.**
- ❖ **Past &/or future life field access.**

OUR ENERGY FIELDS
Images from Alex Grey’s *Sacred Mirrors*



The above images from visionary artist Alex Grey provide a glimpse into the subtleties of our personal biofield. By focusing on tuning our inner and outer fields via basic lifestyle choice, we find that when our field emanations resonate at a certain vibrational mix, their frequency automatically triggers the opening of certain inner doors.

Will and intention allow us to select the channel. Clairvoyance, clairaudience, clairsentience, all are common when the field frequencies match.

DOING IT

BIOFIELD TECHNICIAN TUNING

DIMENSIONAL BIOFIELD TECHNICIAN’S MAIN FIELD TUNING TOOLS:

- ❖ NO. 1 : DOW POWER
 - ❖ NO. 2 : RECIPE 2000>
 - ❖ NO. 3 : BIO-SHIELDS
 - ❖ NO. 4 : IMAGINATION, INTELLIGENCE & EMOTION,
WILL & INTENTION
 - ❖ NO. 5 : TIME
-

NO.1: DOW POWER & SURRENDER:

Before we begin with elaborating on techniques, it is important to discuss surrender. For a Dimensional Biofield Technician to access limitless love, wisdom and power, they need to have sincerely surrendered to their DOW.

Recommended program: “I now surrender every cell, every atom of my being, through all planes, on all levels, to my DOW now. I ask for perfect DOW communication, guidance, healing, balance and love now. I give my DOW permission to keep me in perfect alignment with Its love, wisdom and power in every moment.”

As mentioned in BB1, DOW programs work ONLY if we believe that there is a force that is all loving, all powerful and everywhere, including within us and that our DOW truly is the

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Master Controller of our bio-system. Remember our DOW wants nothing more than for us to know It and to remember who we really are!

NO. 2: RECIPE 2000>

The value of this, plus its impact on the biofields is discussed in detail in BB1. Briefly, the 8 point lifestyle program tunes us to the channel of Divine Love and Divine Wisdom. More on this is discussed in Part 3.

NO. 3: BIO-SHIELDS

Also discussed in BB1. Bio-Shield devices are perfect for alignment and action as they also act as screening devices to shield us from absorbing unwanted frequencies and imprints from the Social field.

NO. 4: IMAGINATION, INTELLIGENCE & EMOTION, WILL & INTENTION

These free tools are common to all and need to be used with clarity, discernment and conscious awareness. The maximum impact minimum effort principle is enhanced by our E.Q. – our emotional quotient of intelligence. Just as Biofield Science bridges the ancient wisdom with futuristic science, so do we as effective bio-systems, need to bridge, and blend, heart and mind.

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NO. 5: TIME

As I was told recently by the Holy Ones, the greatest gift humanity has, is its time. How we choose to spend it is up to us and as many are now aware, how we choose to spend each moment determines our reality and the quality of our life.

BASIC BIOFIELD TECHNICIAN QUESTIONS:

1. HELPFUL LIAISONS: How can we tune our field to interact with the Holy Ones & our angelic friends?

As mentioned above all higher abilities such as clairvoyance etc. come automatically when our vibration is tuned to the right channel and this occurs via the holistic tuning package – RECIPE 2000>. Whether or not it is in someone’s blueprint to have contact with the Holy Ones, is another matter.

What I mean by this is that according to Dimensional Biofield Science, beings, before they incarnate, are encoded to give and receive certain things in the coming embodiment (yes, the indestructibility and reincarnation is a fact in DBFS). Some beings having learnt all they need to learn by being in the school of limitation on Earth, come back purely to serve, and to create a positive difference on this planet. As such they are given all the support required to fulfill what they have agreed to do. Sometimes this may mean that from time to time they will meet on the inner planes with various Holy Ones who have been assigned to guide them, and overshadow them.

For a person sensitive to these channels, it is then just a matter of Grace and pre-encodement as to whether or not they have these types of experiences. One of the most difficult things

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for the Dimensional Biofield Technician to master is the patience and sensitivity that is required for these meetings. For me, personally, the experiences I have had with the Holy Ones have usually been unplanned and unexpected, or they have come after sitting for hours in deep meditation and prayer, asking for Holy Communion and being still enough to receive and recognize it.

Recommended DOW command for communication with the Holy Ones:

“I now ask my DOW to open all inner plane connections, that are relevant to my blueprint, with the Holy Ones now. I ask for perfect connection and clear guidance from the Beings of Light and Love that have been assigned to over-shadow my service work in the paradise plan in this embodiment.”

The practice of L.L.P. is the easiest way to tune our field to the Holy Ones channel. ‘Perceive it, receive it’ is a Dimensional Biofield motto. Frequency remixing is simple. For example, to attract the energies of the Christ or Buddha, we need to radiate kindness, compassion and unconditional love. For Mother Mary we may add the scent of roses via wearing perfumed oil of roses or burning rose scented candles or incense. We may sing the song Ave Maria, and again act in a manner that is sincerely loving and kind. We also need prayer and programming to tune our fields to C.N.N. and to act as if communion with the Holy Ones is real.

Chanting the name of the Holy Ones opens the inner plane door to their realms as does wearing certain colors or listening to certain devotional and sacred music.



The angels love laughter, and music, and joyous emotions and they can only interact fully with us if we believe they are real and if we are sensitive to their channel. There are millions of unemployed angels who love to work with those who have surrendered to their DOW and committed their lives to the paradise paradigm. I have my TWA team

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– Travel with Angels – whose job it is to make sure my luggage all arrives when I do, or to make sure I catch all planes, trains etc and arrive on time. I have weather angels who move bad weather around me when required.

I have my relationship angel, my UFO team – my Upstairs Financial Orchestra of tax and marketing and business management angels. I have clothing angels, resolution angels and more. The list is limitless and they are all baby angels in training, as the big Archangels never get involved in shopping, car parks or career choices.

As mentioned earlier, Archangel Mikha-el, Rapha-el, Gabri-el and Uri-el are now focused on a PR program of

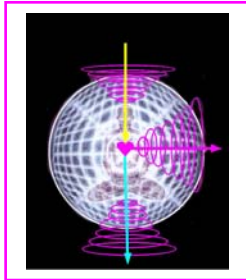
- ❖ PERFECT RESOLUTION,
- ❖ PERFECT REALIGNMENT,
- ❖ PERFECT RELATIONSHIP AND
- ❖ PERFECT RELAXATION.



2. Webs of Interception – reflectors & deflectors.

A web of interception is an etheric matrix of light that is woven around our personal Bio-Shield and programmed to reflect back or deflect on, information from sources within the Dimensional Biofield. For example, as a person increases their sensitivity and their telepathic abilities open to more inner channels, they can be overwhelmed by information, much of which is not necessarily relevant to what they have come to do in this life. Being telepathic can be very distracting for a Biofield Technician and the web of interception acts like a redirector of unnecessary information.

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Technique:

Step 1: Create your personal Bio-Shield as per the guidelines in BB1.

Step 2: Ask your DOW to place around this shield a web of interception, imagine a violet web being woven around your shield.

Now program:

“I now ask that only information that is relevant to my blueprint and service work, that supports the full manifestation of my Divine Self be able to penetrate my shield. I ask that all other information from all planes be redirected in a way that is most perfect for its sender. So it is. So it is. So it is.”

As mentioned in BB1, in Dimensional Biofield Science, it is important to either state “So it is” three times after every program, or to repeat the program three times so that the universe knows that we are serious with our intention.

The role of a reflector device is to redirect energy, or information, on the inner realms selectively. The creation of the personal Bio-Shield as outlined in BB1 is a basic step in field control for a Dimensional Biofield Technician, as it allows us to be sensitive enough to exist through all realms, and not be polluted unnecessarily by the predominant energy force of any realm.

3. How can I redirect unnecessary or unwanted field influences – is there a device for screening and field selectivity?

See above and the diagrams on page 60. Also you may wish to program into your Bio-Shield that all energy that hits your shield is automatically absorbed into your shield as Divine Love and Divine Wisdom, and/or is sent back to its sender as such. This means the reality of

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“negative psychic attack” is diffused and over-ridden, as the vibration of Divine Love and Wisdom is the foundation frequency of all existence and hence the most powerful.

4. How do we reset room fields? E.g. tuning our bed field, our bedroom field, our home field, our office/work place field?

As mentioned in BB1 people spend up to a third of their life resting the physical body via sleep, and Bio-Shield devices can be used to great advantage. For example, by placing a Bio-Shield around your bed it becomes a living energy field that you can then program to achieve certain things, and when activated, will act as a invisible force shield cocooning your body while you sleep. Some recommended programs may be:

- ❖ I ask that while I lay my body down to sleep, the energy of Divine Love Wisdom and Power penetrate this shield to rejuvenate, heal and re-tune my energy fields so that I awake feeling fresh, healthy and balanced.
- ❖ I ask my DOW to take me out of body while I sleep to the perfect place of learning or rejuvenation. (Be aware that on the innernet there are many planes and schools of learning that we may attend to improve our skills and abilities in our daily life.)
- ❖ I ask that all my sexual sharing in my bed be for the highest good of myself and my partner, and call forth the energy of the Goddess Aphrodite, and all the Gods of Tantric Love to infuse our lovemaking with passion and a deep connection of love.
- ❖ I ask my DOW to take me out of body in the night realms via bi-location to the perfect place of service where I can be of aid to others when, and if, required.

The above programs give you some idea of the type of commands that can be imprinted into the Bio-Shield around your bed. Remember, just because your body is in need of rest does not mean that your inner being is sleeping. In fact bi-location and out of body experiences in the night realms happen frequently to most people.

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Similarly a Bio-Shield and programs can be placed around your home or office. Be aware that rather than interfere with the free will of beings who co-exist with you at home or in the work place, you can ask your DOW to program the fields perfectly for the highest, most perfect good to be made manifest for all. Be aware also of the ancient art of Feng Shui, and eliminate all unnecessary clutter from your home and work place.

5. Can I connect my new field into the existing grids?

Much work has already been done by Dimensional Biofield Technicians as discussed in BB1 under the title “Existing Grid Status”. For example, the Paradise Grid, complete with programs, has already been placed around the Earth, and many ‘lightworkers’ and their communities have already connected their personal Bio-Shield and light body grid with the grids of all beings who are now focused on the creation of paradise. Many have also connected their light body grid and Bio-Shield into the Paradise Grid of the Earth; and opened all the inner doorways so that they can receive clear and perfect Divine guidance while they serve on this plane.

For those wishing to connect in:

- ❖ Step 1. After the creation of your Bio-Shield and programming, state:
 - ❖ “I now ask my DOW to connect me through all realms to all beings focused on the creation of paradise on Earth now. I ask to be connected energetically to the existing Paradise Grid around Earth and that all inner doors be opened to the perfect beams of light who are over-shadowing my service work now.”
-

6. Radiation vs. absorption. Healing & Helping.

An important point for the Dimensional Biofield Technicians to understand in the co-creation of paradise on Earth, is that once we tune our fields from Recipe 2000>, which is our Perfect Alignment and Action Plan, our focus then needs to be maintained being pure channels for Divine Love, Divine Wisdom and Divine Power to radiate through. Hence the emphasis must be maintained on the word “radiation”.

As mentioned in BB1 it is common practice in the ancient schools for the Yogis to absorb energy from the surrounding fields and transmute it and let it go. At this point in time, it is far more beneficial for our Personal and Social Biofields for us to have all inner plane doors opened and tuned to the Divine Love, Wisdom channel and to invite these frequencies to radiate through us and our Chakra system, out through our Bio-Shield and into the world.

The benefits are that as these frequencies flow through us from within the Dimensional Biofield, they transform everything within us that is not of love and wisdom. Also as these energies radiate through us, they are absorbed by everything in the world that is open to these frequencies, which leaves us free from censorship and judgment.

Because in Dimensional Biofield Science life is multi-dimensional, multi-layered, and is also simultaneously operating from past, present and future influences, it is impossible for us to apply perfect judgment in any situation as we do not understand the hidden drives behind each game. It is far easier to open the Divine Love/Wisdom doors, be a channel, allow these perfect and powerful energies to radiate through us, and do what needs to be done so that we can relax and be in each now moment. All the ancient wisdom talks about the power of BEing in the now. I do not mean lacking discernment I mean judgment of ourselves and of each other.

7. How can we activate certain grid points and can we access and utilize archetypal and higher, dimensional realm power?

As mentioned in BB1 all creation exists due to light rays and sound waves, and the intersection of these waves and rays are called grid points. Our Sun, our bodies, different icons, sacred places, are all grid points that have been tuned, or can be tuned, to radiate higher frequencies into this plane. These in turn act as a foundation grid and support structure for the new paradise paradigm. The perfect action for activation of the inner light body grid is Recipe 2000> as it automatically changes our vibration and allows for the perfect frequency match. The practice of the Luscious Lifestyles Program – L.L.P. – also keeps us aligned to the C.N.N. channel.

Sometimes Dimensional Biofield Technicians open inner plane doors to specific archetypal energies to empower them further in their service work. For example, many have opened their inner doors to download the energies of the Camelot paradigm. Others have opened inner doors to access the energies from Atlantis or Egypt, or the realms of the angels – to name a few.

It is recommended that you sit in meditation and program: ‘I now ask my DOW if it is beneficial for me and the world, that the inner plane doors to the perfect channels be open now and that I absorb into my Bio-Shield the frequencies of the archetypes that are required to empower in my work’.

You can be more pro-active by researching the archetypes and seeing which ones you respond to, then tuning in to validate, and find and explore, your inner plane connection, if there is any.

8. Can I do anything to strengthen, or energetically add to, the existing paradise Earth grid?

Not only has the paradise grid been created, programmed, and activated around the Earth, but there are some Biofield Technicians whose job it is to constantly radiate Divine Love and Wisdom and Power through their light body to this grid to maintain its power and frequency. Some are the watchers of the field while others are called field regulators.

To do this is as simple as asking for perfect connection to this grid and that the perfect voltage of Divine Love, Divine Wisdom and Divine Power flow through you to support this grid perfectly.

Remember we are made in the image of the Divine and have all the power of creation at our disposal. Other technicians have made it a regular habit to daily sit in meditation and visualize the Earth cocooned within this paradise grid and that all life within it is living in harmony and joy. This strengthens the inner plane reality and when coupled with our mass desire will allow the worlds to merge. This means that the etheric reality of Earth in paradise, as we would like it to be, is now being super-imposed over, and metamorphosing into, the existing reality.

9. What can you tell me of the paradigm of the Universal Nations?

One of the reasons behind the huge spiritual awakening that is occurring on the planet, is that our civilization has been pre-programmed to move into the reality of the Universal Nations. In another space and time there exists amazing civilizations that are held within the

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Dimensional Biofield. These are realms of existence of respect, love, harmony, where all co-exist honoring universal law, and each other. Until Earth’s people can mature beyond the reality of hate, violence, social injustice and war – as something that is acceptable to the masses and thus continues to be – these higher perfected realms will remain hidden from us.

As each one of us makes the commitment to impeccability and living a life that creates a win-win-win situation for all, this then imprints the Social Biofield and the Global and the Dimensional allowing the veils between the worlds to become thinner and less obscured.

As such many Dimensional Biofield Technicians who have adopted a holistic lifestyle that sensitizes them enough to experience the inner planes are now finding that the veils between the worlds have disappeared altogether. As a consequence they have begun to receive communications via such networks as the Intergalactic Federation of Worlds which operates on the inner planes in a manner similar to Earth’s United Nations. The I.F.G.W. has the role of monitoring the development of all civilizations within this universe and to see how the actions of all beings in each sector are imprinting the Cosmological and Dimensional Biofields.

The revelation of the Holy Ones and the Universal Nations is occurring for more and more people every day as we fine-tune our Personal Biofields. Unfortunately, due to lack of information about such matters, many people do not understand what is happening to them, and when they seek advice from unqualified people, they are often labeled as crazy or in extreme cases, schizophrenic. Thankfully Biofield Technology with its understanding of frequencies and dimensions and other paradigms of reality, is now able to bring through a level of understanding that is bringing comfort to many.

The completion of the Madonna Frequency Planetary Peace Programs will introduce the world to its rightful place among the Universal Nations.

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10. Is it possible to recharge our batteries and draw strength from grids?

The knowledge that our Earth is already in a paradise grid and that there are millions of others now supporting this new paradigm, and the knowledge that we can get connected on the innernet through the grids, is very empowering. There are times when every inner plane traveler and Dimensional Biofield Technician may find themselves in need of rest, time out, or energetic support.

Once connected to the grids at these times, you may wish to sit in meditation and ask your DOW to download through the inner plane grids, an energy boost that is perfect for you at that time. In other words, it is like plugging in to an inner plane circuit board of great power – also time out in healing temples at night.

The idea that when ‘one is plugged in to DOW power, they are tuned and strong, and when two are plugged in to DOW power and connected DOW to DOW, they have not just twice the power, but thrice the power’, is very much a fact in the dimensional biofield. Also, when we connect DOW to DOW with family, friends and colleagues, we add another level of communication and guidance to our lives that is incorruptible and invaluable.

11. What about past &/or future life field access?

One of the most powerful time effective programs that a Dimensional Biofield Technician can use is the following:

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“I now ask my DOW to cross the lines of time and gather from all time lines, past , present and future, all the power, all the gifts, all the talents and everything that I need that is beneficial for me to successfully fulfill my party in the divine paradise plan now.”

As the DOW as the master computer controller of our bio-system, It will do just that and will immediately begin to download into our fields all that we have requested, however there may be a time delay for receptivity as we can only absorb what matches our field. When the discrepancies in the field frequencies are too great, it has been my experience that the download comes in via a ‘drip feed’. A basic DBFS understanding is that we can only attract what we can handle. As our capacity, sensitivity and refinement levels blossom so does the amount and type of energies we can absorb from the higher realms. This in turn affects our field emanations and ability to imprint the Social, Global and Dimensional Biofields.

The crossing timelines program is a very empowering command as it allows us to avoid the ‘re-study by normal mechanisms’ of our areas of interest, as it assumes that if we are now in a lifetime of pure service that we have already undergone all the training required to serve successfully in this life.

Another powerful command is:

“I now ask my DOW to open the inner plane doors and bridge me DOW to DOW, via my light body and chakra system, to my future self who lives in paradise.” We do a wonderful meditation on this (and all tools mentioned here) at our Biofield Technician Training Retreats.

As you can imagine this command assumes that humanity has already made the right choices and decisions to move themselves en-mass into the paradisial state, as in Dimensional Biofield Science past, present and future co-exist. Hooking in via the innernet to the paradisial future and asking for our future self to guide us to make the perfect steps

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into the paradise future is also a very basic tool of Dimensional Biofield Science, and as mentioned earlier, is great time management.

The above 11 tools are basic programs and abilities for a Stage 1 in
Dimensional Biofield Technician Tuning.

Advanced techniques include applying the Sufi Whirling Dervish dance
to radiate love and wisdom into the world while
sending out light rays with telepathic messages into the
Earth’s fields or to another Biofield Technician.

This is something we cover in detail at the Dimensional Biofield Retreats.

Go to <http://www.selfempowermentacademy.com.au/htm/training.asp#RETREATS>
for details.

**World events can easily be influenced via such tools
and need to be done with awareness.**

**USING BIOFIELD SCIENCE TO
INFLUENCE WORLD AFFAIRS.**

Dimensional Biofield Technicians who have surrendered to DOW Power know that they are neither victims or helpless, and that they can influence the biofields through their inner plane work.

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For example, when watching scenes of conflict on our televisions, we can direct a beam of pure unconditional love, through our heart chakra, into the scene through our televisions, and program “PERFECT RESOLUTION NOW.”

With the intention that our DOW, the group DOW of all involved, has the power to download the perfect solution for harmony to reign if it is desired enough. This code was discussed in detail in BB1. This type of work in Global Biofield adjustment is done extensively during our annual M.A.P.S. Retreats.

Again go to

<http://www.selfempowermentacademy.com.au/htm/training.asp#RETREATS>

for details.

end section 2

Part 3

CO-CREATING PARADISE

DIMENSIONAL BIOFIELD RESEARCH DATA & TOOLS

- ❖ **Religion**
- ❖ **The Birth of Zen Buddhism**
- ❖ **Occult & Theosophy**
- ❖ **Alchemy**
- ❖ **The Principle**
- ❖ **Quantum Possibilities**
- ❖ **Brain Wave Patterns: Where do Thoughts come from?**
- ❖ **The Multi-verse**
- ❖ **Enlightenment**
- ❖ **Patanjali's Yoga Sutras**
- ❖ **Yoga & Tantra & Tao**

- ❖ **DOING IT**

DIMENSIONAL BIOFIELD RESEARCH

To me this is the most exciting aspect of life, getting to explore and play within the quantum field. A field of infinite possibilities, its access codes are simply keynotes of vibration. Retune our vibe and different doors appear. A little more tuning and they open. Which door to access is step one of a new equation in the paradise paradigm.

The following section provides some of our research and understanding. We offer it all as dispassionately as possible, as facts and figures and logic that then deliver tools for a few adjustments. We do so knowing that the general consensus becomes the predominant energy and thus can substantially alter the Global Biofield. This feeds back into the social fields, and our personal, which absorbs it into itself and radiates a new mix straight back out. Thus a subtle system of biofeedback looping runs all fields.



If all the founders of all our religions were Dimensional Biofield Technicians in the modern day sense, then what role does religion play in Dimensional Biofield Science?

All our world's religions offer tools and information to allow an individual to become spiritually fit. Many also offer a lifestyle to develop virtues to gain fitness on all levels and the fitter we are on all levels, the easier it is to access and understand the secrets of the Dimensional Biofield.

It is also helpful to understand a little religious history so that we can recognize the thread of commonality through the messages and teachings of these Holy Ones.

Religion

Research by Jeff

The history of man has shown the great influences of religion, and consequently a study of religion involving an attempt to understand its significance, origins and many forms, is important, particularly since people's religious beliefs or lack of them greatly influence both their personal biofield and the social and global fields.

The 19th century saw the study of religion in the modern sense, in which techniques of historical enquiry and the physical sciences were brought to bear. Of course, there is ongoing dispute amongst scholars about the importance of faith in historical and physical considerations.

Religion is a human being's relationship to that which they consider as holy, sacred and divine. Religion is a metaphysical matter, which may be described as the philosophical study whose object is to determine the real nature of things. Metaphysicians would suggest that this is the most fundamental and comprehensive of inquiries in that it is concerned with reality as a whole.

In discussing religion, the first thing that is noted when an overview is taken of the work done by scholars and theologians, is the high level of commonality featured in all religions, and how each religion has, over a period of time, evolved out of a former, changing the characters and circumstances of the stories to fit local culture and times.

It can be shown how the Hindu faith evolved into the Buddhist that evolved into the Christian faith. In fact, scholars say that there are 50 major points of identical beliefs between Buddhist and Christian faiths, and only four main differences.

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Religion is, of course, an intensely personal matter by definition. However, a study of the founders and teachings of the various religions is very beneficial.

Christianity



Christianity is the first religion to be considered. The largest Christian groups are the Roman Catholic Church, the Eastern Orthodox Churches and the Protestant Churches. Of course, in addition, there are several independent Churches as well as numerous new Churches springing up throughout the world.

The basis of Christianity is the life and ministry of Jesus. The details of Jesus' life are surrounded by uncertainties. However, the period in which his ministry and death occurred, could be narrowed down with some accuracy on the basis of the dating of the appearance of John the Baptist, in AD28, which is confirmed by independent sources.

It is generally agreed that Jesus' birth was about seven years prior to the date celebrated. The tradition of Bethlehem as the place of Jesus' birth probably comes from the Old Testament view that the Messiah would be a descendant of David. However, Jesus' parents, Joseph and Mary, were residents of Nazareth. Some versions say they moved to Bethlehem for social reasons or political upheaval. Others say they were there temporarily to register as their family's place of origin.



The motif of Jesus' mother, Mary, being a virgin, is traditional in earlier Buddhist and Hindu faiths, both of which had virgin mothers of their prophets. However, the word in Hebrew means young woman, and was translated as virgin when the Greek version was written. The teaching, life and death of Jesus are generally well known. The main point of his teaching was not that of the Jewish Day

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of Judgment, so much as the fact that God consciousness was present in all, and could be realized should his example be emulated.

The first of the large groups of Christians are the Roman Catholics, and most would agree that Roman Catholicism has been the decisive spiritual force in the history of western civilization. There are more Roman Catholics in the world than there are believers of any other religious tradition. The Roman Catholic Church is an indispensable component of cultural literacy.

The history of the Roman Catholic Church is essentially that of a Jewish cult, which was initially persecuted, by the Romans, but by the end of the 4th century Christianity was the state religion of the Roman Empire. Its privileged position allowed the Church to flourish. The fall of the Roman Empire and the arrival of the Barbarians left the Pope and the Catholic Church the only effective force for order in the western world of that time.

The division of the Eastern Orthodox Churches happened in 1054, and was based on the Roman Churches insistence on elevating the rank of the son to before that of the mother in the Holy Trinity, suggesting that the son had issued forth before the mother, which was unacceptable to the Eastern Churches.

Further, in the 16th century a general demand for a thorough reform of the Church swept through the west as Calvin, Luther, and others attacked the corruption and lack of spiritual vitality in the Church. This reformation led to a break in the Church. The groups so spinning off termed themselves, and are still referred to, as Protestants.

The basic difference between the Protestants and the Roman Catholics was the Protestants held that the supremacy of the Holy Scripture outranked the authority of the Pope in matters of faith and order.

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The Churches of Christian Eastern orthodoxy retained their identity and the loyalty of the people in the face of hostile Roman Catholic, Muslim and for much of the 20th century, communist domination. The Russian Church was the leader of world orthodoxy, and most orthodox Churches exported throughout the world, particularly in America, remain organized along ethnic lines, in Churches that retain their European ties.

The essence of eastern orthodoxy is the veneration of icons, from Christian belief that God became man in the person of Jesus, therefore divining human nature. The veneration of icons, that is formal paintings of Christ, the mother of God and the saints, play an important role in worship. All Eastern orthodox Bishops must be monks, and therefore celibate, although married men may become priests. Orthodoxy Churches have participated in the ecumenical movement of the twentieth century. Most Orthodox Churches have joined with major Protestant Churches as members of the World Council of Churches, and relations between orthodoxy and Roman Catholicism have improved in recent times.

Buddhism



The Buddha Gautama was born in the 5th or 6th century BC on the border of Nepal and India. He was the son of the King and was recognized at birth as having special qualities. At his name giving ceremony on his 5th day after birth, specialists in interpreting body marks predicted that if the child remained at home we would become a universal monarch. If he left home he would become a Buddha. On the 7th day after his birth his mother died and the child, whose name Siddhartha means “one whose aim is accomplished” was raised by his mother’s sister.

His father, the King, being very aware of the prediction that Siddhartha may leave home, went to great lengths to provide every comfort and luxury to keep his interests within the palace. However, the Buddha’s inclinations lay in other areas, and in due course he left the palace to become a monk.

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The Buddhist teaching may be briefly summarized in two areas. First, the 4 noble truths, which are: the truth of misery, that the truth of misery originates within us from the craving for pleasure, the truth that this craving can be eliminated, and the truth that this elimination is the result of the methodical path that must be followed.

Buddha said there was an eight fold path to enlightenment, which consists of: right views, right aspirations, right speech, right conduct, right livelihood, right effort, right mindfulness and right meditation attainment.

Hinduism



The term “Hinduism” refers to the civilization of the Hindus, who were originally the inhabitants of the Indus River. The term “Hindu” properly denotes the Indian civilization of around the last 2,000 years. As a religion Hinduism is a composite of diverse doctrines, cults and ways of life.

A Hindu may embrace a non-Hindu religion without ceasing to be a Hindu, because Hindus are disposed to regard other forms as worship as inadequate, rather than wrong or objectionable. They tend to believe that the highest divine powers complement one another, and that few religious ideas are irreconcilable. Because religious truth is said to transcend all verbal definition, it is not conceived in dogmatic terms. Hinduism is both a civilization and a congregation of religions yet it is not a central authority, with a hierarchy or organization. Every attempt at a specific definition of Hinduism has proved unsatisfactory. Even the scholars of Hinduism have emphasized different aspects of the whole.

Perhaps the most defining characteristic of Hindu belief is the recognition of the Veda, the most ancient body of religious literature as an absolute authority revealing fundamental

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truth. At the same time however, its content has long been practically unknown to most Hindus. Every traditional Hindu venerates the Vedas. Those who reject its authority are regarded as unfaithful to their tradition.

The Hindu revival of the 19th and early 20th century, was closely linked with the growth of Indian nationalism and the struggle for independence. Mahatma Gandhi was the most important leader for independence, and he appeared to his followers as the essence of the Hindu tradition. His austere celibate life was one that the Indian public had learned to respect implicitly. Gandhi's message, particularly on non-violence, reached a wider public than any of the earlier reformers.

The increase in nationalism after the division of India into India and Pakistan in 1947, led to a widening gulf between the Hindus and the Muslims. The transfer of power in 1947 was accompanied by slaughter of huge proportions. Millions of Hindus left their homes in Pakistan for India, and millions of Muslims migrated in the opposite direction. The tension culminated in the assassination of Gandhi by a Hindu fanatic in January 1948.

In the modern Hindu state the government has passed legislation opposed to traditional Hindu prejudices. All forms against discrimination of lower classes are now forbidden, although enforcing the law is not easy. Legislation in the mid 1950's gave full rights of inheritance to widows and daughters, and permitted divorce on quite easy terms. Although a law forbidding dowries has been in force for many years, it is difficult to enforce because of the strength of social custom.

Hinduism is very popular in the form of mythological films, which are enjoying a renaissance. On both an intellectual and popular level, Hinduism is adapting itself to the new values and conditions that have been brought about by mass education and industrialization, and is responding to 21st century challenges.

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Islam



Islam is a major world religion, which was promulgated by the prophet Muhammad in Arabia. The Arabic term “Islam” literally means “surrender”. Believers in Islam literally accept “surrender to the will of Allah”. Allah is the Arabic name for God. The will of Allah to which man must submit is made known through the sacred scriptures of the Koran which was delivered in written form by Muhammad.

In Islam, Muhammad is considered the last of a series of prophets, which include Adam, Noah, Jesus and others. His message at once consummates and does away with the need for the revelations attributed to earlier prophets. Muhammad was born in Mecca in 570AD into a wealthy and influential family.

Muhammad grew to be a warrior leader and politician. Based in Mecca he had many major battles with the forces issuing from Medina.

The Muslim faith has given rise to the mystical Sufi grouping. While the mystics drew their vocabulary from the Koran, by rigid introspection and mental struggle, the mystic tried to purify his base self, from even the smallest signs of selfishness. For such students, meditation, minimal talk and fasting were the most important preparations for the spiritual life.

Shinto



Shinto is the name given to indigenous religious beliefs and practices of Japan. The word “Shinto” literally means “the way of Kami”. Kami means mystical, superior, generally sacred, or divine power. Shintoism came into use to distinguish indigenous Japanese belief from Buddhism that had been introduced into Japan in the 6th century

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AD. Shinto has no founder, no official sacred scriptures in the strict sense, and no fixed dogmas, but it has preserved its guiding beliefs throughout the ages.

Taoism



Taoism, along with Confucianism, is one of the two major religious traditions that have shaped Chinese life for more than 2,000 years. Broadly, a Taoist's attitude towards life can be seen in the accepting and yielding joyful and carefree sides of the Chinese character.

This attitude offsets and complements the moral and duty conscious purposeful character ascribed to Confucianism. Taoism is characterized by a positive attitude towards the occult and the metaphysical, whereas the pragmatic Confucian tradition considers these of only marginal importance, even though their reality is not denied.

The founder of Taoism, Lao-tzu, historically remains an obscure figure. The principal source of information about his life is a biography written in about 100 BC. He was said to be a court official advising in matters such as astrology and divination, and was in charge of the sacred books. The name Lao-tzu seems to represent a certain type of sage rather an individual, and the relevant books of instruction seem to have a number of authors.

Confucianism

Confucianism is a worldview, a political ideology, a scholarly tradition and a way of life. At times it is viewed as a philosophy, and sometimes as a religion. While Asians may profess themselves to be of a particular religion, seldom do they cease to be Confucians.

Although grouped with the major historical religions, Confucianism differs from them by not being an organized religion. Nevertheless it has spread to all East Asian countries under

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the influence of Chinese culture, and Chinese ethical values have served well for over two thousand years, as the source of inspiration for human interaction between individuals, communities and nations.

Confucius lived from 551BC in an era of political violence and social disintegration. He was a master teacher concerned with developing thought and action that could be restorative of order and harmony. As a school of thought and practice, Confucianism has passed from the scene of modern China, yet its principals remain embedded in Chinese culture.

Jainism

The guiding principle of Jainism is respect for life and all living things. Tradition says that the religion was founded in the Ganges Basin, India, in the 500s B.C. by Mahavira (the Great Hero). Like the Buddha, who was a contemporary, Mahavira was born into a high-caste family, but at the age of 29, he renounced his wealth to live as a wandering beggar.



Tired of the ongoing cycle of birth, death, and rebirth, and dissatisfied with the prevailing religious teachings, he set out to find enlightenment for himself through practices that were increasingly ascetic (without material comforts). It is said that his first act was to tear out all his hair before leaving home. After 12 years of wandering, he achieved perfect knowledge (kevala) through fasting and meditation.

Once had had attained enlightenment, Mahavira gathered a small group of followers around him and taught and preached for the next 30 years before starving himself to death in the village of Pava, near to where he was born. Pava is still an important pilgrimage site for Jain followers.

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The Five Great Vows: In Jainism, monks and nuns take Five Great Vows (Mahavratas) to help them on their path toward enlightenment. These are ahimsa: not to harm any living thing; satya: to speak the truth; asteya: not to steal; brahmacharya: to abstain from sexual activity; and aparigraha: to give up all worldly things and human attachments. The vow of non-violence or non-injury is central to Jainism, and novice monks are given a broom to sweep away living creatures so they do not tread on them accidentally and kill them.

By A.D.100, the religion had split into two sects. The Digambaras (literally, “sky clad”) believed that their total renunciation of worldly possessions meant that they should renounce clothing and (men, not women) should go completely naked. The Shvetambaras (“white clad”) believed that monks and nuns could wear simple white robes.

There are thought to be about four million Jains worldwide, most of who live on the Indian subcontinent, where they are members of the merchant, banking, and business community.

Judaism:



The world’s oldest monotheistic religion, accepting that there is only one God who created the world. Like Christianity and the Moslem religion, Judaism traces its roots back to Abraham and claims that 3,500 years ago God revealed the Ten Commandments to Moses plus the first five books of the scripture known as the Torah which guides the Jewish people today. A guideline to living, the Torah focuses on personal morality, acting with kindness and respect of self and others.

People are attracted to different religions for many reasons, including birthplace and culture, and family history, the attraction of magnetic fields from other time lines, known as karma

and the unfinished business that it brings. Attraction to a philosophy or religion also comes due to pre-agreed learning that is required for the soul’s evolution.

As science replaces much of traditional religious belief, the mysticism of religion is far from extinct. The modern mystic is practical, not leaving an unredeemed world to its own ways. Not escape, but rather victory, is mysticism’s inner urge and promise. Modern mystics do not merely withdraw, they also return, and attempt the ancient alchemy, that is the transformation of man. A solitary salvation does not satisfy either head or heart.



Patanjali’s Yoga-sutras

Patanjali is the name used by a series of authors of a great Hindu classic, the Yoga-sutras, a categorization of Yogic thought, arranged in four volumes. The Yoga-sutras span several centuries, the first three volumes apparently written in the 2nd century B.C. and the last book in the 5th century A.D. Therefore credit usually goes to more than one author writing under this name. It was used by the authors of a number of other works on such diverse subjects as medicine, metrics, music, and alchemy. The name suggests divine descent from the great sea serpent, Sesa.

A unique feature of the development of Indian philosophical thought was the systemization of each school of thought in the form of sutras or extremely concise expressions. Sutras were intended to reduce the doctrines of a science or a philosophy into a number of memorable formulas or rules. The word “sutra” originally meant thread, but came to mean such concise expressions. A larger work containing such sutras also came to be called a sutra. Because of the concentrated and concise nature of the information, the aid of a commentary is very helpful.

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In the Yoga-sutras, God is defined as a distinct Self untouched by sufferings, actions and their effect. It is said to be the source of all traditions that is revealed in the Vedas and it taught the first fathers of mankind.

The Self is distinguished from the mind. The mind is viewed as an object. Much of the discipline laid down in the Yoga-sutras concerns perfection of the body, with the intent to make it a fit instrument for spiritual perfection. Steadiness in bodily posture and control of the breathing process are given a high place. The perfection of the body is said to consist in “beauty, grace, strength and hardness”.

Patanjali lays down an eight-fold path consisting of aids to yoga:

- ❖ 1. Restraint;
- ❖ 2. Observation;
- ❖ 3. Posture;
- ❖ 4. Regulation of breathing;
- ❖ 5. Abstraction of the senses;
- ❖ 6. Concentration;
- ❖ 7. Meditation;
- ❖ 8. Trance

Various stages of Samadhi are distinguished. These include the conscious and the super-conscious, which is sub-divided into achievements with various shades of perfection. In the final stage, all mental modifications cease to be and the Self is left in its pure undefiled state of utter isolation. This is freedom or absolute independence.



We include the following short story as it comes with the wonderful message that the Dimensional Biofield is too vast for us to do anything but explore and play within it. To do so with a loving awareness and respect for all life is the goal of the Dimensional Biofield Technician.

The Birth of Zen Buddhism

The Buddha Gautam was to give a special talk one day, and thousands of his followers had travelled to the location from many miles around. When Buddha appeared he was holding a flower, and as time passed he said nothing. He just sat and looked at the flower. The crowd grew restless, and after a long period of time, a man called Mahakashyap could restrain himself no longer, and started laughing and laughing and laughing. The Buddha looked up, gazed at him, called him forward and gave him the flower. The Buddha said to the crowd, “All that can be given with words I have given you; but with this flower I give to Mahakashyap the key to this teaching.”

This is a significant story since it illustrates the birth of Zen and indicates that the Buddha was the Source. Mahakashyap was the first and original Master of Zen. The Buddha was the Source.

So what was unusual? Well, the Buddha never carried anything when he spoke to people, and this time he was carrying a flower. People thought that someone must have given it to him. He sat under a tree and waited and would not speak, wouldn't even look at them, and then after a very long period of time and the crowd becoming restless, the laughter broke out.

The moral of the story is that much esoteric communication is non-verbal, it is energetic by definition, and in the area of Zen, the quantum world, the world where the physical and

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virtual worlds meet and where miracles occur, communication and true teaching can only be done in a non-verbal manner.

Laughter has been going on in the Zen tradition ever since. In Zen monasteries they have been laughing and laughing and laughing. What is the point? The point is understanding that there is nothing to understand, there is nothing to be said and there is nothing to be explained. The whole situation is simple and transparent. Nothing is hidden in it, there is no need to search because all that is, is here and now within you. When Buddha gave the flower he said, “Hereby I give you the key.” What is the key?

Silence and laughter.

Silence within, laughter without.

When laughter comes out of silence it is not of this world, it is Divine.

Many Dimensional Biofield Technicians take themselves too seriously. If you need a little more lightness in your life then do the following:

EXERCISE: LAUGHTER MEDITATION:

Sit quietly and tune yourself with the LOVE breath mediation then gently begin to chuckle out loud. Imagine that you have heard the most amusing joke, then laugh a little louder, then louder, then louder, until you are deep belly laughing. Do this for 5 minutes every morning to set your field to the ‘laughter, have fun and relax’ channel. Do this with your meditation group or family. Laughter is infectious.



Some of the strongest proponents and most experienced explorers of the Dimensional Biofield have been

- a) those investigating the occult and*
- b) those well versed in Theosophical principles.*

Both were concerned with other dimensional intelligences, with beings from ‘the other side’. Founded on strong ideologies designed to support global harmony and honor, the Theosophical Society’s founders often sought the company of the Holy Ones, beings assigned to share of the higher wisdom and inspire humanity to discover and exercise DOW Power.

The Occult and Theosophy

The occult encompasses a wide range of practices involving a belief in, and knowledge of, supernatural forces. Such beliefs and practices have occurred in all human societies throughout recorded history, with considerable differences in the nature they demonstrated, and the attitudes of their societies towards them. In western countries, the term occult has required rather negative overtones, but that does not apply in the bulk of the world.

Occult practice basically centers on the ability of the practitioner to use natural law for his or others’ benefits. The use of such laws tends to be regarded as evil when they involve the breaking of moral laws, however, the use natural law for common good is considered laudable.

Those aspects of occultism that appear to be common to all human societies are divination, magic, witchcraft and alchemy. Western occultism is an ancient secret philosophy, which underlies all occult practices. This secret philosophy is first identified in texts associated

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with Hermes Trismegistos, books that are associated with astrology, other occult sciences, and spiritual regeneration.

The Jewish contribution was made by the Kabala, which is a mystical interpretation of the Torah. These two movements came together during the Renaissance, that is the Kabala being married with the teachings of Hermes and the combined tradition become known as Hermetism, which incorporated both theory and magical practice, the latter presented as natural magic, that is white magic, as opposed to the practice of sorcery or witchcraft of an evil nature, which involved personal gain.

Alchemy was also absorbed into the body of Hermetism, and in the early 17th century, the Rosicrucians, a secret brotherhood that utilized alchemical symbolism, was the vehicle for Hermetism to pass unscathed into the period of the Enlightenment.

During the 18th century, occultism was taken up by esoterically inclined freemasons. In recent times the practice of occultism has divided on one hand into spiritualism, the practice of alleged regular communication between the living and the spirits of the dead, through a living medium; and secondly into theosophy, a blend of western occultism and eastern mysticism that has proved to be a most effective propagator of occultism.

Theosophy is a religious philosophy with mystical interests that can be traced to the ancient world, but has been of great significance in religious thought in the 19th and 20th centuries. The term ‘theosophy’ is derived from the Greek word ‘theos’, which means ‘God’, and ‘Sophia’ which means ‘wisdom’, and is generally translated as ‘divine wisdom’. All theosophical speculation has as its foundation the mystical premise that God must be experienced directly in order to be known at all.

In modern times theosophy has been widely identified with the doctrines promoted by Helena Blavatsky, through the Theosophical Society, while the term theosophy may also be

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used in a more general sense, having found similar strains in ancient philosophers, such as Pythagoras and Plato.

The most profound source of theosophical views has been Indian thought, where they may be traced from the earliest spiritual Vedas, through the Upanishads, and the Bhagavad-Gita, to modern times. Elements of theosophy may also be found in other Asian religions, especially in Islamic Sufism, Buddhism and Taoism.

The first characteristic of theosophy is an emphasis on mystical experience. Whether ancient or modern, theosophical writers have agreed that a deeper spiritual reality exists, and that direct contact may be established with that reality through intuition, meditation and revelation.

A second characteristic is an emphasis on esoteric doctrine. There is a distinction between inner or esoteric teaching, and an outer, or exoteric view. Theosophy holds that all world religions contain such an inner teaching, and it can be deciphered by careful consideration of the sacred texts.

The third aspect is an interest in occult phenomena. Most theosophists have a fascination with extraordinary occurrences, and with the achievement of higher psychic and spiritual powers. It is said that the knowledge of the divine wisdom gives access to the mysteries of nature and to humankind's deeper being.

The fourth aspect is a view that reality is constituted of one principal, so despite the basic distinctions between the esoteric and the exoteric, between the physical world and a higher spiritual reality, they affirm an underlying unity that encompasses differentiation.

Helena Blavatsky and Henry Steel Alcott founded the Theosophical Society in 1875 in New York. Madam Blavatsky, who was a woman of noble Russian descent, had immigrated to

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the United States in 1873, after many years of travel on occult investigations throughout Europe and the Middle East. Alcott, an American lawyer and newspaperman, became her esoteric associate and the two moved to India in 1878, establishing their base of operations at Adyar, near Madras, which still serves as the international headquarters for the Theosophical Society. Branch societies were established throughout much of India and the major cities of Europe.

The Theosophical Society has three primary objectives: one, to form the nucleus of the universal brotherhood of humanity, without distinction of race, creed, sex, caste, or colour; two, to encourage the study of comparative religion, philosophy and science; and three, to investigate the unexplained laws of nature and the powers latent in human beings.

The Theosophical Society insists that it is not offering a new system of thought, but merely highlighting certain universal concepts of God, nature and humanity that have been known to wise men in all ages, and that may be found in the teachings of all the great religions.

One of the Society's unusual features is that it deals with the brotherhood of great masters or adepts, who are perfected humans, and who are assisting in the spiritual evolution of humanity.

The most recent teacher speaking on theosophical views was Jiddu Krishnamurti, who died in 1986. He was selected by prominent theosophists to be the physical vehicle for the new world teacher. However, Krishnamurti took a different tangent, renouncing formal theosophy in 1929 and going on to become a very widely followed lecturer and writer on esoteric matters.

The influence of the Theosophical Society has been significant, despite its small following. The movement has been a catalytic force in the 20th century Asian revival of Buddhism and

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Hinduism, and a pioneering agency of the promotion of greater western acquaintance with eastern thought.

Helena Blavatsky was born 1831 in the Ukraine. At the age of 17 she married a Russian military officer who was the Provincial Vice-Governor; however, they separated after a few months. She was a very strong willed woman, even when young, and did not fit the accepted social mould. She became interested in occultism, and for many years travelled extensively throughout Asia, Europe and the United States, spending several years in India and Tibet, studying under Hindu Mahatmas. In 1877, her first major work *Isis Unveiled* was published, which led to great success and popularity. Her definitive work was published in 1888, titled *The Secret Doctrine*.

It is said that the Ascended Masters, who are said to be perfected humans, overshadowed Madam Blavatsky. She reported that they communicated to her what she was to record and while there was some contribution on her own behalf, much of what she put forward was in the form of automatic writing.

Theosophy may be said to have evolved in recent times into the movement termed “New Age”, and no doubt will continue to evolve.



As this is a manual dedicated to the co-creation of paradise, I am sure that for many, our manifestation of this will require a miracle. Consequently, our research needs to include a look at Divine Alchemy. The greatest act of alchemy is the transfiguration of the human, and our world back, to our original state of Divine existence, our paradise. Born into a plane of free will with the power to create any reality we desire, our challenge in this new millennium is to co-create a society and world that is truly civilized and worthy of admission to the Universal Nations. Our invitation and ticket of entry is our vibration.

Alchemy

Alchemy is an ancient science whose aims were to transform base metals such as lead or copper into silver or gold. Such attempts involved chemical procedures, and many believe the development of chemistry evolved from alchemy.

Of great interest, is that in the ancient world, in China, India and Greece, the theory that five elements: air, water, Earth, fire and space, which in various combinations comprised all matter, was held to be true, in almost identical form. In addition the world of matter was seen to function by means of opposing forces, hot and cold, dry and wet, positive and negative, male and female. Both astrologers and alchemists believed that events in the macrocosm of the natural world were reflected in the human microcosm and vice versa. A saying of Hermes, the author of various occult works, is often misquoted. It correctly says, “That which is above is like that which is below, and that which is below is like to that which is above.”

Alchemical writings are recorded from the time of 1,000 years before the birth of Jesus. However, it was not until the 19th century that the possibility of chemical gold making was chemically contradicted by scientific evidence.

So, three thousand years of detailed comment and study in alchemical matters were in fact not to do with the stated goal. An indication of what was involved can be perceived by considering the terms alchemists use which are shared in many cases with astrologers. For example, under the proper influences the ‘perfection’ or ‘healing’ of lead into gold might occur, just as the human soul could achieve a state of perfection in heaven. The alchemist could, perhaps, hasten by careful nurture and long heating, by ‘killing’ the metal and then ‘reviving’ it in a finer form. Practical alchemists invented and used many laboratory apparatuses and procedures, but generally they were very secretive. To preserve the esoteric

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nature of their practices they devised many symbolic names for the materials with which they worked.

In time, the Chinese alchemists who sought to make gold not for its wealth, but as an elixir of immortality, also came to emphasize the esoteric aspects at the expense of all practical technique. Alchemy in India eventually met with a similar fate.

Regarding the goals of alchemy ‘transmutation’ is the key word characterizing the practice, and it may be understood in several ways. In sickness to health, from old age to youth, or even from Earthly to supernatural experience. Alchemical alterations were always seen as being positive, never involving a degrading, except as an intermediate stage in a process, which had a happy ending. Alchemy always aimed at the goals of wealth, longevity and immortality.

Where alchemy changed direction with modern chemistry is that alchemists explored the history of the science of matter, where matter is considered on a wider basis than the modern chemist understands the term. Those wedded to modern chemistry are seen to be practicing the mechanical modern science, while alchemists in fact seek results using the most ancient of science.

There are many recorded instances, particularly through the 1500’s and 1600’s, where the alchemist was considered in a very ambivalent manner. That is, that the individuals ruling, feared for the essential wealth of their nations, which was stored in precious metal, because of the possibility that someone could create large supplies of gold and silver from base metal. On the other hand they were very interested, if this could be done, in having it done on their behalf. So, there was a good deal of patronage of alchemists who, of course, when they produced gold, were by definition, charlatans.

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The oldest of the known Chinese alchemical treatises is the “Commentary on the I Ching”. It is an interpretation of the I Ching. The most famous of Chinese alchemical books *Great Secrets of Alchemy* is a treatise on creating elixirs of various metals for the attainment of immortality, and a few specific cures for diseases and other purposes, such as the creation of precious stones.

The similarities between the materials used and the elixirs made in China, India and the West are remarkable. Nevertheless, Chinese alchemy was different from that of the West in its objectives. Whereas in the West the objective seems to have evolved from gold to elixirs of immortality to simply superior medicines, in China, the only goal at all times of alchemy was the seeking of immortality.

Chinese alchemy, in due course, faded away, probably hastened by a series of Chinese Emperors appearing to have died from elixir poisoning. Thus, the physical aspects of alchemy disappeared.

Interestingly, Chinese Taoists not only taught the pill of immortality, which was the elixir of life, a liquid that was believed to be allied with the philosopher’s stone, but also developed techniques including meditation, breathing exercises and diet, that were thought to infer immortality by internal alchemy. This has progressed in the East and internal alchemy is now the primary study, although this has been traditional, an early alchemical term for semen being the ‘yin’ elixir.

In the 1920’s, a whole new interpretation of alchemy was put forward by psychoanalyst, Carl Jung who noticed the similarities between alchemical literature, particularly in its reliance on unusual symbolic illustrations, and the dreams and fantasies of his patients. Jung viewed them as manifestations of the ‘collective unconscious’, and Jung associated many images and experiences in his own dreams with prior alchemical teachings, which he found both professionally and personally very productive.

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The old alchemical literature continues to be scrutinized for evidence, because alchemical doctrine is claimed to have on more than one occasion come into the possession of man, but has always again been lost. The nineteenth century English spiritual alchemist, Mary Anne Atwood, said, “Alchemy is a universal art of vital chemistry, which by fermenting the human spirit, purifies and finally dissolves it. Alchemy is philosophy; it is the philosophy, the finding of the Sophia in the mind.”

In the Dimensional Biofield icons, symbols and our personal bio-system are act as doorways or transmission stations within the fields.



The Principle

Creation and transformation require not just an understanding of the Higher Laws, nor the ability to frequency match into and out of fields, but also the understanding of how the base fabric of life operates.

To understand Dimensional Biofield Science we need to bridge back into the Ancient Wisdom. The philosophy incorporated in the Ancient Wisdom is based on three foundation stones:

- (1) The primary consideration is a “Principle”, which is eternal, boundless, and inconceivable, since it transcends any power of human conception. It is referred to as a “Principle”, since there is no word in the English language that accurately describes it. It is everything, all that is, ever was, will be, the foundation of everything, from which everything flows forth, and into which everything

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eventually returns, from atoms to Gods. It is boundless life, beyond duration, beingless, without limiting dimensions.

- (2) There appears from time to time, in regular and periodic successions, like ebb and flow, worlds and beings continuous throughout eternity: the appearance and disappearance of incalculable numbers of universes in all degrees and stages of spiritual, astral and physical evolution. Thus universal cyclical action is the second proposition.
- (3) Each individual spirit, every entity, shares a fundamental identity with the universal Over—Soul, which is an aspect of the “Principle” previously outlined.

From the Principle issued the Word. According to the Ancient Wisdom, the fundamental level of the universe is made of sounds. The original sound, a vibration, was the first wave to break the cosmic silence. As it breaks into many smaller waves it divides into sub-frequencies that compose energy and matter in the universe.

It is said that when the inconceivable Principle desired that the Logos be born, it uttered the word, which is its own name. All that can be said of the name is that the first syllable has four letters, the second syllable also has four letters, the third has ten letters, and the fourth has twelve. The whole name thus consists of four syllables and thirty letters. Each letter has its own accent and way of writing, but none of the letters understands or even beholds the form of the whole name, or even the power of the letter next to it.

The Word is called Aditi in Sanskrit. This is the melodious heaven of sound, the abode of the Chinese Deity Kwan Yin, whose name means, “divine voice”. This voice is a synonym of “the word”, speech as an expression of thought. Kwan Yin is the magic potency of sound in nature, whose voice calls forth the elusive form of the universe out of Chaos.

To any serious esoteric student, the unfolding of spiritual influence is of great interest, since an understanding of the spiritual hierarchy involves an exercise in focused rational thought and the confirmation of pure awareness involving intuition, the communication from our DOW.



The Quantum Possibilities

Dr Deepak Chopra says that we can summarize the key principles of quantum physics in five main points:

1. In the quantum realm there are no fixed objects, only possibilities.
2. In the quantum realm, everything is interwoven and inseparably one.
3. Quantum leaps are a feature of the quantum realm. A quantum leap is the ability to move from one location in space or time to another without having to go through any place or time in between.
4. One of the laws of the quantum realm is the Uncertainty Principle, which states that an event is a particle (matter) and a wave (energy) simultaneously. Your intention determines whether you see a particle or a wave.
5. In the quantum realm, an observer is needed to create an event. Before a subatomic particle is observed, it exists only as a virtual particle. All events are virtual events until the moment they are observed.


Our own body/mind system is also an expression of the same quantum field that underlies everything in the universe. Therefore, we can apply these quantum principles to the way you look at our body and aging, which we discussed in detail in BB1. Rephrased in terms of our biology, they would be:

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1. We are not merely the physical body that you identify with out of habit. Our essential state is a field of infinite possibilities.
2. Our body is inseparably one with the whole universe. When we are perfectly healthy or whole, we feel expanded. We become constricted only when we have discomfort or dis-ease. This comes from a feeling of separation.
3. We are capable of taking quantum leaps in perception and interpretation. With these quantum leaps we can alter not only the experience of the physical body but its very structure. Our physical body is capable of taking a quantum leap from one biological age to another without having to go through all the intervening ages in between.
4. Our body is simultaneously material (particle-like) and non-material (wavelike). We can choose to experience your body as physical or as a network of energy, transformation, and intelligence.
5. Before we decide which biological age we choose to experience, we are all possible biological ages. It's up to us to decide what we want to be.

Source: *Grow Younger, Live Longer*

Deepak Chopra MD & David Simon MD



As a proponent of Dimensional Biofield Science I realize that eventually a bridge will be formed between this futuristic science and quantum. Every day new discoveries confound our mainstream scientists and as the vibration of the Global Biofield becomes more harmonious, more will be revealed. The following data taken from David Deutsch shows how the gap between metaphysical reality and conventional science appears to be closing.

The Multi-verse

Parallel universes are no longer a figment of our imagination. They’re so real that we can reach out and touch them, and even use them to change our world. Our Universe is part of the multi-verse, a domain of parallel universes that comprises ultimate reality.

Until now, the multi-verse was a hazy, ill-defined concept-little more than a philosophical trick. Why believe in something so extraordinary? Because it can explain one of the greatest mysteries of modern science: why the world of atoms behaves so very differently from the every day world of trees and tables.

The theory that describes atoms and their constituents is quantum mechanics. It is hugely successful. It has led to computers, lasers and nuclear reactors, and it tells us why the Sun shines and why the ground beneath our feet is solid. But quantum theory also tells us something very disturbing about atoms and their like: they can be in many places at once.

But how is it that atoms can be in many places at once whereas big things made out of atoms – tables, trees and pencils – apparently cannot? Reconciling the difference between the microscopic and the macroscopic is the central problem in quantum theory.

The many worlds interpretation is one way to do it. According to many worlds, quantum theory doesn’t just apply to atoms. The world of tables is exactly the same as the world of atoms.

But surely this means tables can be in many places at once. Right. But nobody has ever seen such a schizophrenic table. So what gives?

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The idea is that if you observe a table that is in two places at once, there are also two versions of you – one that sees the table in one place and one that sees it in another place.

The consequences are remarkable. A universe must exist for every physical possibility. There are Earths where the Nazis prevailed in the Second World War, where Marilyn Monroe lived happily unknown as Norma Jean and where the dinosaurs survived.

However, many worlds are not the only interpretation of quantum theory. Physicists can choose between half a dozen interpretations, all of which predict identical outcomes for all conceivable experiments.

For example, according to the Copenhagen interpretation, the act of observing is crucial. Observation forces an atom to make up its mind, and plump for being in only one place out of all the possible places it could be. But the Copenhagen interpretation is itself open to interpretation. What constitutes an observation? For some people, this only requires a large-scale object such as a particle detector. For others it means an interaction with some kind of conscious being.

Quantum theory leaves no doubt that other universes exist in exactly the same sense that the single Universe that we see exists. This is not a matter of interpretation. It is a logical consequence of quantum theory.

Physicists are reluctant to accept many worlds due to logical positivism, the idea that science should concern itself only with objects that can be observed. In the early 20th century, some logical positivists even denied the existence of atoms – until the evidence became overwhelming. The evidence for the multi-verse, is equally overwhelming. It's indirect. But then, we can detect quarks only indirectly too. The evidence that other universes exist is at least as strong as the evidence for quarks.

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Perhaps the skeptics will be convinced by a practical demonstration of the multi-verse. By building a quantum computer, we can reach out and mould the multi-verse.

One day, a quantum computer will be built which does more simultaneous calculations than there are particles in the Universe. Since the Universe as we see it lacks the computational resources to do the calculations, where are they being done? It can only be in other universes.

What would it mean for you and me to know there are inconceivably many ‘yous’ and ‘mes’ living out all possible histories? Surely, there is no point in making any choices for the better if all possible outcomes happen?

It could make real choice possible. In classical physics, there is no such thing as “if”; the future is determined absolutely by the past. So there can be no free will. In the multi-verse, however, there are alternatives; the quantum possibilities really happen. Free will might have a sensible definition, because the alternatives don’t have to occur within equally large slices of the multi-verse.

By making good choices, doing the right thing, we thicken the stack of universes in which versions of us live reasonable lives. When you succeed, all the copies of you who made the same decision succeed too. What you do for the better increases the portion of the multi-verse where good things happen.



The art of contemplation, the time for introspection, the desire to be the watcher when finding yourself detached enough to see, this is part of the path for Dimensional Biofield Tuning. Subtlety, sensitivity, awareness, reflective, philosophical thought, all these are keys. In BB1, we discussed the 8-hertz brainwave frequency that allowed a person to

attract the Grace. In the next section we also look at the Alpha, Beta, Theta and Delta wave patterns.

Brain Wave Patterns

Where do Thoughts come from?

An ongoing question for philosophers throughout the ages has been the source of thoughts. Some would say this is a futile exercise to pursue, and that happiness can be found without this examination. Well it's true that bliss is certainly available through ignorance. New born children are very blissful, but it is happiness of an uninformed nature. As the child grows and acquires knowledge, then the bliss tends to dissipate. The object of most esoteric students is to recapture the bliss after passing through knowledge to wisdom.

What is this personality that we all have? Personality – the word comes from the Greek word persona, meaning mask. There is a Zen truism that says, “Find your real face, your original face.” When identical twins are born, that is babies who have identical DNA, their mother can tell you that right from start they have distinct personalities. So even though the raw material for both children is identical, the individual inhabiting each child is unique.

So what is it that creates this individual, and what are these thoughts that we incessantly think? When broken down into its component levels, and the brain is viewed, the traditional view of doctors has been that the brain has emitted thoughts. They say that thoughts have simply seeped out of the brain. But with improved technology and imaging devices able to scan the brain very accurately, it has become obvious that the brain is not the source of thoughts, but thoughts happen in the brain. It is now understood that every cell in the body is part of the mind, and the brain is where it is focused, but the mind is throughout the body.

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After breaking down the molecules of the cells in the brain to the atoms, then to their component parts, the quarks, and then finally to the smallest unit of energy in which light appears and disappear, a photon, science has now established that objective information, that is data stored on a credit card, the hard drive of a computer, a VCR recording, this information is stored as physical photons, real photons. But all thoughts and emotions are the movement of virtual photons. A virtual photon is one that comes into being and out of being so quickly that it cannot be observed. Scientists know that it happens, but we do not yet have the sophistication of equipment to measure the birth and extinction of virtual photons because it is so rapid. They are created by the collision of sub-atomic particles, but come and go virtually instantaneously.

This electromagnetic wave of virtual photons through the body, and particularly the brain, which we call thoughts, happens against a background of the quantum field, a field of virtual photons. So thought is the movement of a wave against the background of an infinite field of similar, if more refined, virtual photons. Esoterically, the teaching is that this electromagnetic wave is the movement of our soul, our higher and lower mind, traditionally referred to in Sanskrit terms as Manas and Karma.

The scientists are now saying that there are only four primary forces. They are electromagnetism, gravitation, and strong and weak atomic interaction. They have now come to the conclusion that all four forces basically illustrate similar qualities and come from the same source.

A technique taught in the East for the observation of thought and for correctly interpreting thoughts is to become the watcher of your thoughts. This involves either one or two techniques, the Buddhist technique of becoming aware of the breath and simply becoming the watcher of the breathing process, or the more aggressive method of Patanjali, of actually focusing on the space between the breath, and increasing the space between the breaths. The argument is that when there is no breathing there is no thinking, so by extending the gap

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between the breath, both the in breath and the out breath, a period of no thought, no mind, can be created in which the watcher can get a very clear view of the thinking process.

Both systems of watching of the breath, and the pausing of the breath, the creation of a larger gap in the breath are effective, and an individual's personality will determine which course of action is best.

The electromagnetic wave of virtual photons passing through the brain, which we call thoughts, can be largely divided into four categories, and they are as follows: Beta, Alpha, Theta and Delta. These are four groups of brainwave patterns that are created under differing circumstances.

Beta

Beta is from 14-30 cycles per second, and Beta is our state of normal waking consciousness. Obviously, sometimes we are more alert than others, and this is the consequent demonstration of the range of electromagnetic waves.

Alpha

Alpha is from 8-13 cycles per second. Alpha is the brainwave state of light meditation, of that between period in waking and sleeping, both morning and evening, and is a wonderful state for programming the mind and body for desired outcomes.

Theta

Theta is from 4-7 cycles per second. Theta is the state of dream sleep and deep meditation. The eight cycles per second of Theta approximately equates with the heartbeat of the Earth. That is the movement of the standing wave pattern of the Earth created by the differing charges of the concentric circles of the charged ionosphere and the Earth's surface. This also accounts for lightning that is constantly occurring around the Earth.

Delta

Delta is from .5-3 cycles per second. Delta is the state of dreamless sleep and science has believed until recent times that it is devoid of thought, that it is not possible to think during a Delta brainwave state. However, as Krishna says in the Gita “That which is a deep sleep to all, even there the Yogi is awake.” Scientists have now established that it is possible to be in a Delta brainwave pattern and at the same time be fully conscious of what is going on.

In 1970 in the Menninger Institute, an American laboratory, an Indian named Swami Ram was tested and proved the old view was incorrect. He was wired to record his brainwave patterns, quickly went into a Delta state, stayed there for some time, and when he withdrew from that state was able to tell the researchers everything they had said and done while he was in that state, which was quite a shock to them because it had previously been believed that in Delta state no awareness was possible.

It is then possible to retain conscious awareness in all brainwave patterns, even to the point of retaining full consciousness during the death experience. For esoteric students this is a goal of some consequence, because the unbroken stream of conscious awareness is an effective measure of true immortality.



En‘light’enment

The quest for enlightenment and higher knowing has fascinated humankind since the beginning of recorded history. Faiths and beliefs and spiritual practices have consumed so many for so long as they sought to experience the delights within the finer frequencies of the quantum field. Stories tell of dimensions within dimensions, and doors within

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doors. I include the following research here as it concludes with thirteen interesting tools or techniques for Dimensional Biofield tuning. The breath technique that Buddha used to attain his en’lightenment’.

Before we look at the different eastern methodology for fine-tuning, let’s focus for a while on enlightenment.

“What is enlightenment?” the young yogi asked the Master.

“Why ‘tis being filled with light,” came the soft reply.

“The more light you can attract, the more light you will receive.

Enlightenment is a never ending process,” the Master muttered.

“So it is a journey rather than a destination?” the young yogi queried.

“Tis both,” said the Master. “The journey provides insight to experience the destination which is a light filled moment in time.”

The Master added reflecting on the waves of love that had pulsed throughout each cell, as joy burst forth within him cascading like an uncorked, newly shaken bottle of champagne.

And in that next moment ‘he’ was no more.

“Is it not called the Ultimate Reality?” the Young yogi questioned further of the place beyond the mind. “And, is it not said that, an enlightened one would never claim to be so?” The young yogi had heard so many tales.

“The enlightened know that it is indeed an never ending journey,” replied the Master sagely.

“And the ultimate reality is when you lose yourself to love.”

En’light’enment

The ancient wisdom teaches that the four attributes demonstrated by an enlightened person are:

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1. Discernment;
2. Desirelessness;
3. Good conduct;
4. Love

Discernment

Discernment in this sense means exercising judgment in an interested arm's length relationship with individuals and events. It means being discerning and acting in such a way that you in fact act rather than react, and keep a sufficient distance from individuals and events to be able to conduct yourself as you would choose, rather than with an ill-considered, emotional response.

Desirelessness

Desirelessness means simply having gone beyond the interests of “I” and immersed in the interests of “WE”. That is, to really be devoid of a personal agenda to be able to tune to a larger view and to then enjoy the consequent rewards that can only come with active non-seeking.

Good Conduct

This is a general “catch all” which relates to how we conduct every thought, emotion, word and action, and if a template of one of the Masters is used, it's easy to get a line through how we are succeeding in demonstrating good conduct.

Love

Last but by no means least, is Love. Love is the foundation of all qualities and every level of enlightenment is simply another plateau which then may be used as a vantage point to higher levels of evolvment. It is said that magnetized love is the creator of all things manifest and since this is a second ray solar system, then love-wisdom literally in this solar system, is God.



Yoga – Tantra – Tao

The Tantra of Shiva from the Vigyan Bhairav Tantra

In defining the difference between Yoga and Tantra the essential aspect is that Yoga, which means union, assumes duality, assumes the obvious nature of night and day, male and female, the duality of all creation. Whereas Tantra assumes oneness and says duality is only apparent. Both are tested paths and both may lead to the truth.

The difference between Yoga and Tantra is that Yoga teaches that the mind is being controlled by its own desires, so stop desiring to control the mind, and deal with the spirit directly. Tantra says to be aware of the desire and to move into it with full consciousness, to transcend it. Both are valid and your personality type will determine which is correct for you. For aggressive, extroverted people Yoga is best. For receptive, introspective people Tantra is best. Yoga has male Gods, Tantra female Gods. Both systems will disturb you since both invoke change.

The goal of esoteric students is for the personality to have a direct relationship with your Divine Essence. However, we have to initially deal via the mind, the body of the soul. We must go to no-mind for the personality to communicate directly with the Divine Self.

The mind does not like to be in the present. It has no room to move. It prefers the past or the future. The Divine is said to speak to us between our thoughts, so we have exercises to create space between our thoughts so that this communication is possible. The source of this

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series of exercises is Vedic, the oldest and purest information, since Sanskrit is the oldest surviving language. The four Vedas are 5,000 years old and are a wealth of knowledge.

The problem is that you will receive the exercises by your mind, which you are wanting to control, but that contradiction we'll just have to deal with. The mind will resist change. The new is unknown and seems dangerous because you will not remain the same. In Tantra doing is knowing.

Lao Tsu says you can only find by not seeking, because the mind adjusts to then seeking non-seeking. You cannot then find Nirvana by seeking it. How then? Techniques that do not involve thinking are required. With the technique your mind is in the present, which is why all the great teachers give techniques. The Tantric exercises are designed to move beyond consciousness, beyond doctrine to knowing, direct connection with our Divine Essence. Bertram Russell, the philosopher, said that when he was a child he thought that one day he would eventually find the ultimate answers. At 80 years of age, he said that all he had was endless questions.

Only with authentic techniques can you change. Preaching does not produce change. The preacher says, “Don't be angry” so the anger is repressed which causes disease. Anger, sadness, loneliness, all these emotions are the external symptoms of an imbalance within. Change the within to balance and the symptoms disappear.

You cannot become spiritual; you are spiritual. It is not a creation, but rather, a discovery, like mining for jewels. Delicate techniques are more effective since we are seeking subtle treasure. The exercises seem so simple, so small, but the focus of awareness can succeed, and has 5,000 years of pedigree. Buddha took six years using the second technique to become enlightened.

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Your mind will say, “This is too simple to work”. If the task is made very complicated and difficult your mind will say, “This is too hard.” The mind will create barriers to change. The mind has been in control and wants to maintain it. There is not enough time. Make the money you need first. It is not essential, or as important as other alternatives etc. Your mind is not yours but rather the product of your conditioning.

What is the good and bad division in a unified Tantric view? Children are pure, that is innocent, but through ignorance, and the innocence disappears as they grow older. The goal is innocence through wisdom, having passed through knowledge, to adult purity. Division into good and bad is not correct. Bad is simply less good. The laws of man are important for orderly conduct, thus the teaching of Confucius, but above that is the teaching Lao Tsu, the TAO, the laws of nature, the thoughts of God, that contain no division.

Enlightenment is the goal of many esoteric students, but enlightenment is a relative term. Improvement is always possible. However, the qualities of enlightenment can be described: balanced, at ease, living in the present, enjoying the co-operation of the universe that is re-arranged to your advantage. So, how is that achieved? It does not need a process. It can be instant. However, if it is, it comes as a shock, and a process helps prepare us for it. What then is this awareness? If you become aware, your life becomes actual, that is you become aware of your inner centre that is directly linked with the rest of the universe, the direct connection between the personality and your Divine Essence.

What is this inner centre? The Sutra teaches that it is our navel, the centre of the upwards circle produced by our Kundalini energy and the downwards circle of deep breathing which lowers our head and heart centers. We are born with our navel centre, the area of focus for martial arts and Tai Chi, of Falun Gong. We activate our heart centre by being loved, and our mind centre by education, reading etc. The navel centre is largely ignored, and so the Kundalini energy balance is not utilized. The Japanese call this centre the Hari, thus Hari-Kiri is killing the centre.

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The centre is the first symbol; the circle is the second and the triangle the third. Being centered is the path not the goal. When you become enlightened there is no centre left. Joining with your Divine Essence has been described as: your centre is everywhere, or your centre is nowhere. When you are centered and build up sufficient personal power, your centre will explode. The centering focuses your energy rather than having it spread out. This is the esoteric parallel to the explosion of the singularity in the big bang origin of the physical universe. The explosion and the result can be observed but not talked about. It is not possible to express the outcome, only the method employed.

Buddha would not discuss God. The experience is intensely personal. The method is scientific and impersonal. Every experience of the centre exploding is unique. The experience is personal and Jesus, Buddha, Krishna, Lao Tsu, Muhammad all report different outcomes, but all agree that what they are saying is not what they felt. They try, and each seems to transfer what they can and reach sympathetic hearts. However, the method can be relayed, if not a description of the outcome. After mastering centering, living an impeccable life is the key to storing increased personal power.

We live on the surface of ourselves, at the fringe, the boundary, our senses are the circle, and consciousness is at the centre. Objects are beyond the boundary. Our senses are in between. Inside is our consciousness; outside is the world of objects. From the senses you can move either way. Nirvana and the world of objects are the same distance away. It is natural and normal for the senses to move out so the needs of life can be provided. So what is the motivation to turn inwards?

There are three answers: Firstly, death. By accepting death as the companion of birth, without morbidly dwelling on it, accepting it as your companion throughout life, the knowledge of death heightens the experience of life. Secondly, by finding meaning in life, and third, learning through the experiences of life.

~ DOING IT ~

Ancient Wisdom Techniques

**Practical Tools to Frequency Match with
the Madonna Frequency Field**

These tools and information provided in this next section, are designed to magnetize us to the zone of great love and compassion. These tools are designed to open the inner plane doorways of our cells to this zone which I call the Madonna Frequency field. Once each cell is open, the radiation begins to flow in, downloading itself into a slightly coarser beat, so as to not damage our electrical wiring. Our meridian system, chakras, blood-lines, endocrine system and inner fluid, plus all cells and atoms vibrate a frequency that mirrors our current reality field. By opening the inner plane doors and atoms to the Madonna Frequency, and allowing it to flow in, we change the resonance of our being and also our realities. As we all know, when we change our thoughts, words and actions, we change our reality fields and hence can easily change our frequencies to a more Divine beat.

The following data, which has been compiled by Jeff, is a brief synopsis of some of the tools I have been sharing over the past seven years.



Section 1

Frequency Tuning

Blending the Ancient Wisdom with Dimensional Biofield Science

How does a person move into the no work zone of Grace, that band of magic and synchronicity where the universe re-arranges itself to our advantage, where opportunities come looking for us, not just occasionally but all the time? It's really quite simple. It's to do with the frequency we transmit.

Whether we are aware of it or not, all of us are radiating a frequency which is determined by our brainwave pattern and our lifestyle. So moving to the no work zone is something that anyone can achieve. It does not require any qualifications, capital investment, or special intellectual or physical abilities.

So, what are the benefits that gaining entrance to the no work zone provides? 'No work' does not mean doing nothing, but rather having your desires realized without effort or strain. Being able to focus on an outcome and having the forces of nature not only support that result, but to deliver it. Sounds fantastic? Skeptical? Curious? The results are guaranteed if you understand what is required and are prepared to follow simple guidelines to bring about the required outcome.

Our brain functions in four main frequency patterns; Beta – our normal waking consciousness from 13-40 cycles per second; Alpha – the state of light meditation, and at just waking, and at just before falling asleep, from 8-12 cycles per second; Theta – the state of deep meditation and dream sleep, from 4-7 cycles per second; and the most refined, Delta – that state of deep dreamless sleep, from 1/2 to 3 cycles per second.

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Until recently, scientists thought conscious awareness was not possible in a Delta brain wave state, then an Indian mystic named Swami Ram was tested by independent professionals. After 30 minutes in a Delta brain wave pattern, he was able to tell the researchers all that they had said and done while he was in that state. This is the meaning of the esoteric saying “the Yogi never sleeps”. This is also the meaning of true immortality the ability to retain full consciousness even through the experience of death.

The zone of magical synchronicity is the Theta – Delta brain wave state. If you want to be carried forward by the wave of grace, this is the brain wave pattern to be obtained then maintained.

The traditional spiritual view is that we consist of three basic components,

- ❖ Spirit, which is by our standards eternal and too pure to manifest into the 3rd & 4th dimensional realms, the source of the voice of our intuition;
- ❖ Soul, an extension of the spirit which is our reincarnating aspect, the source of the voice of our conscience; and
- ❖ Our personality, an extension of our soul and of which our physical body is the vehicle.

In Dimensional Biofield Science, this can be seen as three different levels of energy vibrating at different wavelengths.

Our spiritual essence operates at Delta, our soul at Theta, and our personality at Alpha and Beta. Most of the world operates in Beta with bursts of Alpha, so the secret to gaining access to the Aladdin’s cave of universal assistance is tuning to the levels of soul and spirit, the Theta – Delta brain wave patterns.

If this seems too simple, don’t be misled. The most profound is the most simple.

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The results are dramatic and instantaneous. Proof comes quickly and may leave you breathless. This following is a series of tuning techniques to take you to the Theta – Delta zone and maintain your presence there. What can you expect the outcome to be? We list eleven points so you can judge your progress against what describes a life lived in the Theta – Delta Field of paradise.

1. Excellent health
2. Freedom from time constraints
3. Financial abundance
4. Fulfilling work
5. Wonderful relationships with family and friends
6. Access to, and understanding of, true love
7. A passion and excitement about life
8. Association with positive and productive people
9. Willingness to serve without thought of reward
10. Inner doors open to all kingdoms
11. A feeling of contentment and fulfillment

Then how do we get to the Theta – Delta zone? The first consideration is our thoughts as each definite thought produces two effects – a radiating vibration and a floating thought form. The vibration becomes less powerful as it radiates further out from the thinker and it produces the influence of its own rate of vibration on others. The floating thought form is colored, the colour being determined by its quality and has a shape formed by the nature of the thought. The thought form gradually exhausts its energy and dissipates, unless it awakes sympathetic activity in someone who absorbs and adds to it.

So we live surrounded by a pond of our own creation, of vibrations and thought forms that are the product of our thinking. How then does our thinking impact on our frequency and relate to our physical body?

The Thinking Body

The Greek philosopher, Heraculutus, said that the human body is like a river. A river is mysterious, it looks the same, but is constantly changing, new water flowing in from the source, old water reaching the ocean. This is also true about bodies, which are being renewed every second.

- You make a new liver every 6 weeks,
- A new skin once a month,
- A new stomach lining every 5 days,
- A new skeleton every 3 months,
- New brain cells every 9 months,
- New DNA material every 6 weeks.

In fact a completely new body is created every 12 months. Science now tells us that our molecules do not create our thoughts, but rather it is our thoughts that create our molecules. It is our consciousness that conceives and creates the physical matter of our bodies, and every cell in our body thinks. Every cell in our body is actually a mind, and it communicates with the other cells. We have approximately 60,000 thoughts a day, and 90% are repetitive. So our thoughts, our perceptions, our belief systems, literally create our reality.

The first step in controlling and directing our thoughts is a technique which seems simple but which has extensive effects. It involves asking yourself the question, “Who am I?” and whatever the answer, denying it and asking the question again. For example, “Who am I?” “John Smith. No. That is the name I known by. Who am I?” Answer “The Sales Manager of ABC Limited. No, that is my employment position. Who am I?” “The husband of Mary Smith. No, that is my partner. Who am I?” Answer “A white male.” “No that is the body I inhabit. Who am I?” Whatever you answer you deny it, and strip the layers of conditioning

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from yourself. Our mind is not our own, but rather the product of a lifetime of conditioning. You will find you will get to a point where you feel you can't go deeper and then you will. Persist. The rewards are great. This is the first technique given to all students of the thinking process.

In Dimensional Biofield Science, when an initiate asks this question with sincerity, the Divine One Within them says: “Do you really want to know?” and if the answer is ‘yes’ It then proceeds to flood the bio-system with Its gifts and intuitive Knowing. So the sincere asking of “Who am I?” activates DOW Power.

One technique does not have to be mastered before proceeding to the next as they can be done in tandem.

The next procedure is the one used by Buddha to become enlightened. It is a simple breathing technique to be used in two parts. The first part is to be used in meditation. What is meditation? The good definition is doing absolutely nothing except turning our senses within and focusing on our centre. It is best done seated, upright with eyes closed. The centre to focus on is our sacral chakra, which is two inches above our navel. This is where our highest energies of mind and heart mix with our pro-creative energy, our Kundalini energy.

The breathing technique involves deep breathing with no pauses between the in breath and out breath with your full attention on the turning point of your breathing, the point where the out breath turns into the in breath and where the in breath turns in to the out breath, the two turning points. Focus totally on these points and if your internal dialogue persists, count, seven in, seven out to keep your mind focused.

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You will become what is referred to as “the watcher” and what you are watching is your thoughts. Many people think they are their thoughts, but with this experience it becomes obvious you are much more.

This should be done for 20 minutes in the morning and 20 minutes in the evening, daily as twice daily meditation is ten times as effective as 40 minutes done once a day.

When you have mastered periods of no internal dialogue, then proceed to the second part of this technique. This involves keeping the turning points of your breathing in your awareness in your daily activities, as far as possible at all times. Obviously, you cannot give full attention to the turning points while driving, working, etc. but you can keep them in your awareness. This produces a remarkable effect. You feel like an actor playing the role of your life. You become very detached. You act rather than react. You become de-stressed to the point of being serene. This simple exercise will literally improve your life by altering how you respond to events.

An expansion of this technique is to keep your focus on the whole flow of your breath, not just the turning points. When you do this you begin to match frequency with the force that breaths you and you will recognize when you have achieved this by the waves of love that will flow from your body. I also recommend that people meditate all day by keeping their awareness on their rhythm of their breath as this keeps us tuned to the Alpha – Theta fields.

Summary

1. The no work zone is achieved by frequency matching, a product of brain wave pattern and lifestyle.
2. Our goal is to achieve Delta – Theta brain wave states rather than the normal Alpha – Beta states.
3. The benefits are extensive and appealing.
4. Thoughts create our reality and the experiences of life, including our constantly renewing physical body.
5. Technique 1: Who am I? Whatever the answer, deny it and ask again.
6. Meditate 20 minutes morning and 20 minutes evening, seated, eyes closed, deep breathing with full attention on the turning points of the in and out breaths. Then take this into every day activities keeping the turning point in your awareness.



Section 2

Manifestation

Why is it that some people are so lucky, that things seem to come to them so easily, while others strain so much. Luck is a measure of personal power and that is simply a matter of expending less energy than is received. For example, maintaining an egotistical sense of self-importance depletes enormous energy while being aware of co-creating for the good of all, supports and nourishes us all.

So, how do we bring our desires into reality? The first understanding is that if what is desired is of a purely selfish nature then limited universal support is available. If, however, the outcome will also benefit others and the planet, a large amount of assistance is available. When the agenda moves from the selfish “I” to the altruistic “we” the doors open easily.

The first technique of manifestation also seems simple, but it is very effective. While seated in meditation, with your eyes closed, turn your eyes up and in and focus on the middle of your forehead. This is the seat of your pineal gland, one of the master glands in your brain. If you vividly imagine what you desire while keeping your closed eyes focused on this point, tremendous forces are exerted.

Be very clear of what you desire, taking care to consider all the consequences of it coming to pass. This eye position immediately moves your brain from Beta to Alpha waves and produces a substance called pinealian from the pineal gland, which activates areas of the 90% of the brain not normally used by most people. Purity of intention is required if you wish to manifest with Grace.

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The next consideration is why positive affirmations don't always work. People use positive statements repeatedly but the result does not always arrive. Why? There are three alternative reasons. Firstly, every individual has a purpose in life as unique as our fingerprints, and what is being requested may simply not be in their destiny. Secondly, there is a universal timing that runs our evolutionary existence, and the desire may not be in alignment with that timing. Thirdly, internal sabotage programs may be the problem, this is carried forward cellular memory that can undermine us without our being aware of it.

The normal response is processing, locating the blockage and eliminating it, but this is very time consuming, and tends to diminish who we are, since even our suffering has given us gifts and taught us important lessons. So rather than looking for what is wrong with us, we must file these experiences away, appreciate them, and focus on what is right with us, since that which we focus on becomes our reality. In other words, when we look for Divine Perfection and act as if we are Masters, the universe mirrors this back to us.

An essential aspect of manifestation is mind mastery. This may be considered in two parts, de-programming and re-programming. De-programming involves looking at our belief systems to see if they inhibit us. First we need to make a list with 5 headings: Love, Health, Wealth, Passion and Purpose in Life, and Relationships with Family and Friends. Then write under each heading things that we believe to be true. Add to the list as we think of new things. Then apply this simple test to our list of beliefs. Does this belief make me a limited person or a limitless person? If our answer is 'limited', alter your beliefs so that we can achieve the goal of being limitlessness.

Regarding re-programming, Japanese scientist Dr Masuro Emoto, has established that water has consciousness and responds to words and music. Our bodies are 70% water, so the repetitious programming we do daily is being heard and acted on by our physical body. The simple mantra: “perfect health, perfect weight, perfect balance, perfect image” chanted regularly, silently if appropriate, is excellent. The intention is to instruct our body to achieve

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these results. When this mantra is said as if you are God, all powerful, all knowing, all loving and all wise and that the physical, emotional and mental bodies are here to serve you, then the outcome will amaze you. More sophisticated programming can be done with the construction and activation of a Bio-shield and this only has to be done once.

Bioshield

As we keep reiterating, the universe is an intelligent organism that tends to mirror back to us the desires and realities we imagine. The first requirement to manifesting personal and global paradise is the clarity to define what it is we really want. So, once again under the headings of “love, health, wealth, passion and purpose in life, and relationships with family and friends.” List your desires and goals.

When you are quite clear on your desires, sit in meditation and visualize a sphere of light around you, large enough so that if you stood with arms and legs outstretched, you would not touch it. Imagine this ball of light to consist of a gossamer fine substance, which allows only that which serves your interests to enter. It is not so much a field of protection, as a field of selectivity.

Then visualize imprinting your desires into your bio-shield, which then act like neon signs to the universe saying clearly this is what you want. Install and activate each program by saying “So it is, so it is, so it is.” The universal mind tends to pay attention only when thoughts are repeated three times, or thoughts which are followed by “so it is” repeated 3 times are used.

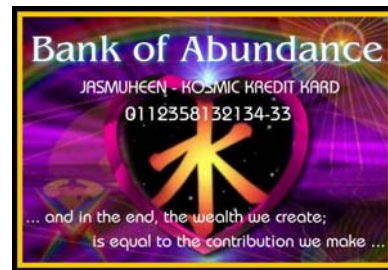
More on the Bio-Shield is in my book Four-Body-Fitness : Biofields & Bliss.

Kosmic Kredit Kard

This is an alchemical device designed to bring us all the financial abundance that we need to co-create personal and global paradise and peace.

ACTION: You have to make the card personally. It should be the same size as a regular credit card, and have the following on it:

- Bank of Abundance
- John Smith (your name)
- An image that is of importance to you
- Card number 0112358132134 ---
- (The last three numbers personalize the card, they should be numbers that are meaningful to you.)



The Bank of Abundance is an esoteric institution, illustrating an abundant universe. The number is the Fibonacci sequence, the order of the multiplication of life in the physical world and hence it brings with it the power of Divine Alchemy for multiplication. So make the card and laminate it then put it in your wallet. As a dimensional doorway, the Kosmic Kredit Kard is a money magnet that can produce powerful financial benefits, provided your intention is to benefit others and the planet as well as yourself.

Angel Assistance

Surveys have showed that 86% of people believe in the existence of the Angels. If you do not like the concept of Angels you can approach this as science, but it is less fun. The esoteric teaching about Angels is that they are the life wave just in advance of the human life wave. They operate at a much more subtle frequency rate than our physical world and so are not normally seen.

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Unlike us, Angels do not learn through the mental process, but rather through our emotional experience. It's also taught that they don't have free will, but are rather programmed to do the will of God. The Angels love to help us because they learn from our emotional responses, but if our requests are not in line with their divine guidance they can't. So if our requests are good, not only for us, but also for others and the planet, then there is a small army of Angels waiting to help.

The Angels respond best when the desire is expressed in a song. The Angels love us to sing to them. The song can be simple, but they like lines that rhyme. We have proven the power of the Angels many times. Beyond co-incidence, beyond chance, it really works.

If you prefer a scientific approach then you need to understand the universal law of resonance. On the physical plane, opposites attract. On more refined levels, the reverse is true and like attracts like. Thoughts are energy, and energy expands, attracts like frequencies and then contracts. So focused desire, when of an altruistic nature, when materialized, invariably comes into being. However, the Angels are a lot more entertaining.

You can employ an Angel for virtually any purpose. A career angel for a new job, an accommodation angel for a new home, an accounting angel for business and tax assistance, a true love and/or relationship angel and so on. The procedure is to write a detailed list, being very specific, describing what you want. On the bottom write, “or something better please.” Then put the list in a book that has significance to you, a Bible, Koran, Buddha's teachings, or whatever is meaningful to you, and ask for an Angel to assist. You will be stunned by the result that is often delivered in an unexpected way.

Summary

1. When the egotistical “I” interest makes way for the altruistic “we”, universal forces align with our desires.
2. In meditation with eyes closed, turn your eyes up and into focus on the centre of the forehead, the location of bringing events visualized into reality.
3. Rather than trying to eliminate past events by processing them away, accept them for the gifts of learning they have brought and focus what is right with you, not what is ‘wrong’ with you.
4. De-program and re-program. Examine your belief systems and amend them. Use select repetitious programming and construct a Bio-Shield, program and activate it.
5. Make a Kosmic Kredit Kard and put it in your wallet.
6. Sing your requests to the Angels or the intelligent, responsive universe.



Section 3

Lifestyle : Health

The primary controlling factor with health is our lifestyle. As mentioned, we create a totally new body every year. Absolutely every cell in our body is replaced every 12 months, so we can reshape our physique and enjoy excellent health. There is a lifestyle that leads to the zone of no work. It consists of 8 points:

1. Daily Meditation
2. Daily prayer
3. Programming/mind mastery
4. Vegetarian diet
5. Daily exercise
6. Service without thought of reward
7. Spending time in silence in nature
8. Using sacred music and mantras

The combination of these 8 activities, creates a pattern of Theta – Delta brain waves on a progressively increasing basis. The benefits are substantial and often are delivered dramatically.

Meditation morning and evening is de-stressing, and sharpens the focus of intellect in daily life. The quickest mind is the least cluttered. The investment of time in meditation provides the greatest return imaginable.

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Prayer is conversation with our divine essence. It should not be ritual, but rather done in a manner we would use while talking to our best friend. Meditation is listening, prayer is talking. This is a free will planet, and we must ask if we wish to receive. Remember, if the request is not only good for us, but also good for others and the planet, it will be supported. The power of prayer has been proved in tests with hospital patients, who didn't know they were being prayed for. Their healing rate improved substantially compared to those who were not being prayed for ...

Programming involves the taking control of our thoughts. The body/mind connection has been established beyond doubt. The quality of our thinking, our perceptions, directly influences our physical health.

Vegetarian diet enhances sensitivity, improves health and assists in the sustainability of the Earth's resources. It takes 20 times the resources to put animal products on the table compared to vegetable products.

Daily exercise produces obvious benefits, but most people don't like to exercise. It's essential you find a routine you like or you won't do it. Any activity, e.g. dancing, can be an exercise program if you conduct it energetically.

Service without seeking reward brings a particular state of consciousness. One kind act a day of an unselfish nature will change our life and improve the world.

Time in silence in nature allows us to see the beauty of creation and enhance our experiences in the rest of our life.

Sacred music lifts our mood and sets the background for Theta – Delta brain wave states. Mantras are excellent for quieting the constant internal dialogue in which we engage. This

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makes much more effective meditation possible. Three traditional mantras used in this order, silently in meditation, will take the user to a heightened state of awareness very quickly.

- A/um So Hum – I am the Divine
- A/um Namaha Shiva – I bow before the God within
- A/um Mani Padme Hum – The jewel in the heart of the lotus (this refers to the pineal gland and stimulates this gland to produce pinealium).

The mixture of these 8 points is the essential combination. How much of each is a matter of individual experimentation. When you have the amounts right your life will flow without effort, without stress or strain. The lifestyle does not take time, in fact it saves time, and some of the points can be done at the same time. It takes 21 days to acquire a new habit, that is 21 days in a row. The benefits are so substantial, you must try it. One month is enough for the quality of your life to alter, so much for the better.

Great Relationships

Many people who are spiritually evolving have problems relating to their family. Changes in life's priorities and activities can alienate family members. However, family is important, and part of personal mastery is to keep those relationships healthy. The key is to focus on things that you both like to do and avoid any areas of contention, even simple things like going to the movies or the theatre can be the bridge.

If your life is running well, the example of how the forces of the Universe favor you and impress without comment being necessary.

Good communication is the basis for all quality relationships, and rather than argument, the technique of parallel thinking is much more successful. This procedure was devised by Dr

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Edward de Bono, and is explained in his book *Six Thinking Hats*. It involves all parties in the discussion holding the same view at one time, by the use of 6 different hats.

1. Blue Hat

This is the hat used to decide the order in which the hats are to be used and it is also used to reach a conclusion.

2. White Hat

This is the of information gathering hat. No opinions are held while wearing this hat, rather all data on the subject being considered is listed.

3. Yellow Hat

This hat is the positive ideas hat. Only positive views can be listed.

4. Black Hat

This is the caution or negative hat. All harmful potential outcomes are listed. All reasons against the idea under discussion are recorded.

5. Green Hat

The creativity, brainstorming hat; practical considerations are ignored and any creative concept is listed.

6. Red Hat

This is the gut reaction, intuitive hat. List any emotional feelings about the subject being discussed, even if there is no logical basis.

The use of the 6 hats allows for all views of the matter to be considered. This is being taught to 5 year old school children and to NASA scientists, and has proven successful in getting better decisions without wasting time with the traditional argumentative procedure.

Conflict Resolution

In situations where no simple situation is obvious, the following system is suggested:

1. All change must come from love, so even if you do not feel love for the person with whom you are in conflict, send a beam of divine love from your divine essence to them, and ask for a connection – a divine match.
2. Insist on harmony, reject the concept that disharmony is inevitable or acceptable.
3. Call for an angel of perfect resolution to create a win win win solution for all. Alternatively, ask for the intelligent universe to bring about a perfect resolution.

Dream Guidance

It is known esoterically that nothing of consequence happens in our life until we have dreamt it first, so the ability to retain awareness during dreams and accurate recall and interpretation is a great aid in getting a preview of impending events in our lives. Everyone has 4 to 5 dreams in a normal night's sleep. About 25% of our sleeping time is spent in a dream state. This is in Theta brain wave state, so the dream fades quickly when we wake, going through Alpha to Beta that is our normal waking consciousness. Dreams must be recorded quickly before the details fade and using a tape recorder is helpful.

To improve awareness while dreaming, try to find your hands in your dreams. The first time you succeed will be an event you will never forget. You can learn to successfully interpret all of your dreams by using a dictionary of symbols as symbols are the language of both dreams and meditation communication.

Stopping Aging

To stop and even reverse the aging process it is necessary to stimulate the pituitary gland in the brain. This is done by turning the tongue up to the roof of the mouth and by sliding it backwards as far as possible, with the intention of stimulating this gland. It releases Amrita, a fluid traditionally referred to as the fountain of youth. This has to be supported with positive thoughts and the 8 point Luscious Lifestyles Program.

Altruism

Giving creates an energetic opening for us to receive and it also tunes us to the channel of kindness and compassion. As we are now aware, 10% of the world's annual military budget will eliminate third world poverty if redirected each year but all change must start with us. Make tithing part of your life, preferably done anonymously. A direct debit on a bank account or credit card to an efficient charity is ideal.

Summary

1. Live the 8 point lifestyle:

- ❖ Daily Meditation
- ❖ Daily Prayer
- ❖ Programming/Mind Mastery
- ❖ Vegetarian Diet
- ❖ Daily Exercise
- ❖ Selfless Service
- ❖ Time in silence in Nature
- ❖ Use of sacred Music and Mantras

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2. Retain a quality relationship with family by doing things both enjoy. Ignore any differences in belief systems.
3. Use “6 thinking hats”, the new communication tool, rather than argument.
4. Resolve difficult conflicts by a) sending divine love and establishing divine self to divine self connection, b) rejecting disharmony and insisting on your right to live in harmony, and c) asking for a perfect resolution from the Angels or from the intelligent universe.
5. Increase your dreaming consciousness by finding your hands in your dreams. Use a dictionary of symbols for correct interpretation of your dreams.
6. Stop aging by sliding your tongue back on the roof of your mouth to stimulate the pituitary gland in the brain.



WHY CO-CREATE PARADISE?

Because we can!

**We have all the tools, all the wisdom, all the love & all the power available. RIGHT
HERE, RIGHT NOW, all we need is the desire.**



SERVICE: A CALL TO ACTION

I love the world of Dimensional Biofield Science as it allows us to experiment and get results quickly. Personal, Social & Global fine-tuning is not difficult. We just need to be clear about what we want. If what we want is for the good of the whole, is beneficial to our species, and if we have committed our lives to serve, to make a positive difference, then we will be supported.

There is no mysticism to the Divine; it is just a matter of mathematics and codes; of light rays and sound waves; and channels of Grace that can be accessed by a simple frequency shift. All we need is the desire plus the perfect alignment, which inspires the perfect action, which brings the perfect outcome.

Summary: Shortly after completing this manual, I was guided to begin to write *The Food of Gods* a book that describes in detail the Beta, Alpha, Theta and Delta Fields and their attributes, including the Theta-Delta field's ability to provide Divine Nourishment for our cells and our souls. My personal experimentations with DOW Power as a source of physical nourishment has led me to research in depth what occurs when an individual maintains their brain wave patterns in these zones and the benefits of doing so.

Co-creating Paradise : Biofields & Bliss – BB2 – needs to be utilized with Book 3 in this series, *The Madonna Frequency – Planetary Peace Projects* as together with *Four Body Fitness : Biofields & Bliss* BB1, they offer a complete personal, social and global program to create peace and paradise once more on Earth All we need is the desire, for the tools have been generously given as BB3 is a free e-book – which you can find at <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/2-PLANETARY-PEACE-PROGRAM-REVISED-BB3.pdf> – that contains enough to achieve this.

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~ PEACE & PARADISE AMBASSADOR ~

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JASMUHEEN’S BACKGROUND

- ♥ Author of 24 books;
- ♥ international lecturer,
- ♥ leading researcher on pranic nourishment;
- ♥ founder of the Self Empowerment Academy ;
- ♥ co-facilitator of the C.I.A. – the Cosmic Internet Academy; publisher and
- ♥ editor of the on-line M.A.P.S. Ambassadry Newsletter – *The ELRAANIS Voice (TEV)*.

- ❖ 1957 – Born in Australia to Norwegian immigrants
- ❖ 1959 – Began focus on vegetarianism
- ❖ 1964 – Began to study Chi
- ❖ 1971 – Discovered the Languages of Light
- ❖ 1974 – Initiated into Ancient Vedic Meditation and eastern philosophy
- ❖ 1974 – Began periodic fasting
- ❖ 1974 – Discovered telepathic abilities
- ❖ 1975 - 1992 – Raised children, studied and applied metaphysics, had various careers
- ❖ 1992 – Retired from corporate world to pursue metaphysical life
- ❖ 1992 – Met the Masters of Alchemy
- ❖ 1993 – Underwent Prana Initiation and began to live on light
- ❖ 1994 – Began 7 year research project on Divine Nutrition and pranic nourishment
- ❖ 1994 – Began global service agenda with the Ascended Masters
- ❖ 1994 – Received the first of 5 volumes of channeled messages from the Ascended Masters
- ❖ 1994 – Wrote *In Resonance*
- ❖ 1994 – Founded the Self Empowerment Academy in Australia
- ❖ 1994 – Began to hold classes in metaphysics and Self Mastery
- ❖ 1994 – Began *The Art of Resonance* newsletter renamed later as *The ELRAANIS Voice*
- ❖ 1995 – Traveled extensively around Australia, Asia and New Zealand sharing Self-Mastery research
- ❖ 1995 – Wrote *Pranic Nourishment (Living on Light) – Nutrition for the New Millennium*
- ❖ 1996 – Invited to present the Pranic Nourishment research to the Global stage
- ❖ 1996 – Began re-education program with the Global Media
- ❖ 1996 – Set up the International M.A.P.S. Ambassadry – Established in 33 countries

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- ❖ 1996 – Created the C.I.A. – the Cosmic Internet Academy – a free website to download data for positive personal and planetary progression. Web address: www.selfempowermentacademy.com.au
- ❖ 1996 - 2001 – Traveled extensively to Europe, the U.K., the USA and Brazil with the ‘Back to Paradise’ agenda
- ❖ 1996 - 2004 – Talked about Divine Power and Divine Nutrition to > 900 million via the global media
- ❖ 1997 – Began to set up scientific research project for *Living on Light*
- ❖ 1997 – Began the Our Camelot Trilogy, wrote *The Game of Divine Alchemy*
- ❖ 1997 – Formed the M.A.P.S. Ambassadry Alliance – people committed to global harmony and peace
- ❖ 1998 – International tour to share the Impeccable Mastery Agenda
- ❖ 1998 – Wrote *Our Progeny – the X-Re-Generation*
- ❖ 1999 – Wrote the *Wizard’s Tool Box* which later became the Biofields and Bliss Series.
- ❖ 1999 – Wrote *Dancing with my DOW : Media Mania, Mastery and Mirth*
- ❖ 1998 – 1999 Wrote and published *Ambassadors of Light – World Health World Hunger Project*
- ❖ 1999 – Began contacting World Governments regarding Hunger and Health Solutions
- ❖ 1999 – International tour to share the Blueprint for Paradise
- ❖ 1999 - 2001 – Began M.A.P.S. Ambassadors International Training Retreats
- ❖ 2000 – International tour ‘Dancing with the Divine’ to facilitate the election of an Etheric Government in 28 key cities and also shared the Luscious Lifestyles Program - L.L.P.
- ❖ 2000 - 2001 – Wrote *Cruising Into Paradise* an esoteric coffee table book
- ❖ 1999 - 2001 – Wrote *Divine Radiance – On the Road with the Masters of Magic* and
- ❖ 2001 – Wrote *Four Body Fitness : Biofields and Bliss Book 1*
- ❖ 2000 - 2001 – Launched the OPHOP agenda One People in Harmony on One Planet
- ❖ 2001 – Wrote the book *Co-Creating Paradise : Biofields and Bliss Book 2*
- ❖ 2001 – Launched Recipe 2000> as a tool to co-create global health and happiness; peace and prosperity for all on Earth
- ❖ 2002 – Launched www.jasmuheen.com with its Perfect Alignment Perfect Action Holistic Education Programs; and its I.R.S. focus to Instigate, Record and Summarize humanity’s co-creation of paradise.
- ❖ 2002 – Did the ‘Divine Radiance FOUR BODY FITNESS – Unity 2002’ World Tour
- ❖ 2002 – Received, wrote and launched *The Madonna Frequency Planetary Peace Program* as the free e-book, *Biofields and Bliss Book 3*.
- ❖ 2002-2003 – Wrote *The Food of Gods*.
- ❖ 2003 – World Tour “Divine Nutrition and The Madonna Frequency Planetary Peace Project”.
- ❖ 2004 – Wrote *The Law of Love* then toured with the Law of Love and Its Fabulous Frequency of Freedom agenda.

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- ❖ 2005 – Wrote *Harmonious Healing and The Immortals Way*, then toured with the Harmonious Healing agenda.
- ❖ 2005 – Began work on *The Freedom of the Immortals Way* plus continued with writing *The Enchanted Kingdom Trilogy & The Prana Program* for Third World Countries.
- ❖ 2005 – Presented THE PRANA PROGRAM to the Society for Conscious Living at the United Nations Building in Vienna – Nov. 2005
- ❖ 2006 – International tour with THE PRANA PROGRAM

Jasmuheen’s books are now published in 17 languages.

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EDUCATIONAL E-BOOKS

<http://www.selfempowermentacademy.com.au/htm/cia-education.asp>

**Education eliminates ignorance which eliminates fear which leaves
more room for love ...**

The following e-books are just a few of the 20 books Jasmuheen has provided the Self Empowerment Academy and its online representative the C.I.A. All provide many wonderful tools and insights for the co-creation of personal and planetary paradise.

“THE PRANA PROGRAM”: Can we eliminate all health & hunger challenges on our planet? Is there a way of satiating everyone’s physical, emotional, mental and spiritual hungers and do it in a way that creates peace and harmony in our world?

After over a decade of experiential research in the field of alternate nourishment utilizing chi or prana – also known as cosmic particles – Jasmuheen as leading researcher in this field, now puts forth a program to do just that. Specializing in Third World countries, THE PRANA PROGRAM e-book is an encyclopedia type compendium of ‘everything you always wanted to know about prana and more’. This book covers alternate methods of nourishing and even hydrating the body using an inner energy source already produced in the body thus freeing us from our dependence on world’s food resources and changing the economic status of our world. Add this e-book to shopping cart. <http://payloadz.com/go?id=163985>

“IN RESONANCE”: This book can be likened to a ‘motor mechanic’ manual except it is for tuning and aligning the four body system – physical, emotional, mental and spiritual – for a blissful life! The book covers 20 years of well-researched information on the Ancient Wisdom, plus many practical techniques to create positive change from breath and light work to bi-location, universal law, and telepathic communication! (No 2 with Esotera Magazine Best-seller – August 98 Germany) Add this e-book to shopping cart. <http://payloadz.com/go?id=59295>

THE DIVINE NUTRITION SERIES

BOOK 1 of the Living on Light – Divine Nutrition Series: “PRANIC NOURISHMENT – Nutrition for the New Millennium”: Jasmuheen’s fourth book which details her journey and experiences plus a detailed process, that allowed her to be physically sustained by the chi of life. This book also covers immortality and tools to stop the aging process. Living on Light is available in 15 languages – go to <http://www.jasmuheen.com/who.asp#author> for a list of publishers in other languages. Add this e-book to shopping cart <http://payloadz.com/go?id=59292>

“CO-CREATING PARADISE : BIOFIELDS & BLISS” Book 2 with Jasmuheen

BOOK 2 of the Living on Light – Divine Nutrition Series: “AMBASSADORS OF LIGHT – Living on Light – World Health, World Hunger Project” is Jasmuheen’s tenth book and the follow on to her best seller *Pranic Nourishment – Nutrition for the New Millennium*: In this book Jasmuheen offers practical solutions to world health and world hunger related challenges. This entails an in-depth look at global disarmament, the dissolution of prohibition, the forgiveness of Third World debt, holistic re-education programs for long-term resource sustainability, and the elimination of all dis-ease. This book is a collation of research, recipes and recommendations that if adopted, will radically alter the path of humankind! Imagine a world without war or hunger or fear? Imagine a world that is dis-ease free and unified where all life is honored? These are the dreams of the Ambassadors of Light. Add this e-book to shopping cart <http://payloadz.com/go?id=59293>

BOOK 3 of the Living on Light – Divine Nutrition Series: “THE FOOD OF GODS”: Powerful solutions, and meditations and tools on how to nourish all our hungers and eliminate our physical, emotional, mental and spiritual anorexia so that we can all be healthy and happy and peaceful and prosperous. Perfect nourishment utilizing Divine power. Jasmuheen’s 18th book. Add this e-book to shopping cart <http://payloadz.com/go?id=59294>

“THE LAW OF LOVE”: An extensive 238 A4 page manual filled with powerful life transforming meditations which also details the Ancient Taoist Masters techniques for Immortality plus Futuristic Science tools of Inter-Dimensional Matrix Mechanics for Jasmuheen’s Freedom from Human Limitation Agenda. This research covers freedom from the need to age or create dis-ease; freedom from the to take food or liquid as we learn how to create a self sustaining bio-system; freedom to express our Divine nature and all its gifts and glories ... plus tested methods for determining our personal readiness levels for these freedoms! Add this e-book to shopping cart <http://payloadz.com/go?id=91815> **LAW OF LOVE: Free Chapter:** <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/LAW-OF-LOVE-FREE-CHAPTER.pdf> **Free Introduction & Chapter Titles** <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/LAW-OF-LOVE-INTRO-CHAPTER-TITLES.pdf>

THE BIOFIELDS & BLISS TRILOGY:

BOOK 1: “FOUR BODY FITNESS”: Written as a simple education manual for schools, in this book Jasmuheen shares details of Biofield Science which includes programming codes plus a lifestyle recipe that will create inner and outer peace; harmonize all people, and inspire great change. Bridging the ancient Wisdom with Futuristic Science, Biofields and Bliss also introduces the Higher Light Science of advanced bioenergetics and its pragmatic application for personal and global refinement. This book covers Recipe 2000> in great detail and offers many practical tools for successful living. Add this e-book to shopping cart <http://payloadz.com/go?id=59243>

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BOOK 2: “CO-CREATING PARADISE”: Covering the Dimensional Biofield Science of fine-tuning our Social and Global Biofields to create paradise on Earth, this book offers simple and powerful tools for positive personal & global transformation. It also provides a synopsis of religions, the ancient wisdom and quantum principles plus self-empowerment and peace tools. Add this e-book to shopping cart <http://payloadz.com/go?id=59291>

BOOK 3: “THE MADONNA FREQUENCY PLANETARY PEACE PROJECT”: This free e-book carries the slogan “Change our Focus & Change our Future” and provides 9 practical projects and action plans and agreements and tuning tools that will create deep and lasting planetary peace by eliminating the root reasons and causes of war and terrorism. This manual is a timely, PERFECT ACTION solution for the chaos of this current millennium. Available ONLY as a free e-book. Also in ENGLISH – DEUTSCH – ESPANOLE – FRANCAIS – ITALIANO – DUTCH – ROMANIAN – PORTUGUES – CZECHOSLOVAKIAN – CROATIAN. <http://www.selfempowermentacademy.com.au/htm/peace.asp>

“DIVINE RADIANCE: ON THE ROAD WITH THE MASTERS OF MAGIC”: A detailed account of the life of the messengers of the Masters of Magic. A ‘heart’ book filled with transformational tools and stories of Jasmuheen’s interaction and experience with the ones she calls the Masters of Alchemy plus tips for improving our Divine Communication, Divine Revelations and more. Add this e-book to shopping cart <http://payloadz.com/go?id=59297>

“STREAMS OF CONSCIOUSNESS UNIFIED”: A collection of recorded live channeling taken from the previous 5 volumes of the “Inspirations” trilogy and Vol. 1 and 2 of “Streams of Consciousness”. As a volume of communications received by Jasmuheen from C.N.N., the Cosmic Nirvana Network, during the 1990’s; these divinely inspired messages cover attitudes and life skills and as such will never date. Add this e-book to shopping cart <http://payloadz.com/go?id=59301>

JASMUHEEN’S meditations as MP3 files are now available at:

<http://www.selfempowermentacademy.com.au/htm/cia-education.asp#audio>

And in other languages at:

<http://www.selfempowermentacademy.com.au/htm/cia-education.asp#audio-otherlanguage>

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Stay up to date with Jasmuheen’s activities
via the Cosmic Internet Academy’s Contact Updates List:
<http://visitor.constantcontact.com/email.jsp?m=1011160294062>
For those of you who choose to register with our C.I.A. CONTACT LIST,
you will receive general monthly or quarterly updates
or whenever we at the Self Empowerment Academy
and the C.I.A. feel there is something of value to share with you.

For more copies of this e-book go to:
<http://www.selfempowermentacademy.com.au/htm/cia-education.asp>

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and are not passed on.**

CO-CREATING PARADISE

**‘Co-creating Paradise’ is Book 2 of the
Biofields & Bliss Series by Australian metaphysical
Researcher, Jasmuheen.**

**Filled with data and tools to transform
our personal lives and our communities
back into the state of paradise, BB2 also provides
well-researched data on the
world’s religions, the ancient wisdom, quantum physics,
the multi-verses
plus much more.**



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