

‘THE MADONNA FREQUENCY’

PLANETARY PEACE PROGRAM

Biofields and Bliss Book 3



jasmuheen

The Madonna Frequency
Planetary Peace Program

Biofields and Bliss
Book 3

with Jasmuheen

Book 3 of the Biofields and Bliss Series
‘The Madonna Frequency’ Planetary Peace Program



Produced by Jasmuheen and
the Self Empowerment Academy
PO Box 1975, Noosa Heads 4567
Queensland Australia
Fax: +61 7 5447 2540

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<http://www.jasmuheen.com/>

INSTIGATING, RECORDING and SUMMARIZING
HUMANITY’S CO-CREATION OF PARADISE

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

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‘The Madonna Frequency’ Planetary Peace Program
was launched at the MAPS Ambassador’s Annual Retreat in Thailand
November 2002.

It was revised at this retreat
by M.A.P.S. Ambassadors
representing the following countries:

Australia
Austria
Belgium
Brazil
England
France
Germany
Holland
India
Indonesia
Ireland
Italy
Lebanon
New Zealand
Norway
Spain
Sweden
Switzerland
U.S.A
Yugoslavia

We offer ‘The Madonna Frequency’ Planetary Peace Program
with love and wisdom to our world.

PLANETARY PEACE PROGRAM FOCUS

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Introduction

‘The Madonna Frequency’

PLANETARY PEACE PROGRAM

A Practical and Joyous Proposal of Peace.

Let us

CHANGE OUR FOCUS and CHANGE OUR FUTURE!

A lot of people are saying “We don’t want war!”

**Why wait for our world leaders, when we can unify and co-create peace
now?**

How?

By eliminating the causes of violence and terrorism.

‘The Madonna Frequency’ PLANETARY PEACE PROGRAM was given to Jasmuheen in October 2002, in response to the USA – Iraq and Middle East situations, and

the general disharmony facing earth’s people at this time. As millions protest the use of violence to combat global terrorism, it has become obvious that with a shift of focus a more positive outcome can be obtained. We know in metaphysics that what we focus on becomes real, for our energy feeds it. If we focus on fear, on war, that becomes our reality but if **we shift this focus to “What can we do that is positive and beneficial for all?”** then a new reality can begin.

*For deep and ever lasting peace, this shift must now be towards
eradicating the very causes that create violence and global terrorism.*

*This means ceasing to focus on retribution and war,
since our governments will do what they will do whether we like it or not.*

Yes we can protest but we need to do more!

*Do not underestimate people power, particularly when each person
is focused on and radiating ‘The Madonna Frequency’.*

*When we are in ‘The Madonna Frequency’ Field we have the
power, the love and the wisdom to unify and harmoniously
change the course of history.*

*This means providing aid that creates
health and happiness, peace and prosperity for all.*

*This means delivering aid packages and empowering tools
in a compassionate and loving manner. When we are all tuned
to the incorruptible channel of Divine Love, Divine Wisdom and Divine Power,
anything is possible. Co-creating peace really is up to us.*

*By utilizing our will, our intention, specific programming codes plus
a powerful day-to-day lifestyle that keeps us tuned and in the Madonna Zone,
we can unify and achieve great things. The time is now!*

According to our research at the Self Empowerment Academy, all war and violence comes from a deep hunger for a source of nourishment that will allow us to all feel fulfilled. I have discovered that the nourishment that we all seek is ‘The Madonna Frequency’ Field.

Why?

Because it is infinitely wise, and more than that, it is loving and patient and compassionate, and available and free, and powerful enough to tip our world into a permanent state of peace by providing enough nurturing to satisfy all our physical, emotional, mental and spiritual hungers.

We have dwelt within a patriarchal society for over eight-thousand years and this is now coming to an end. The downside of this patriarchal society has brought with it options of war and violence and aggression – attributes that are common in a predominantly masculine field. The matriarchal energy brings love, wisdom, compassion, mercy, sympathy, empathy and other qualities that our planet now needs to come into a balanced state of peace which will come when we address the reasons that cause terrorism and war.

Everybody is hungry for something. Some hunger for war, for revenge and retribution. Some hunger for family, for loving relationships, or for wealth or health and youth or even immortality. Others hunger for peace or enlightenment, which requires us to tap into the vast energy resources that we all hold within. This untapped source is what I have come to call the DOW. Our DOW or Divine One Within is an all powerful, all loving, all knowing field of Divine Intelligence that breathes us, loves us, guides us, heals us and even nurtures us on all levels if we are open. More importantly DOW Power is the only thing every one of us has in common and when we work with it and let it guide us we have access to an incorruptible network of Divine Power.

If we think that it is time to put violence behind us and re-harmonize ourselves into peace, then our personal support of ‘The Madonna Frequency’ PLANETARY PEACE PROGRAM and Its Projects and use of DOW Power, can bring us into a place of deep and lasting peace.

However, this is something we must choose now.

We need to see ourselves as One People who wish to live in harmony on One Planet and we need to unify with one loud resounding voice that says to the Universal Intelligence that surrounds us...

“We accept peace now and we love it. We accept peace now and we honor it.

We accept peace now and we respect it.”

Chant this 3 times with sincerity and conviction.

Next we need to get PERFECTLY ALIGNED for some
PERFECT ACTION PROGRAMS ...

Briefly,

‘The Madonna Frequency’ Projects 1 to 9:

- Project 1: To healthily feed, clothe, comfortably shelter and provide Holistic Education for our earth’s people by 2012.
- Project 2: The adoption of RECIPE 2000> as a Holistic education program into all educational institutions as a positive Life-skills tool for positive personal and global transformation
- Project 3: To provide Divine Nutrition for all who want it and hence eliminate hunger and health problems on earth. To be done via a) the effective use of media and b) holistic education programs (see project 2).
- Project 4: The elimination of poverty and hunger in all countries via the specific support of the Divine Nutrition Research Projects. Test Country: India
- Project 5: The elimination of global health and hunger challenges via our specific DIVINE NUTRITION: Pills or Prana “eat less, live longer” Project.

- Project 6: The Revision of International Agreements and Trade Treaties and practices to ensure that they operate for the good of all.
- Project 7: The elimination of poverty and violence in all Third World countries via Projects no. 2 and no. 6. Test Country: Brazil
- Project 8: The Creation of Peace in areas of Conflict using the perfect resolution program. Test Country/s: The Middle East
- Project 9: The I.R.S. Program – To officially Instigate, Record and Summarize humanity’s co-creation of paradise.

Projects 2 to 9 are all part of the main agenda of Project no. 1 but they each utilize different approaches and have specific programs attached. Projects 4 and 5 are part of Project 3.

‘The Madonna Frequency’ Projects are designed to shift our focus from war to co-creating practical peace. If we eliminate the causes of violence and terrorism, via our unified and focused effort, we will create planetary peace. It is up to us to change our focus and change our future.

Namaste Jasmuheen



**'The Madonna Frequency' Planetary Peace Project
involves a 4 part alignment and action plan.**

**Part I – Agreements and Programming Codes that are made between you and the
intelligent universe that surrounds us and see us as Gods in form.**

i.e. this is our commitment.

**Part II – Are the Questions we need to ask, the Attitudes we need to adopt and the
Attributes that 'The Madonna Frequency' imbues us with.**

**Part III – Requires our united focus on 9 Peace Projects that if attended to will
eliminate the causes of violence and terrorism in our world.**

(see over for details)

**Part IV – RECIPE 2000 >. A Lifestyle and Programming package that will keep us
tuned as individuals, to the frequency of love, wisdom and compassion, so that we can
always be perfectly aligned and take the perfect action to create, then to keep our
world in peace.**

Let us co-create with joy and ease and Grace ...

The GRACE of 'The Madonna Frequency'

Grace is an energy that is attracted to us when we flood our systems with the cosmic electricity of Divine Love and Divine Wisdom and Divine Power.

Grace brings magic and synchronicity and joy, a feeling that everything is flowing perfectly, unfolding perfectly driven by some Divinely orchestrated beat.

**Grace is the feminine principle, the cosmic mother
of nurturing love that supports and soothes creation.**

PART I

PLANETARY PEACE INVITATION

The Inner Net Peace Corps invites us all to take a stand now and we ask you to support this by signing the following agreements. Please note these agreements, once signed, are to be kept for your own records, they simply symbolize on the innernet, your willingness to be part of 'The Madonna Frequency' Planetary Peace Program. 'The Madonna Frequency' Projects are our 'green campaign of the heart', for it is an 'emotional environment clean-up' program.

Recommendation: *Read this whole document so that you are comfortable with the proposals, then come back and sign the agreements that you relate to.*

AGREEMENTS and PROGRAMMING CODES

DOING IT

The first part is to take action – which M.A.P.S. Ambassadors do by specific programming and invocations plus a lifestyle, to keep us tuned to ‘The Madonna Frequency’ Field.

“I, _____ (insert your name) accept the invitation of the Inner Net Peace Corps to reclaim my right to live on earth in harmony and peace NOW.

Recommended Action:

- a) *After you have inserted your name, sincerely chant the above 3 times out loud to the force-field of Supreme Intelligence that you now imagine surround you, then*
 - b) *Use meditation and creative visualization tools and imagine yourself standing on the inner planes, graduating from PEACE Corps as an Ambassador of Divine Love and Wisdom.*
 - c) *See yourself happy with this choice, feeling empowered and clear.*
 - d) *Imagine that from this moment you are a Master, aware that you create your own reality.*
 - e) *Imagine that the reality for you now, is global harmony and peace.*
 - f) *Tell the universe out loud that this is what you now claim for earth.*
 - g) *With this vision in your mind, chant 3 times: “As a citizen on planet earth, I now reclaim my right to live in peace.”*
-

Planetary Peace Program no. 1 – for Divine Connection to limitless love, wisdom and power:

I call on the Holiest Creative Source (Allah, Brahma, God, the Supreme Intelligence, the Original Cosmic Computer etc.) to harmoniously and gracefully support me on all levels, all planes, as I fulfill my role as a co-creator of peace on earth NOW.

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud* to the force-field of Supreme Intelligence that surround you, then*
- b) *Sign the agreement, then*
- c) *Use meditation and creative visualization tools to plug yourself in to a never-ending source of Supreme nourishment. This is the perfect power base for us to be divinely supported as Peace Ambassadors at this time.*

** You may also state the above program once, then add “So it is! So it is! So it is!” as the 3 times rule tells the universal forces that you are serious with this intent.*

Planetary Peace Program no. 2 – for Divine Grace:

I choose to live a lifestyle that tunes me to ‘The Madonna Frequency’, so that I may fulfill my Divine Role on earth with joy and ease and Grace NOW.

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud to the force-field of Supreme Intelligence that surround you, (or say it and add “So it is!” 3 times) then*
- b) *Sign the agreement then*
- c) *Use meditation and creative visualization tools to plug yourself in to the Divine Mother Channel e.g. the Love Breath Meditation and/or act with compassion and*

mercy and charity among others via selfless service as this will also magnetize us to ‘The Madonna Frequency’ Field.

d) Adopt RECIPE 2000> and its ability to tune us to ‘The Madonna Frequency’ Field.

Planetary Peace Program no. 3 – for Divine Support and Divine Attunement:

I ask to be supported to fulfill my Divine Blueprint as impeccably as I know how. I ask for an all layer, all levels, all time lines, perfect attunement with DOW Power and ‘The Madonna Frequency’ NOW.

Signed: _____

Recommended Action:

- a) Sincerely chant the above 3 times (or say it and add “So it is!” 3 times) out loud to the force-field of Supreme Intelligence that surround you, then*
 - b) Sign the agreement and then to alter your surrounding energy field*
 - c) Use the love-breath Meditation. Breathe in love and chant “I am love.” then exhale this love through your system and chant “I love.”*
-

Planetary Peace Program no. 4 – for Divine Mastery:

I thank the intelligent universe that surrounds me and acknowledge myself now as a God in form. I accept full responsibility for all my creative powers and commit to spending my time effectively in the co-creation of peace. I accept the ‘maximum impact for minimum effort’ Divine Grace Decree NOW.

Signed: _____

Recommended Action:

- a) Sincerely chant the above 3 times out loud (or say it once and add “So it is!” 3 times) to the force-field of Supreme Intelligence that surround you, then*
- b) Sign the agreement then*
- c) Create with intention, will and clarity in a way that loves, honours and respects all. Use thoughts, words and actions that support this Planetary Peace Program.*

Planetary Peace Program no. 5 – for Divine Connections and Divine Colleagues:

I ask for a perfect connection – DOW to DOW – and a perfect merging with my earth team and my cosmic team so that we may harmoniously co-create health and happiness; peace and prosperity for all on earth. I ask that when we meet all our karmic ties be complete with joy and ease and Grace NOW.

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud (or say it and add “So it is!” 3 times) to the force-field of Supreme Intelligence that surround you, then*
- b) *Sign the agreement then*
- c) *Imagine all your friends and colleagues and your Planetary Peace support team surrounding you on the inner planes*
- d) *Use the DOW Match Tool from BBI with all whom you meet.*
- e) *Act impeccably in every moment. Love all*, honor all and respect all.*
- f) *Eliminate Regrets and do a forgiveness meditation so that limiting past influences can be cleared.*

** Love all means to love the God in all.*

Planetary Peace Program no. 6 – for Divine Vision and Divine Expression:

“I now ask for perfect expression of the God I AM in me. I ask to see the God I AM in all life, in all moments. I AM the perfect expression of divine grace in form, and I accept this now. I AM the perfect expression of Divine Love in form. I AM the perfect expression of Divine Wisdom in form. I AM the perfect expression of Divine Charity in form. I AM the perfect expression of Divine Compassion in form. I accept that I AM that I AM, the perfect expression of all that is the best of me NOW.”

Signed: _____

Recommended Action:

- a) *Sincerely chant the above 3 times out loud (or say it and add "So it is!" 3 times) to the force-field of Supreme Intelligence that surround you, then*
 - b) *Sign the agreement then*
 - c) *Imagine yourself as a God in Form, made in the image of the Mother/Father God, see yourself on the inner planes as the King, the Queen of your Kingdom*
 - d) *Type up these programs and put them on your bathroom mirror and repeat each morning as you brush your teeth or do your make-up or shave.*
-

Planetary Peace Program no. 7 – for Divine Action:

I give my support, my time and my focus to 'The Madonna Planetary Peace Projects'. I will do what I am guided to bring each, or all, into successful completion NOW.

Signed: _____

Recommended Action:

- a) *Read through 'The Madonna Frequency' Projects details*
 - b) *Sincerely chant the above 3 times out loud (or say it and add "So it is!" 3 times) to the force-field of Supreme Intelligence that surround you, then*
 - c) *Sign the agreement then*
 - d) *Spend daily time in silent contemplation and meditation. Learn to listen to the voice of the Divine One Within. Ask for It to love, heal, guide and inspire you to joyously fulfill your role as a Peace Ambassador on earth. Accept Its guidance.*
 - e) *Ask spirit to guide you as to which project requires your support, and how to support it. Learn to trust your intuition and higher knowing.*
-

Planetary Peace Program no. 8 – for Divine Guidance and Divine Revelations:

I agree to maintain contact to ‘The Madonna Frequency’ through the Inner Net and the Internet, and via C.N.N. I agree to honor the callings of my heart and to always act as the Master that I AM NOW.

Signed: _____

Recommended Action:

- a) Sincerely chant the above 3 times out loud (or say it and add “So it is!” 3 times) to the force-field of Supreme Intelligence that surround you, then*
 - b) Sign the agreement then*
 - c) Spend daily time in silence so that you can receive downloads from C.N.N.*
 - d) Develop your telepathic and visionary abilities via RECIPE 2000>’s Luscious Lifestyle Program*
 - e) Follow the joy of your heart, discover what makes it sing*
-

Planetary Peace Program no. 9 – for Divine Help and Divine Training:

I accept the overshadowing of my team of Holy Help, and any specialized training I may be invited to undergo – assuming that this training will be for the good of myself and the good of the planet. I ask that this training be given during the night realms, during my meditations and lovingly through the lessons of life. THANK YOU!

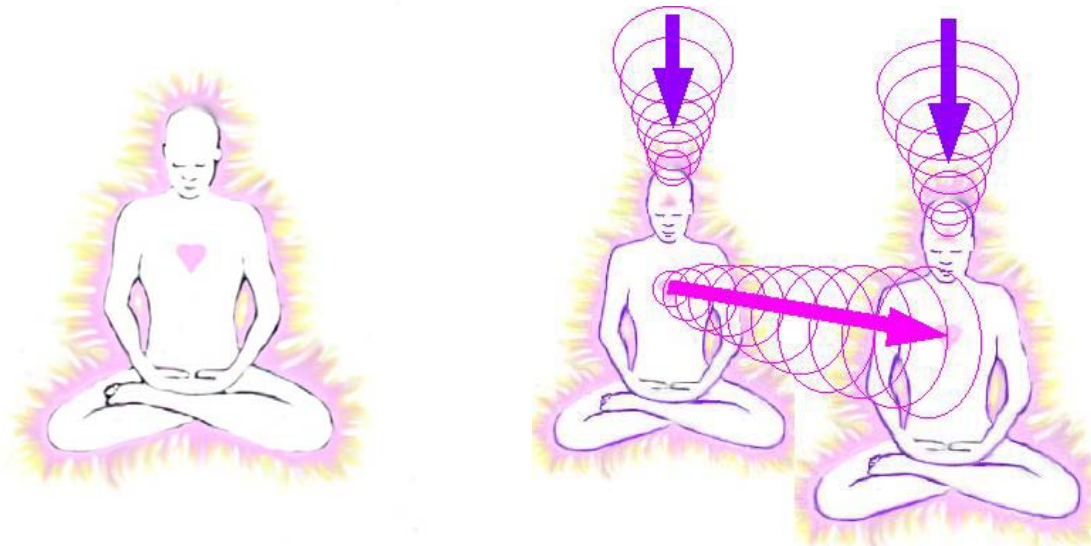
Signed: _____

Recommended Action:

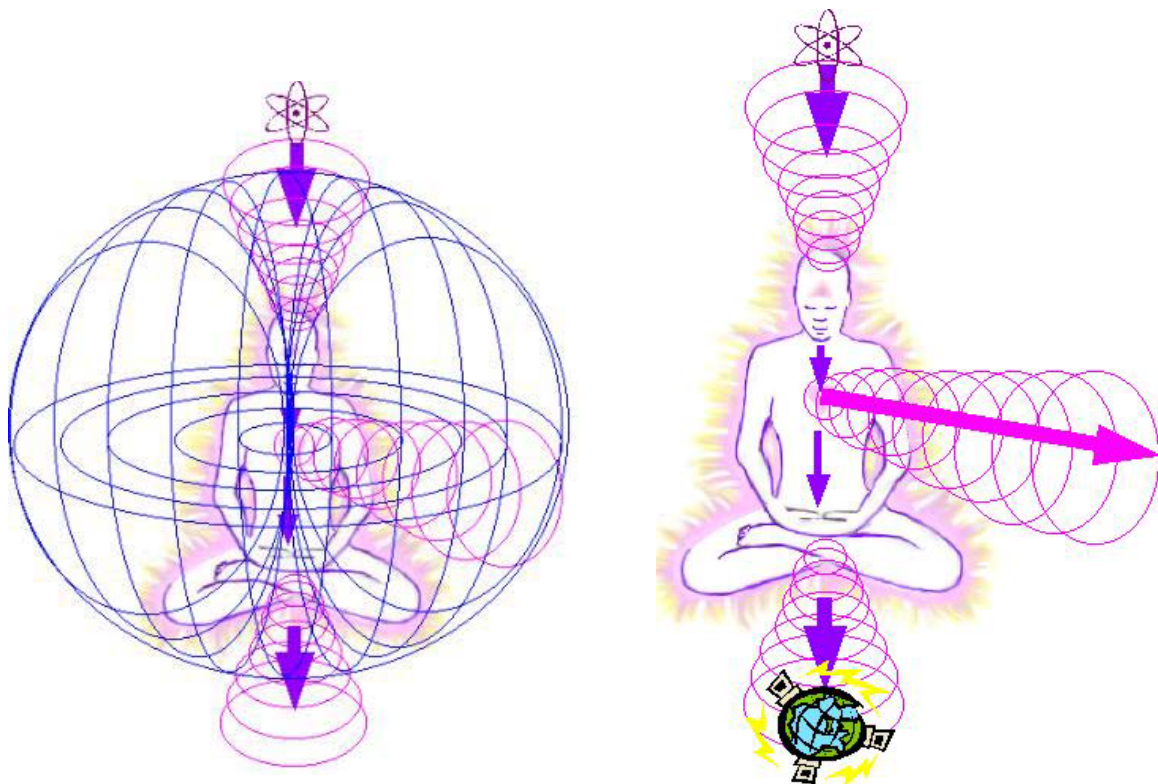
- a) Sincerely chant the above 3 times out loud (or say it and add “So it is!” 3 times) to the force-field of Supreme Intelligence that surround you, then*
 - b) Sign the agreement then*
 - c) Imagine a team of Holy Ones surrounding you on the inner planes*
 - d) Ask your DOW to take you to the perfect fields of training on the night realms when your body sleeps.*
-

*This agreement enlists your support to the
Madonna Frequency Planetary Peace Program.*

*There are many more detailed action plans and programs
available in Book 1 and 2 of the Biofields and Bliss Series, however
there are enough tools in this book – Biofields and Bliss 3,
to retune our world into a state of permanent peace.*



**Tuning us, tuning with others
and tuning the world**



PART II

‘The Madonna Frequency’

Questions, Attitudes, Attributes

CAN WE REALLY CO-CREATE PEACE and PARADISE???

In order to successfully manifest deep and lasting peace on earth, we need to adopt some specific attitudes. Each one of us is surrounded by an all loving, all knowing field of intelligence that looks at us and says:

“Hello God, what can I do for you?”

This is how the universal quantum field is programmed to recognize and respond to us, regardless of how we see ourselves. When we really get this reality, everything begins to change. The blame game ceases to exist and all we can do is look at all we have created and ask if it is as we really want it all to be and if it is not, then why not? When we understand that this intelligent universe is awaiting our direction, then we realize that we need to have not just have clear desires but that we need to send out clear signals and instructions. Here clarity, will and intention become the key. In this field, the purity of our heart determines the outcome. If one person can choose to spend their time wisely enough to make a positive difference, then imagine what the unified can achieve?

If this intelligent Universal field sees us as Gods in form then it’s time for us to get clear and ask ourselves, and each other:

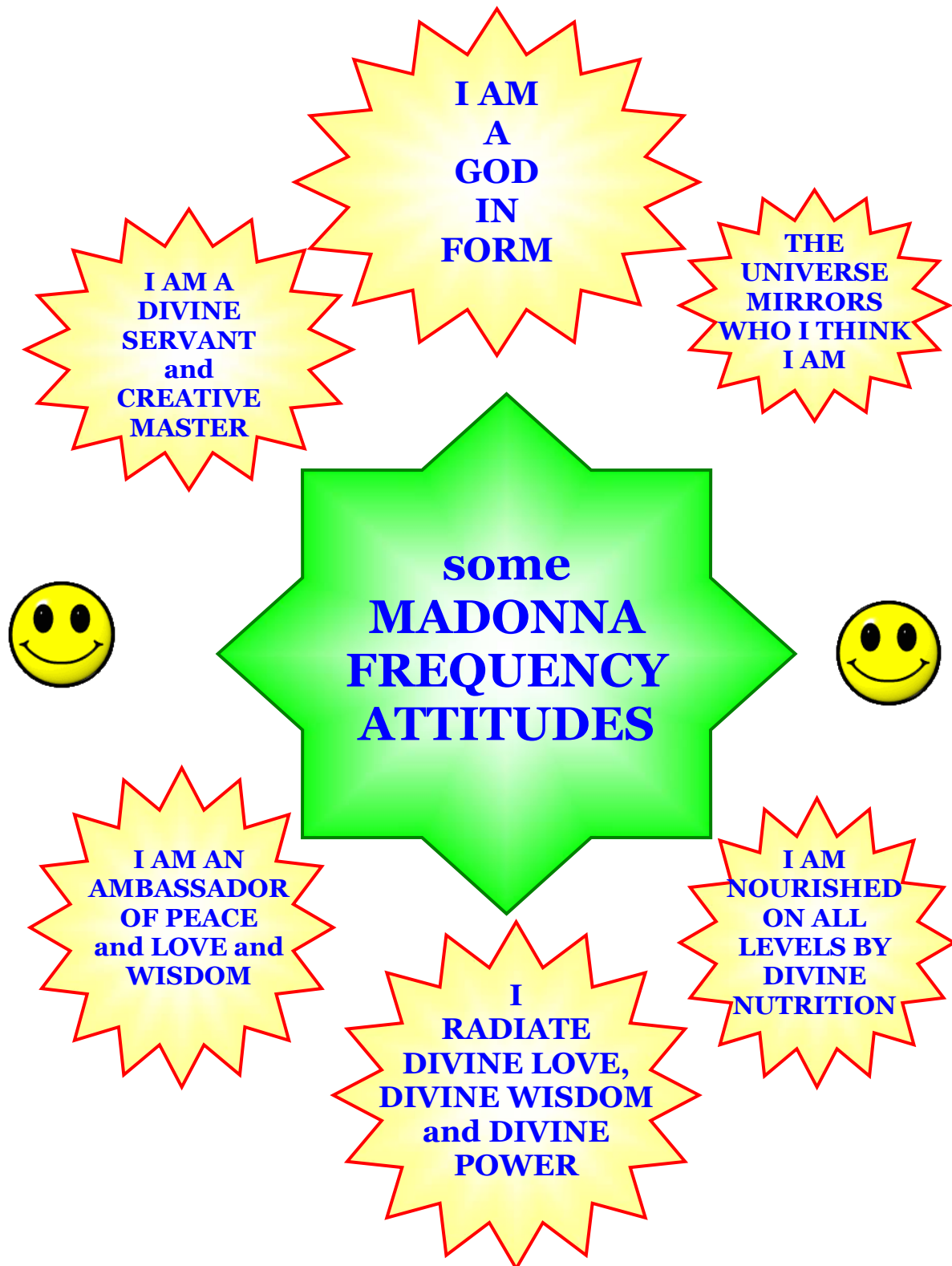
Who am I?

Am I just a body with emotions and a mind, or more?
What is the purpose of this life?
Can we ALL thrive here and eliminate the struggle to survive?
Can we co-create health and happiness; peace and prosperity for all?
Can we create a more civilized and harmonious world?
What is true civility?
Is it to love, honor and respect ALL? All life? All kingdoms?
What does all life have in common?
Can we really bridge the worlds? What of religion and science – where is their common ground? Can we take the best of all cultures and focus on what binds us in harmony?
Can we be respectfully interdependent rather than co-dependant or selfishly independent?
What about new fuel and energy systems?
Can we decrease our personal and global resource dependability?
Can we operate via an incorruptible network?
Can the Higher Laws of Science create order amid the chaos and if so HOW?
Can we stop and reprioritize our goals – personal and global – so that they benefit all?
If so, can our new global priority be to healthily feed, adequately clothe and shelter and holistically educate all who need and want this?
HOW CAN THIS BE DONE?
Can we free ourselves from our limitations and really be free? What is true freedom?
What does personal and global paradise mean?
Many of us have thought long and hard about these questions,
many have received answers and also the guidance to become
PERFECTLY ALIGNED SO THAT WE CAN ACT PERFECTLY.

‘The Madonna Frequency’ Attitudes

Knowing that we are Gods in form, surrounded by a living field of Supreme Intelligence that mirrors our awareness, the attitudes that the Self Empowerment Academy recommends that we adopt are:

- a) Gratitude – spend time daily giving thanks to all that is right with our world.
- b) Pretending – this is part of the ‘ACT AS IF we are Masters’ reality. It is an attitude of ‘we have all the power, all the love, all the wisdom to co-create what we desire on this earth, so let’s do it!’ It is also part of the ‘what we focus on we feed’ reality so by looking for the Divine Perfection in life, we soon see, then experience and become mesmerized by it.
- c) Walk through this world as if you are a Divine Transmission station for Divine Love, Divine Wisdom and Divine Power to radiate through you and transform all that is open to this frequency. Radiate don’t absorb.
- d) Look for God and the good in all. See everything as inter-connected, born from the One. As above, so below, we are made in the image of the Divine etc.



Madonna Frequency Attributes

Accessing the Madonna Frequency happens when we tune our brain waves patterns from the Beta field (13 to 40 cycles per second), through to the Alpha field (8-13 cycles per second) and into the Theta field (4-7 cycles per second) and then into the Delta field (0.5 to 3 cycles per second). This occurs quite naturally via our lifestyle, which can keep us anchored in, and operating out of, the Theta field which brings amazing benefits to us on all levels. Dipping into the Delta field allows us to be bathed in an energy field that nourishes us totally on all levels. Some of the benefits and attributes of someone accessing these fields are now listed. *(Our book Four Body Fitness: Biofields & Bliss covers field tuning in great detail plus the lifestyle recommended to field tune appropriately.)*

Attributes of some one tuned to ‘The Madonna Frequency’ are as follows:

- a) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will exhibit a DIVINE RADIANCE: I call this Delta Field Dancing for this level of radiance brings the joyous wave of Grace into our lives, plus health and happiness and peace and prosperity which are automatically attracted to us when our brain wave patterns are aligned to the theta – delta field.
- b) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will be motivated by a pure heart and have DIVINE INTENTIONS and hence have access to impeccable networks and DIVINE Support Systems, on both the inner and outer planes.
- c) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will receive DIVINE GUIDANCE from the Divine One Within – their DOW – a pure intelligence that is wise and loving and incorruptible as It always has the best interests of all at heart. Many are receiving DOW guidance now to create and utilize incorruptible networks. The first incorruptible network is C.N.N. – The Cosmic Nirvana Network, which can only be accessed telepathically through mind mastery and prayer. This is an inner plane ‘good news’ network designed to release empowering information to co-

create personal and global paradise. Access to C.N.N. comes naturally as we activate our 6th and 7th senses and our pituitary and pineal glands.

- d) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will attract the river of DIVINE GRACE to support their peace work as we also fulfill our contractual tune-ups. While the Innernet is our main source of communication to bridge the worlds, the Internet, and the DIVINE GRACE WAVE, are the main communications networks for outer plane connecting. As a form of Divine Electricity, the Grace Wave is automatically attracted to Theta and Delta Fields and may visit those in the Alpha fields from time to time. The DIVINE GRACE WAVE is a ray of light and a rhythm of sound, that carries with it support structures for successful living. Driven by Divine Codes called Universal Law, the Grace Wave runs via these laws and magnetic attraction.
- e) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel may have access to DIVINE ABUNDANCE and PROSPERITY. Part of this may entail access to, and utilization of, the Cosmic Bank of Abundance – an inner plane etheric bank with open doors to those in the Grace Wave of Theta–Delta field. This bank can download an abundance of love, health, wealth, passion and purpose to those who can match its beat. Any person who sincerely works for harmonious global refinement, or lives their life in a way that is good for all, will have access to the perfect resources they need to do this. Purity of Heart, and Intention, are the key to this Cosmic Safe.
- f) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel may receive DIVINE TRANSMISSIONS from our Holy Help line: C.N.N. (the Cosmic Nirvana Network). Channeling, receiving Divine downloads, automatic writings, clairvoyance, clairsaudience, clairsentience are common and natural by-products of ‘The Madonna Frequency’. Interaction with Divine Hierarchies and receiving Holy help is also common in this field as from the Madonna’s Divine Love all has been born. All life, all realms, owes its existence to the Madonna energy field.

- g) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel may receive DIVINE REVELATIONS and hence they will be focused on the bigger picture. Divine Revelations that are released from the energy field of ‘The Madonna Frequency’ inspire selfless SERVICE.
- h) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will automatically feel more compassionate, more altruistic, more merciful and concerned for the welfare of others. Flooding our systems with ‘The Madonna Frequency’ brings out from within us the desire to nurture and be nurtured. It also magnetizes us into the fields of other like focused beings, hence allowing the group to also become stronger and more powerfully nurturing. ‘The Madonna Frequency’ stimulates and supports mutually beneficial relationships.
- i) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will be involved in DIVINE CO-CREATION. ‘The Madonna Frequency’ offers harmonious solutions and PERFECT RESOLUTIONS to those seeking the WIN, WIN, WIN game – the happy me, happy us, happy planet reality. The solutions support the creation of a truly civilized world where the motto is LOVE ALL, RESPECT ALL, HONOUR ALL – in memorandum of St Francis of Assisi who always promoted the peaceful co-existence among all Kingdoms. His motto PAX ET BONUM was an old world greeting meaning “Peace and all good things.”
- j) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will be capable of DIVINE COMMUNICATION and hence understand how to bridge the worlds. They will be focused and trained in imprinting the world with some aspect of holistic education such as bridging the worlds of: Religion and Science; Metaphysics and Quantum; East and West; Tantra and Yoga; Divine Mathematics and Divine Signs; or bridging more traditional areas such as Mainstream Medicine and Alternative Therapies. They may also be in the field of environmental sustainability, resource sustainability, alternative, sustainable energy systems, new financial systems, and any

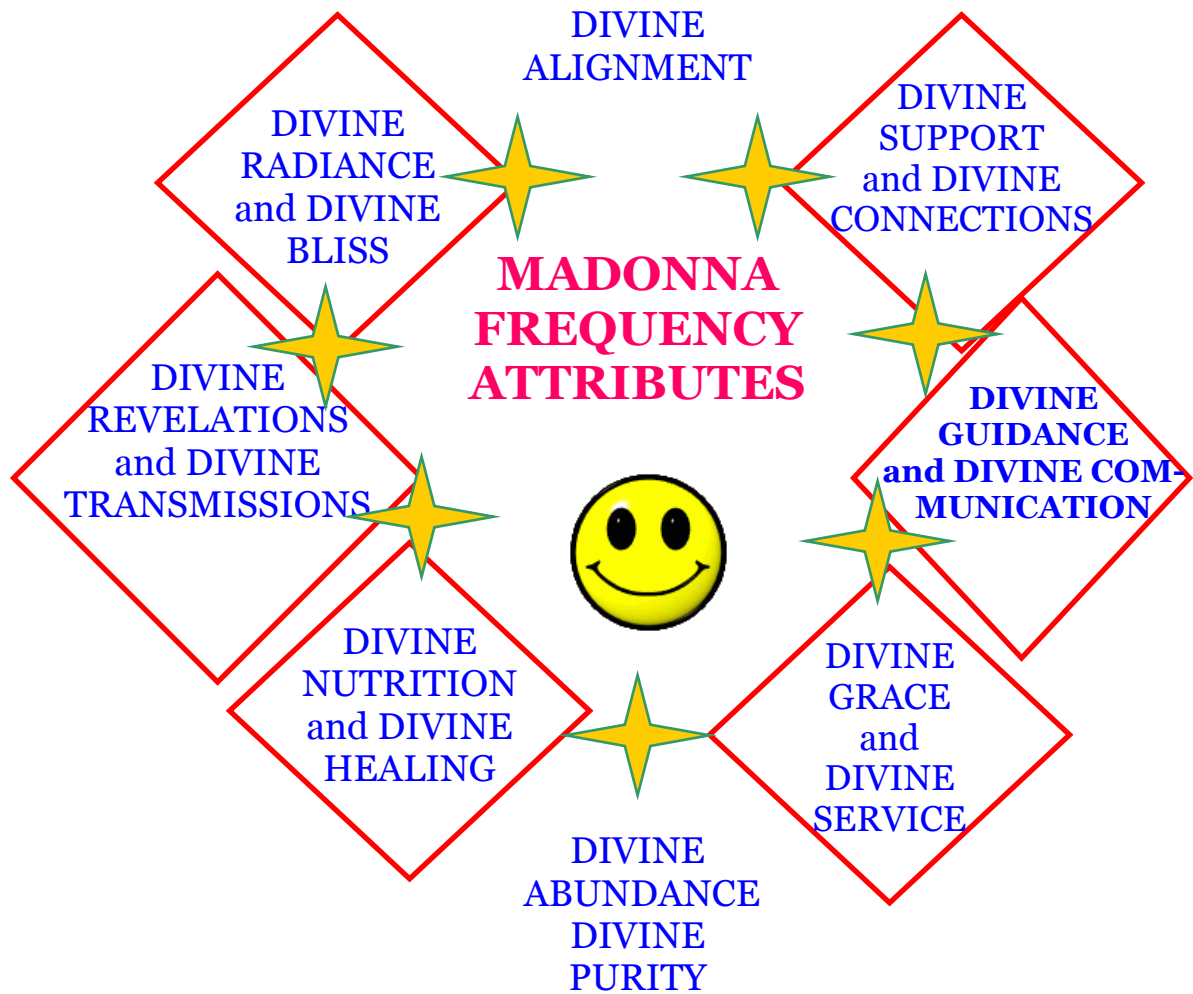
field that provides a beneficial service to people. True Divine Communication always guides us to co-create for the good of all as it is naturally imbued with ‘The Madonna Frequency’ of Divine Love and Wisdom.

- k) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will understand the power of DIVINE MANIFESTATION. An Aid to understanding DIVINE MANIFESTATION is to understand the basic mechanics of Dimensional Biofield Technology. The expansion of time, the importance of each new now moment and crossing the lines of time are all Dimensional Biofield Tuning tools.
- l) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will experience DIVINE BLISS. Immersion in ‘The Madonna Frequency’ Field will release a flood of joy and light and understanding throughout our bio-system that can only be described as a pure endorphin high. Bliss, Nirvana, Samadhi, the WOW factor are other ‘bliss’ names. Some call this journey and reality, the ecstasy of ENLIGHTENMENT.

Inviting and then allowing our Divinely Enlightened inner nature – our DOW – “to love us, guide us, heal and nourish us on all levels” and to surrender to it’s Divine Will and Supremely wise and loving influence, is one of the smartest things we can do at this time as our DOW is the only thing that the 6 billion plus of us have in common that is incorruptible. Remember DOW = God Within : God = all knowing, all loving, all wise, all powerful and all present field of intelligence that pulses out from a pure energy source that gave birth to all of creation. As such It understands the game and treats us as Gods in form, already enlightened yet perhaps forgetting to act like we are. ‘The Madonna Frequency’ allows a person to understand the ‘Ask and Receive’ principle of Divine Reciprocation.

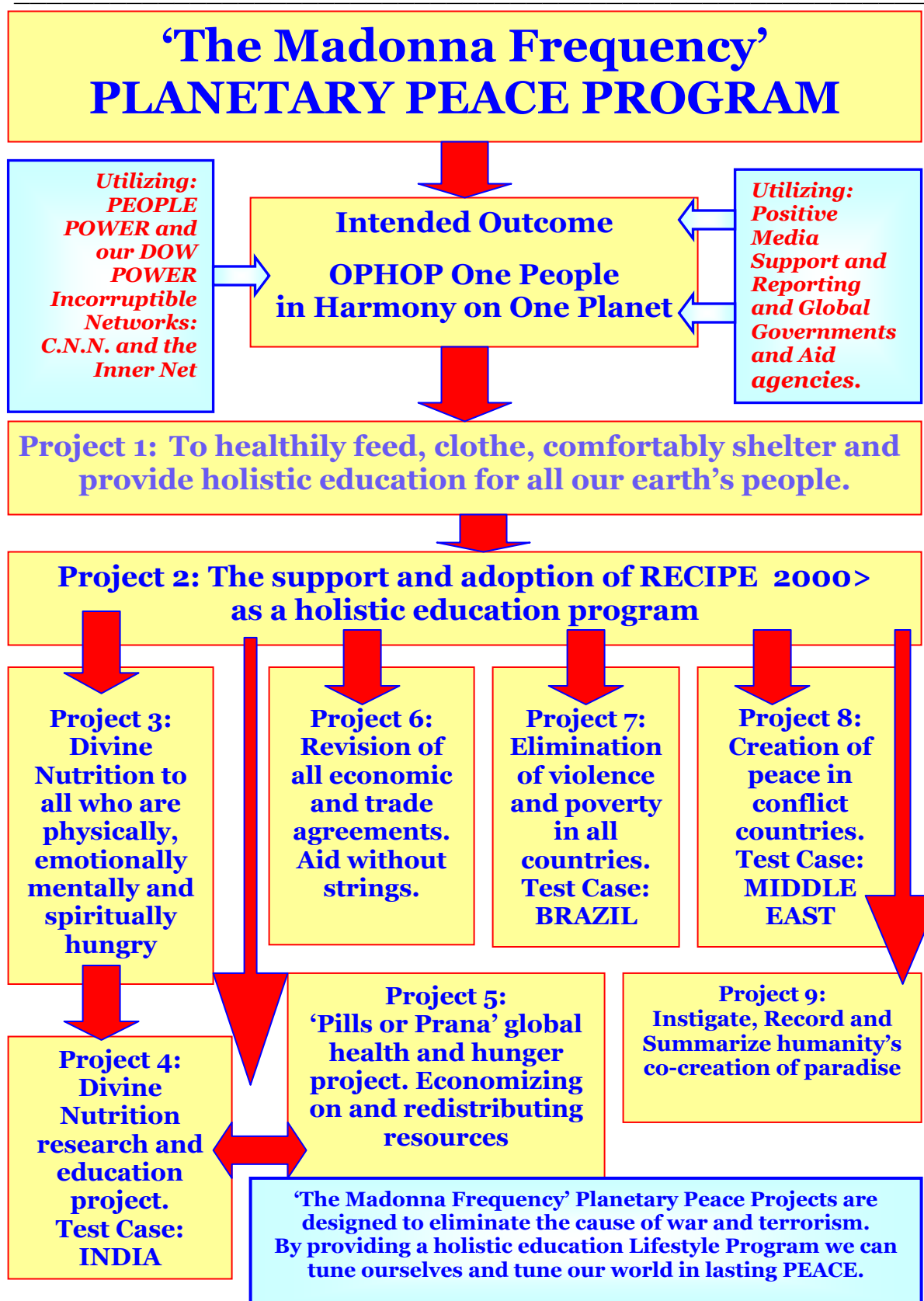
- m) Someone tuned to ‘The Madonna Frequency’ Divine Love-Wisdom Channel will receive DIVINE NUTRITION, which is pure Theta and Delta Field loving. The purest form of nutrition we can access is Divine Love, for it is the glue of all creation, that keep

molecules alive and atoms expanding and cells and souls nourished and well fed. Divine Nutrition provides perfect physical, emotional, mental and spiritual nourishment.



Next ...

‘The Madonna Frequency’
PLANETARY PEACE PROGRAM
PART III : PROJECTS 1 – 9



Peace Projects 1 – 9

MADONNA FREQUENCY PROJECT NO 1.

**To healthily feed, clothe, comfortably shelter and
provide Holistic Education for our earth’s people by 2012.**

This includes providing healthy water for all our needs.

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

How can an individual help?

- Lessen your personal dependence on the world’s resources, eat less, live longer in good health.
- 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.

Fact: If we decrease our calorie intake research shows that we can live 30% longer.

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

Signed: _____

***C.I.A. (Cosmic Internet Academy) Recommendations: Government and/or Business Sector
and 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 and happy.
- ❖ 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) Search the web for the Drop the Debt Campaigns.

Fact: 80% of Aid in some countries is used for servicing their debts.

M.A.P.S. Ambassadors recommend and promote a holistic education that will break the cycle of debt while providing 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 to immediately 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.

- ❖ **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 per year.

James Wolfenson, Head of the World Bank, has estimated that US\$100 billion per year will eliminate most of Third World poverty.

Details on effective global resource redistribution are in the research manual Ambassadors of Light : World Health World Hunger Project by Jasmuheen.

MADONNA FREQUENCY PROJECT NO 2.

The adoption of RECIPE 2000> as a holistic education program into all educational institutions, as a positive life-skills global peace tool, so that people have tools to achieve and maintain health and happiness.

RECIPE 2000>* is a preventative medicine program.

The promotion and adoption of RECIPE 2000> as a holistic re-education program that has been specifically designed to:

- ❖ Plug us all back into the Paradise Paradigm via the use of specific programming codes.
- ❖ Keep us tuned to ‘The Madonna Frequency’ channel of DIVINE LOVE, DIVINE WISDOM, DIVINE POWER and DIVINE FREEDOM via a specific daily 8 point lifestyle that will expand our consciousness and make us all feel fulfilled, compassionate and altruistic.

How can an individual help?

- ❖ Adopt RECIPE 2000> into your own life and experience the benefits of the lifestyle. You’ll get healthier and happier and feel more deeply fulfilled. The deep peace and contentment that this lifestyle provides will make you a wonderful example and Ambassador for positive change.
- ❖ Share RECIPE 2000>* with your friends and networks. Encourage them to try it and experience the benefits for themselves.

** The > symbol means a forward progression of a project that began in 2000 and will continue until we have inner and outer peace.*

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

Signed: _____

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

We encourage:

- ❖ Research \$\$\$\$ to be spent on proving the benefits of RECIPE 2000> and its 8 point lifestyle program – although much research has been done on the individual points, what is yet to be looked at is the power that comes with this specific combination of points.
- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive life skills to get, and keep, themselves healthy and happy.
- ❖ 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.

MADONNA FREQUENCY PROJECT NO 3.

**To provide Divine Nutrition for all who want it
and hence eliminate hunger and health problems on earth.**

The aim of this holistic re-education and action program is to **provide nourishment for all who want it**. We believe that the Divine Nutrition that comes as a by-product of RECIPE 2000>, is the true nourishment that we need as it can release an energy through our systems that will feed us on all levels of our being – **physically, emotionally, mentally and spiritually**. As a consequence we will become healthy and happy and feel peaceful and be prosperous.

How can an individual help?

- Lessen your personal dependence on the world’s resources, eat less and live longer in good health. Explore DIVINE NUTRITION and free yourself from being dependant of physical food for your nourishment. Freedom of choice is The Madonna Frequency’s gift to you with this nutrition, and your gift to the world, is consuming less.
- Tithe a proportion of your income to a worthwhile children’s charity of your choice, one whose administration costs are in perspective. The cost of one ‘western world’ cappuccino per day is the cost of educating one child in India for one week.
- Radiate Divine Love and Wisdom so that the Social and Global Biofields can absorb this radiation and inspire others to become more compassionate and altruistic
- BE a good example by living an impeccable and fulfilling and happy and healthy life.

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

Signed: _____

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

We encourage:

- ❖ Research \$\$\$ and support for RECIPE 2000> and its ability to tune people to the Divine Nutrition channel.
- ❖ 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 healthy and happy.
- ❖ 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.



MADONNA FREQUENCY PROJECT NO 4.

The elimination of poverty and hunger in all countries, via specific support for the Divine Nutrition – Research and Adaption Projects.

TEST COUNTRY: INDIA

Part of Project One, this project seeks specifically to support the work of further research into Solar Feeding and Divine Nutrition by Dr Sudhir Shah and his team in Ahmedabad in India. Dr Shah and I would like to see the elimination of all health and hunger issues – particularly in his homeland of India – and the S.E.A. believes that this can be accomplished by theta – delta field feeding. What we have discovered is that when a person changes their brain wave patterns to the theta – delta field (via RECIPE 2000>), an energy is released through the body that nourishes and feeds the cells of the bio-system allowing it to eliminate calorie intake or decrease their calorie intake by 50 – 90% which in turn reduces the individuals dependence on the world’s food resources.

How can an individual help?

- Lessen your personal dependence on the world’s resources, eat less, live longer and in good health. If you eat 3 meals a day then eat 2. If you eat 2 then eat 1. Hold a mindset that all your vitamins comes from DOW Power, or prana and the Divine Nutrition channel.
- Tithe a proportion of your income to a worthwhile children’s charity of your choice, one whose administration costs are in perspective.
- 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.

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

Signed: _____

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

We encourage:

- ❖ The financial support of Divine Nutrition Research Projects as a solution to world health and world hunger challenges.
- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive life skills and get, and keep, themselves healthy and happy.

- ❖ 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.

MADONNA FREQUENCY PROJECT NO 5.



**The elimination of global health and hunger challenges
via our DIVINE NUTRITION : Pills or Prana Project.**

The ‘Pills or Prana’ project was launched in 1998 and is designed to eliminate health and hunger problems on personal and global levels.

This project is also part of Project 1, as it is a way of nourishing all those who need it physically. The aim of this project is to supply quality nourishment in pill form to all countries in need of healthy physical sustenance. As such we have researched the top vitamin, supplement carriers and wish to support all companies of integrity with a high quality product range who also have a dedicated research and marketing team, innovative leaders, plus a proven track record with a good distribution network.

S.E.A. would like to see sponsors network to distribute these products effectively to ensure that all individuals on earth have access to healthy nutrition

- a) via good quality food (taken care of by the Aid Agencies) and
- b) via nutritional supplements in pill form or
- c) via Divine Nutrition that flows from The Madonna Frequency’s Divine Love Channel.

How can an individual help?

- Add a quality vitamin supplement to your diet to maintain peak nutrition while you learn to eat lightly and less often, and hence decrease your personal drainage of the world’s food resources.
- Tithe a proportion of your income to a worthwhile children’s charity of your choice, one whose administration costs are in perspective.
- Radiate Divine Love and Wisdom, so that the Social and Global Biofields can absorb this radiation and inspire others to become more compassionate and altruistic
- BE a good example by living an impeccable and fulfilling and happy and healthy life.

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

Signed: _____

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

- ❖ We encourage the ‘vitamin and mineral supplement’ companies to immediately begin FREE distribution of a percentage of their products (tithing) throughout all Third World countries by networking with Aid Agencies. We envisage that this will immediately curb malnutrition areas and decrease deaths from starvation and lack of proper nourishment as well as minimize resource wastage.

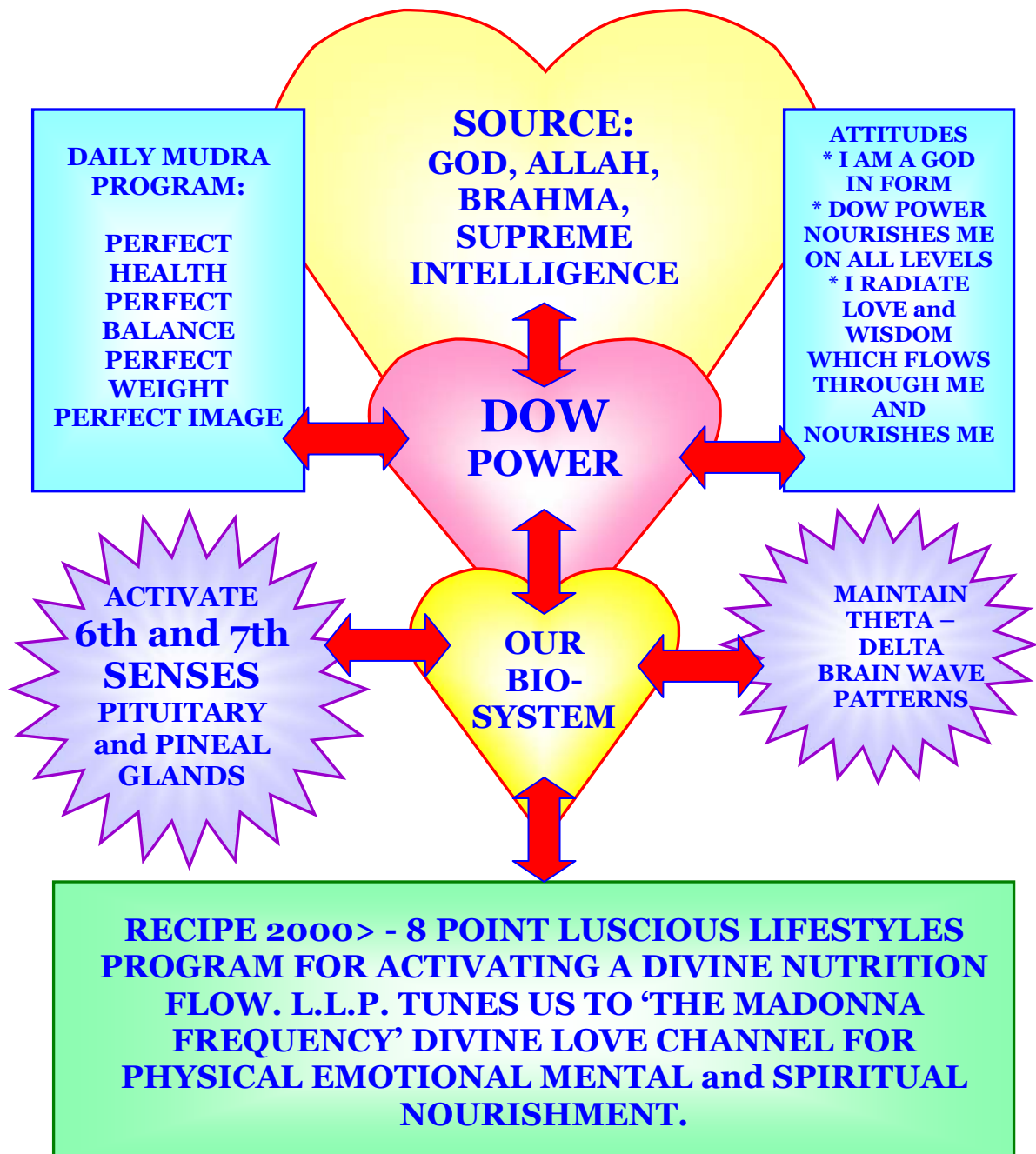
- ❖ We encourage the financial support of Divine Nutrition Research Projects as An alternative nourishment solution to world health and world hunger challenges.
- ❖ We encourage Research \$\$\$ to be spent on proving and sharing the benefits of RECIPE 2000>
- ❖ We encourage the adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools and get, and keep, themselves health and happy.
- ❖ We encourage 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.

To those interested in Divine Nutrition, go to <http://www.selfempowermentacademy.com.au/htm/cia-education.asp#divine> for all our books on the Divine Nutrition series and more details on alternative nourishment.



Divine Nutrition

for perfect nourishment



MADONNA FREQUENCY PROJECT NO 6.

The Revision of Social and Trade Treaties and practices to ensure that they operate for the good of all.

In support of project 7 – the elimination of poverty and violence in Brazil and all Third World countries – we invite:

- a) **The revision of current Aid Packages currently given to Third World countries, and the revision of economic Trade Benefit Agreements.** As such the Self Empowerment Academy would like to see the following clause added to all Civil and Trade Contracts and Agreements.

Clause to include: **“No treaty or agreement shall be signed or validated if it impedes the harmonious growth of another being or nation.”** The win-win-win game of harmonious co-creation is now a must if our world is to know deep and everlasting peace.

In the USA we would like to see the above message be given and adopted by all those in positions of power to create this change so that aid can be given free of manipulative and limiting social or political strings. For those unaware, much of the aid given in the world comes with political strings that say: “Unless the country receiving the aid adopts the _____* rules as the country giving the aid, no aid will be given.” (*This may mean prohibition or other strings.)

- b) **We invite the application of Holistic Education** packages that are designed to eliminate ignorance, redistribute resources and to address and eradicate the causes of poverty. We recommend the adoption of RECIPE 2000> through all educational systems so that people are tuned to ‘The Madonna Frequency’ of Divine Love and Divine Wisdom and Compassion.

- c) **We encourage a positive change in the current drug prohibition laws** after intense open research into alternative methods, such as those applied in Switzerland, and the Harm Reduction Programs now being successfully applied to addicts.
- ❖ **Fact:** 80% of intravenous drug users in New York are HIV positive compared to less than 1% in Holland and the annual death rate in Holland is half that of New York.
 - ❖ USD 120 billion is spent per year on recreational drugs in Europe and the USA – all this money goes to the drug lords. At the end of 1999 the annual global drug production = 5000 tonnes of opium = 500 tonnes of heroin when refined, plus 500 tonnes of cocaine.

How can an individual help?

- Write to your member of Congress / Government Representative asking for the above amendment to all agreements
- Do research on new methodology and treatments for Drug addicts and positive prohibition reform proposals and send the data, on these new improved methods through your networks and to your members of Congress / Government Representative.
- Download these ideas – via DOW-to-DOW communication on the inner plane with people in positions of power – always send your telepathic message on a beam of Divine Love and via the DOW, as DOW-to-DOW messages can never interfere with free will.

THEN ALSO:

- Lessen your personal dependence on the world’s resources so that there is more for those in true need.
- Tithe a proportion of your income to a worthwhile children’s charity of your choice, one whose administration costs are in perspective.
- Radiate Divine Love and Wisdom so that the Social and Global Biofields can absorb this radiation and inspire others to become more compassionate and altruistic
- BE a good example by living an impeccable and fulfilling and happy and healthy life via RECIPE 2000>.

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

Signed: _____

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

We encourage:

- ❖ The immediate gathering of all people in positions of power to focus on the reviewal and rewriting of all social and economic, trade agreements. This includes the reviewal of the USA Declaration of Independence that we recommend by rewritten to be the Declaration of Inter-Dependence. (See our rewritten example of this document at the end of this proposal.)
- ❖ 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 healthy and happy.
- ❖ 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.



MADONNA FREQUENCY PROJECT NO 7.

The elimination of poverty, and violence, in all Third World countries.

Test Country: BRAZIL

After 3 years of research and interaction with the Brazilian people, Jasmuheen and S.E.A. have been invited to help the people of Brazil to eliminate the causes behind poverty and violence in Brazil. As naturally loving and divinely devoted people of great spiritual faith and loving hearts, violence is not a natural part of the Brazilian nature.

Even though the gap between the rich and poor is widening in Brazil as it is in many places on Earth, the violence that accompanies this bid to redistribute resources more fairly, is not a natural part of the Brazilian temperament. According to those working diligently on the elimination of poverty and violence in Brazil, much of the violence is associated with the drug trade.

“What can you expect?” those in the know sigh. “Economic Aid comes with its own price, for it is given by a super power who refuses to help its neighbors unless our governments adopt USA drug prohibition rules*. Advanced drug reform programs like those in Switzerland will never stand a chance of either adaptation or success in places like in Brazil, for the USA pulls the strings of Aid. And so the vicious cycle continues. Reform the White House and its archaic drug laws and you will have a chance of eliminating core violence in Brazil.” seems to be the local thinking. (*As of today, these are under review.)

While we do not wish to enter into the ‘rights and wrongs’ of drug prohibition, we ask that the below invitation be accepted and Aid be given without manipulative strings.

Project 7 above will also help this.

So how can we help in the West?

Focus on the following in your meditations and send this telepathic instruction via your DOW to the DOW of people in positions of power.

❖ ***“We, the citizens of Brazil and all countries on Earth, ask that USA Aid be given free of any political strings that may impede another’s positive growth and rise to a state of harmonious Inter-Dependence.”***

And also:

- Write to both your local politicians and to the USA Congress with the above request.
- Pray and ask that “The universe download into the hearts and minds of all people in positions of power – and that of their family and advisors – the PERFECT RESOLUTION to create the Perfect Trade Agreements that inspire harmony and peace among all parties, in a way that respects and honors all life.”
- Lessen your personal dependence on the world’s resources.
- Tithe a proportion of your income to a worthwhile children’s charity of your choice, one whose administration costs are in perspective.
- 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.

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

Signed: _____

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

We encourage:

- ❖ The immediate gathering of all people in positions of power and reviewal of all social and trade agreements. This includes the reviewing of the USA Declaration of Independence that we recommend be rewritten to be the Declaration of Inter-Dependence. (See our rewritten example of this document at the end of this proposal.)
- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools to get, and keep, themselves healthy and happy.
- ❖ 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.

MADONNA FREQUENCY PROJECT NO 8.

The Creation of Peace in all global areas of conflict.

Test Country/s : The Middle East.

The Middle East Peace Program. For the last 7 years, S.E.A. has been holding the focus for perfect resolution in the Middle East, asking and praying that: “The universe download into the hearts and minds of all people in positions of power – and that of their family and advisors – the PERFECT RESOLUTION to create harmony and peace among all parties, in a way that respects and honors all life, and opens the heart for love and peace to all inhabitants in this area.”

How can an individual help?

We invite you to join this focus by:

- ❖ First we need to all reclaim our right to live in peace and harmony on earth. Say 3 times with sincerity and conviction: “As a citizen of planet earth, I now reclaim my right to exist in harmony on earth, I ask for universal support to create and sustain this now.”
- ❖ Send a beam of love directly into any area that you see is in conflict, any time it is on the news, and daily as part of your meditation. Imagine this beam of Divine Mother love going into all the hearts and minds of those people in positions of power, and to their families and support networks, to be received when they are receptive.
- ❖ Next chant 3 times (as you focus on the love beam) three times “Perfect Resolution now! So it is”. Say it as if you are a God in form who has the power to alter world events for the good of all. If this is our intention, the universe will support us.
- ❖ Be an example of a loving, compassionate human being.
- ❖ Eliminate aggressive behavior in your own life via a change in diet and attitude and perception and a lifestyle that promotes kindness and compassion.

- ❖ Learn positive communication skills as per Dr Edward de Bono’s ‘Six Thinking Hat’ Program, or similar tools.

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

Signed: _____

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

We encourage:

- ❖ The immediate gathering of all people in positions of power to utilize positive communication tools to resolve the Middle East and Ireland situations. This includes the reviewing of the USA Declaration of Independence that we recommend be rewritten to create an International Global Declaration of Inter-Dependence. (see our rewritten example of this document at the end of this proposal.)
- ❖ The adoption of RECIPE 2000> through all schools and learning institutions, as soon as possible so that individuals can learn positive nurturing tools to get, and keep, themselves healthy, happy, compassionate and fulfilled.
- ❖ 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 our world will change.



MADONNA FREQUENCY PROJECT NO 9.

**The I.R.S. Program – To officially Instigate, Record and Summarize
humanity’s co-creation of paradise with the intention of completing the
above projects successfully by 2012.**

By officially recording this we act as the voice of social conscience, which is the traditional role of The Cosmic Internet Academy plus we get to record history in the making. The target of 2012 as a completion date for these projects also keeps us motivated and is easily achievable if enough of us get tuned to ‘The Madonna Frequency’ Channel.



How can an individual help?

- You can support this by sending to paradise@jasmuheen.com data on who is consciously co-creating paradise in the world and how. Please provide details of their projects and how far they have come in their bid to create positive change. Their work can be in any area – health, environment, politics, education etc. and data sent must be educational not just advertorial.
- We will record this in our websites and share of it through our global networks.
- Alternatively, you can lodge the above data direct at the M.A.P.S. Forums at http://www.selfempowermentacademy.com.au/ambass_forum.htm
- ♥ If you are interested in being kept up to date with the Self Empowerment Academy and the Cosmic Internet Academy's research and activities, then we have various mailing lists that you can freely subscribe to - so please go to
- ♥ <http://www.selfempowermentacademy.com.au/htm/contact.asp> and leave your details.

You can do what you can do all that is in your power to instigate personal and global paradise by getting tuned to ‘The Madonna Frequency’ via RECIPE 2000>, as all the world needs now is more DIVINE love and wisdom.

* Data supporting our refinement into personal and global paradise will also be posted on the CIA M.A.P.S. Ambassadors Forum and at www.jasmuheen.com/what.asp under “Paradise – Current Status” updates.

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

Signed: _____

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

We encourage:

- ❖ The immediate SUPPORT of all people in positions of power for ‘The Madonna Frequency’ PLANETARY PEACE PROGRAM and PROJECTS.
- ❖ 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 healthy and happy.
- ❖ 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.

PART IV

RECIPE 2000>

RECOMMENDED LIFESTYLE

If we are looking to co-create deep and lasting peace among us, then we need to make some lifestyle adjustments, to consciously tune our personal biofields into ‘The Madonna Frequency’ zone of endless love and compassion. The below 8 point lifestyle program will also tune us to DOW Power, our own inner plane, incorruptible network of Divine Guidance and Intuitive Knowing. The paradise programming codes 1 to 5 are outlined in detail in the manual Four Body Fitness; Biofields and Bliss Book 1 yet the below lifestyle is enough to tune our world to peace.

For personal biofield tuning the following 8 points are recommended.

The power lies in the combination of these practices:

1. MEDITATION; 2. PRAYER; 3. PROGRAMMING’ 4. VEGETARIAN DIET; 5. EXERCISE; 6. SERVICE; 7. TIME IN SILENCE IN NATURE; 8. CHANTING, MANTRAS and DEVOTIONAL SONG.

1. Meditation: According to the Ancient Wisdom, meditation is a tool to tune our senses inwards to experience inner plane life and be transformed by it. Meditation on the energy that breathes us for example, floods our bio-system with its frequency of Love and Wisdom. We discuss the benefits of meditation in great detail in the Self Empowerment Educational manuals. Generally recommended is twenty minutes meditation in the morning and twenty minutes in the evening with the use of a mantra is said to be ten times more effective than

forty minutes of meditation done once a day. Developing an awareness of our breath allows us to become detached and be in meditation all day, which keeps our brain wave patterns tuned to the alpha field.

2. Prayer: Prayer is communication with your Divine Essence. Prayer, ideally, is conversational, as if you were speaking to your best friend. The power of prayer has been established scientifically in the United States of America, studies having been done in an intensive care unit in a hospital. Half of the patients in intensive care were prayed for and the others were not. The patients did not know they were being prayed for, but the results were quite remarkable. The half being prayed for had dramatic improvement in their health, compared to the other half who were not being prayed for. Interestingly, various religious groups were used to do the prayers – Christians, Buddhists, Hindus, Jews, etc, and all produced similar results.

3. Programming: The two aspects of programming are de-programming and re-programming. As far as de-programming is concerned, it is important to review your belief systems. In a journal write down the following headings: Love, Health, Wealth, Passion and Purpose, Relationships with Family and Friends. Under each heading write down your belief system. Write down what it is you feel. If it’s a negative belief then write it down negatively. As soon as you have accurately recorded your beliefs under each heading then go back and re-write the negatives in a positive manner, the universe not recognizing negative statements. Then have a look at these belief systems and assess whether these beliefs make you a limited person or a limitless person, and if they make you limited, consider altering them.

As far as re-programming is concerned the technique of evolving and developing a bio-shield, an energetic sphere around yourself, which is charged with your desires, offers the benefit of acting as a field of selectivity as far as what emanations are allowed to enter into your field, and also as a neon sign to the universe, telling the powers that be what it is that you, as a God in form, desire. Bio-Shields are discussed in detail in *Biofields and Bliss* Book 1 and also Book 2.

See TOOL 11 www.jasmuheen.com/how.asp#dowRECIPE for the Paradise Programming Codes.

4. Vegetarian Diet: A necessary step before we can access Divine Nutrition channel for physical nourishment, the arguments in favor of a vegetarian diet fall mainly under three categories.

- a) Health. Enough research has now been done to prove the health benefits of this and the educational manual *Ambassadors of Light – World Health, World Hunger Project* looks at the health benefits of a vegetarian diet in great detail.
- b) Sensitivity. The adoption of a vegetarian diet sensitizes us to experience the gifts of the more refined energy fields of the theta – delta waves.
- c) Resource Sustainability. At the moment with 6 billion people there is enough food on planet earth to feed everyone, if it was being correctly distributed. With a maximum earth population of 9-11 billion people in the year 2050 if all the food was being correctly distributed at that time, there would still not be enough to feed this number, unless earth is a vegetarian planet. The production of meat consumes 20 times the resources required for the production of either grain or cereal.

5. Exercise: This is self explanatory and we advise that we create an exercise program that we like so that we will do it regularly. Some form of weight resistance is also advisable, either Yoga, lifting weights, etc. as it builds muscle mass and allows us to attract, hold and radiate more love and wisdom.

6. Service: Tithe and support the feeding and education of the children of our world. Do some form of selfless service daily as this keeps us tuned to the kindness and compassion aspect of ‘The Madonna Frequency’ Field.

7. Time in Silence with Nature: Spending time in silence in nature feeds our soul and allows us to appreciate the beauty of creation and become more environmentally aware.

8. Chanting and the use of Mantras and Devotional Songs: All the world’s indigenous people use chanting and mantras, or sing devotional songs. The reason is that the use of devotional songs aligns our emotional body to ‘The Madonna Frequency’ Channel.

Many people are already doing some of the 8 points suggested in this lifestyle program yet the combination of all 8 points brings grace, synchronicity, and the magic to our field. The above 8 points tune us to the health and happiness channels and give us more time each day as we need less sleep and we function better emotionally and mentally. Follow the program each day for 21 days in a row, and on the twenty-second day you have formed a new habit. If you miss a day, of course, you must start again.

THE BENEFITS OF THIS LIFESTYLE

The daily practice of these 8 points will make us healthy, happy and harmonized within and without and as we change so do our societies. By refining ourselves energetically we also release our highest potential and experience who we really are, the Self that breathes us and gives us life. Now we know how to activate this Divine power that lies within – our DOW – by frequency matching with it via our lifestyle, then the next question may be “What’s in it for me?” Apart from the overwhelming joy and fulfillment, the practice of L.L.P. en masse will

- ❖ eliminate all war and violence and hence bring world peace, as inner peace brings outer peace
- ❖ eliminate dis-ease by acting as a system of preventative medicine hence it will
- ❖ save governments and taxpayers billions of dollars on traditional and alternative health care systems; as L.L.P. delivers to each person improved health and vitality on all levels.
- ❖ The main benefit of the practice of L.L.P. is that people’s needs and desires are satisfied on the deepest levels so that they naturally become more altruistic and caring towards all thus promoting global harmony.
- ❖ L.L.P. increases communication with the Divine Self as the perfect inner teacher who will then guide each person to always be in the perfect place at the perfect time doing the perfect things for themselves and their planet.
- ❖ L.L.P. activates the four-fifths of the brain we usually don’t use which houses our higher mind and higher nature consciousness.

- ❖ L.L.P. is the lifestyle that people use to access the Divine Nutrition channel. This choice saves us lots of money, gives us lots more time and has huge long term benefits for our global economy and environment.
- ❖ L.L.P. moves its practitioner beyond ego, pride, greed, materialism, power games and the baser nature of the lower mind. While humanity may lack the discipline or even the skill of a highly trained adept, all have DOW power which can be released at will. The practice of L.L.P. releases this power more effectively than we can imagine.

The sincere practice of L.L.P. will move us into a state of such satisfaction that we are free from all desires. We also become more detached, discerning, impeccable and filled with love.



**‘The Madonna Frequency’ Planetary Peace
Program is presented by Jasmuheen on
behalf of the international M.A.P.S.
Ambassadry and supports
the OPHOP Agenda
One People in Harmony
on One Planet**

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.

Consequently the etheric earth is now merging with the earth we know today. The new grid is influencing the morphogenetic 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 and
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 Lonborg’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. Although some people disagree with Lonborg’s view on things, as associate professor statistics at the University of Aarhus in Denmark his research nonetheless is well supported. 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 the reprogramming into the consciousness of water to transform polluted waters. (Read Dr Masuro Emoto research – *Messages from the Water*.)

GLOBAL HEALTH and 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 and SPIRITUAL FITNESS

Statistics share that:

- ❖ 36% of Americans say that God has spoken to them.
- ❖ 86% of people globally 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 bodies are a system of energy.

- ❖ 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
- ❖ We have negotiated international treaties to continue to conserve bio-diversity.

What else does Lonborg 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.

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 0.44% 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

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.

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.



New Millennium Guidelines for Peace

- ❖ Remember the universe sees you as a God so be clear about what you ask for and dream of. Give clear instructions to the universe.
- ❖ Act as if you are a Master and take responsibility for all you create.
- ❖ Focus on the quality of the information being shared, not external structures;

- ❖ Do not ‘reinvent the wheel’ – utilize the gifts and talents of each other to join together to create a powerful whole;
- ❖ Open to co-operation not competition as competition promotes separation;
- ❖ Check all guidance with the voice of joy within the heart’s response;
- ❖ Remember the ‘ask and receive’ principle;
- ❖ Take up the invitation by the Inner Teacher to attend classes – on the inner realms via meditation and quiet contemplation – and get to know who you really are;
- ❖ Be limitless in your thinking – quality thinking brings a quality life;
- ❖ Let your imagination flow – remembering that the imagination is a gift given by God to connect us to the realms of spirit;
- ❖ Be clear in your vision for earth’s future and share freely of this vision to those who ask; hold the vision of a peaceful and prosperous world where all are healthy and happy;
- ❖ This is a group initiation so all must volunteer themselves motivated solely by the joy in our heart and their recognition that we share a common vision;
- ❖ Pay attention to all who may volunteer to Aid the physical manifestation of your vision, for all have a part to play, a gift to bring;
- ❖ Be aware of the power of language and use trigger words. Use positive language in the oneness paradigm if you seek unity;
- ❖ Walk your talk – be a living example of a healthy, happy individual;
- ❖ Share information, time, abundance freely;
- ❖ Remember you cannot copyright Universal Mind;
- ❖ Be fluid and flexible – expand into newness and BE in each moment.
- ❖ Tune in, chill out, let it sprout!

Launching ‘The Madonna Frequency’ Planetary Peace Program

‘The Madonna Frequency’ Planetary Peace Program was launched at the 4th International M.A.P.S. Ambassadors Retreat in Thailand, November 14th-21st, 2002, which was also our first global conference for peace. This Retreat was open to all and we invited all countries to contribute to this peace action program.

‘The Madonna Frequency’ Planetary Peace Program was presented during Jasmuheen’s November – December 2002 visits to the PSI Congress in Basel, Switzerland and to The HADO Symposium in Augsburg, Germany.

‘The Madonna Frequency’ Planetary Peace Program will be also be shared during Jasmuheen’s 2003 World Tour and via her Dimensional Biofield Technicians Tuning Retreats in Italy, Belgium, Germany and Norway and during her weekend seminars in Paris, France; Zurich, Switzerland; Barcelona, Spain; Baden Baden in Germany and St Petersburg, Russia and later in Vienna, Austria.

Go to www.jasmuheen.com/where.asp#retreat1 and www.jasmuheen.com/where.asp#travel

Jasmuheen writes:

“The receiving of ‘The Madonna Frequency’ Planetary Peace Program’

came after 33 years of personal fine-tuning.

I offer this, my life’s work, freely to a world in need.”

INCORRUPTIBLE NETWORKS

In order to obtain deep and lasting peace on our planet we need to have access to and be guided by Incorruptible Networks that operate beyond ego, greed and personal agendas. Peace Ambassadors have two such networks – the C.N.N. and the Inner Net. We also have the Internet, which is our tool for fast and easy and uncensored mass communication.

- a) **C.N.N. (the Cosmic Nirvana Network)** Discussed earlier in this booklet, the C.N.N. is the network for DIVINE COMMUNICATION AND REVELATION. It is the inner plane network used by those communicating via the languages of light.
- b) Supported by ‘The Madonna Frequency’, the Cosmic Nirvana Network is a Source of love and wisdom and as such is incorruptible. It is the only news network that continually delivers positive guidance.
- c) **The Inner Net:** The inner net is the M.A.P.S. Ambassadors inner plane communications network where all communication is done telepathically, DOW to DOW, or with the Holy Ones.

To access C.N.N. and the Innernet we need to have our 6th sense of intuition and our 7th sense of knowing activated. Stimulating our pituitary and pineal gland accommodates this naturally and expands our clairvoyant and clairaudient and clairsentient abilities. These glands are automatically tuned via the practice of RECIPE 2000>.

- c) **The Internet:** Both the M.A.P.S. and the PEACE Ambassadors are kept informed by the C.I.A., and the free online magazine The ELRAANIS Voice – TEV both of whom support ‘The Madonna Frequency’ Planetary Peace Program’. The M.A.P.S. Ambassadors Forums are also a tool for the sharing of positive data.

The C.I.A. – Cosmic Internet Academy: www.selfempowermentacademy.com.au

The ELRAANIS Voice: www.jasmuheen.com/signup.htm

M.A.P.S. Ambassadors Forums are at www.jasmuheen.com ***and the C.I.A.***



The M.A.P.S. Global

Declaration of Inter-Dependence

“The greatest gifts you can give your children are the roots of responsibility and the wings of independence.” *Denis Waitley*

In accordance to the guidelines of M.A.P.S. – the Movement of an Awakened Positive Society and the Ambassadors for M.A.P.S. – we submit the following Global Declaration of Inter-Dependence, which is an amended version of the current Declaration of Independence.

When in the course of human events, it becomes necessary for individuals to revise and refine the existing social, educational, economic, political and spiritual structures which have previously flourished on earth, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature’s God entitles them, a decent respect to the opinions of mankind requires that they should openly declare their desire for a new state of being and co-operative lifestyle for humankind on Earth.

We – the individuals of M.A.P.S. – declare this now and hold these truths to be self-evident:

- That all of humankind are, in essence, created equal. That is all hold equal rights to explore their true human potential. This potential is the knowledge and experience of their Creator and of themselves as spiritual beings having a human experience
- That all life on earth is endowed by their Creator with certain unalienable Rights,
- That regardless of race, religion, gender, age or culture, all human beings have an undeniable Right to Life, Liberty, and the pursuit of Happiness.
- As such, their Rights would encompass a decent standard of lifestyle which includes: Adequate shelter, nutritional food, holistic education, freedom of speech, freedom from oppression, freedom of choice for spiritual worship plus the Right to be fully conversant with Universal Law.

On governing institutions – M.A.P.S. Ambassadors acknowledge:

- That to secure these basic humanitarian Rights, Governing and Educational Facilities are
- instituted among humankind, deriving their just powers from the consent of the governed. Thus we encourage all individuals to take up their right to actively cast their vote to support the individuals in these areas of Government and education who can best facilitate the manifestation of these Rights.
- That whenever any Governing or Educational Institution becomes negligent, or incapable of achieving these ends, it is the Right of the People to alter or to abolish it, and to create new Institutions, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.
- Prudence, indeed, will dictate that governments long established should not be changed for light and transient causes.
- In this we expect that the people electing individuals to represent them in
- Institutions for Service and Care:
 - a) be active in service to their immediate community
 - b) that prior to serious community involvement, each individual learn how to utilize Universal Law and personally create their own health, wealth and be responsible for their own happiness.

On social matters, M.A.P.S. Ambassadors ascertain that all individuals also have the right to:

- Be given access to information on Universal Law* so they can begin to understand the highest power of Divine Alchemy and thus, by the conscious day to day application of these Laws, they may experience their true human potential
- Be encouraged and inspired to create an individual model of reality that allows their heart to sing and also honors ALL life in a way that creates global community co-operation and not separation
- Become an efficient and effective global community, free from overt – or covert – manipulation from media, governments and any inequitable economically driven forces.
- Feel safe enough in their country and living environment to not have to bear arms – M.A.P.S. encourages global disarmament.
- Breathe clean air and drink clean water and as such all patents and devices that promote personal and environmental health are to be recognized and shared freely.
- The M.A.P.S. Ambassadors also ascertain that lasting planetary peace and harmony, effective governments, global co-operation and sustainable development will come automatically to all humankind when they understand the power of the Creator who dwells within them. Hence we advocate the active promotion and education of Self Knowledge, which is personal experiential knowledge of this Divine One Within that many call God or DOW Power.

~ end of declaration ~

* Universal Laws are covered in detail in *Biofields and Bliss Book 2*. The main two laws that we need to understand to co-create peace are:

- 1) The Law of Oneness that says everything is part of one living organism – so we are like cells in the physical bio-system of a Supreme Intelligence – and that everything is therefore interconnected and what one does affects the whole.
- 2) The Law of Resonance, where everything is attracted or repelled by sympathetic resonance and biofeedback looping. This law says “what we give out comes back to us”.

Since 1997 Jasmuheen and the Self Empowerment Academy have conducted 6 world tours via the support of their dedicated networks around the world. Each tour continued to build on the previous year’s theme and covered issues like Divine Nutrition (1997); Impeccable Mastery (1998); The Blueprint for Paradise (1999); Dancing with the Divine (2000); Co-Creating Paradise : RECIPE 2000> (2001); Divine Radiance : Unity 2002 with its Perfect Alignment and Perfect Action Program and in late 2002 Jasmuheen received and launched “‘The Madonna Frequency’ : PLANETARY PEACE PROGRAM”.

M.A.P.S. VISIONS and AGENDAS

M.A.P.S. – a Movement of an Awakened Positive Society, whose focus is to harmonize all Personal, Social and Planetary Biofields. M.A.P.S. Ambassadors act as the voice of social conscience and encourage self-mastery, effective self-government and synergistic teamwork on microcosmic and macrocosmic scales.

Tuning in via incorruptible networks, many in M.A.P.S. encourage a universal paradigm of peace, where we unify to eliminate all war, violence, hunger, poverty and social injustice on earth. In positive terminology this means co-creating health and happiness and peace and prosperity for all.

This is not a utopian dream. This can be a reality if we redistribute our resources, prioritize our goals and work united to a common goal. Our tools are our desires, our hearts and minds, and RECIPE 2000>. We live in an intelligent universe that supports all we wish to create. The predominate focus that we have as a collective species dominates the biofield. Knowing how the Dimensional Biofields can be retuned to bring new paradigms into play, we need to all be clear about what we want, and adopt the recommendations in this program.

And so I join the Children of Oz, who say:

We wish to ask the adults of the world, one thing:

If you are an Ambassador of Love, how would you act?

Begin.

Acting with compassion and love and wisdom is our challenge now.

**My job with S.E.A. and the C.I.A., is to release enough
good quality tools and data so that ‘The Madonna Frequency’ can reach all
and so that Its projects can be completed with great success.**

Namaste – Jasmuheen



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
- ❖ 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 U.S.A. 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.
- ❖ 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
- ❖ 2007 – International tour focus on THE SECOND COMING and SECOND CHANCE DANCES.
- ❖ 2007 – Jasmuheen also began downloading THE PATHWAYS OF ELYSIUM.

Jasmuheen’s books are now published in 17 languages.

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.

“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>

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>

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>

“DARKROOM DIARY DOWNLOADS”: This book was written during February 2004 at the Tao gardens in Chiang Mai Thailand as I underwent an experience of spending 21 days in the dark to receive training in the practice of Lesser, Greater and Greatest Kan & Li with Master Mantak Chia. What is recorded here are simply my experiences during this retreat and how they relate to my own journey in learning more of the freedoms of the Law of Love as detailed in the book “The Law of Love”. My focus at this retreat was to learn tools to effectively rehydrate the human body and free it from the need of not just food – but also from the need to take fluid. To read more of Jasmuheen’s journey in the dark, as a **FREE** e-book <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/Darkroom-Downloads.pdf>. It is also now available, at minimal cost, in paperback form at <http://stores.lulu.com/jas-1> for those unable to download it from their computer.

“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>

Also 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>

Stay up to date with Jasmuheen’s activities
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THE MADONNA FREQUENCY PLANETARY PEACE PROJECT



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The Madonna Frequency
Planetary Peace Program was
downloaded by Jasmuheen in 2001
from the Universal Field of love and
intelligence (the UFI).

The program is overshadowed
by Mother Mary and the
Madonna in all her forms.

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